This book was written by Eduardo and is a foundational book on Cursillo. It is probably the most brilliant of the Cursillo writings. Systematically, this book is a study of human existence, which is our way of living and the person's reactions in life. You will find many ideas rich in theology and psychology, ideas that motivate, sustain, and form the backbone of the Cursillo. Cursillo is not only ideas but also a body of realities. When an idea becomes a reality, it becomes powerful because the TRUTH is brought to life and involves a vital commitment.

In 1962 the first book on the Cursillo methodology appeared. Its content has helped and continues to help with total validity to developing the Cursillo Movement in many Schools of Leaders. From the global outline of the Movement, passing through the stages of Precursillo, Cursillo, and Postcursillo to the in-depth study of the Mentality written on index cards. These index cards were prepared to help us reflect on our lives. This book is a good resource for those serving on a Cursillo Weekend. It is a practical book.

The authors intend and propose to attain vertebration of criteria in the work of the Cursillos in Christianity. They understand by criterion the nucleus of ideas which, based on the individual's inclination to expose himself without reservation to the truth, gives him a measure for what is certain and a sense of accuracy. Vertebration is the orderly and systematic evaluation of the truths that are embraced, actually or potentially, in this nucleus of ideas.

This book is a study of The Method: what is being done; The Mentality: why it is being done - The Purpose: for what reason it is being done; The System: with what and how it is being done.

**Table of Contents**
General Outline, Method, Mentality, Purpose, and System.

**Authors**
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