



# Redemption Road: From Grief to Peace through Walking the Camino de Santiago

*SJ, Brendan McManus*

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Sometimes the best cure for a wounded soul is a really long walk . . .

One June morning, Fr. Brendan McManus stepped out for a much-needed walk—to be exact, a 500-mile hike on Spain’s renowned Camino de Santiago. A few years earlier, his brother had committed suicide, and the tragedy left Brendan physically, psychologically, and spiritually wounded. Something radical was required to rekindle his passion for life and renew his faith in God.

*Redemption Road* is the story of a broken man putting one foot in front of the other as he attempts to let go of the anger, guilt, and sorrow that have been weighing him down. But the road to healing is fraught with peril: steep hills and intense heat, wrong turns and blistered feet. Worse still, a nagging leg injury could thwart Brendan’s ultimate goal of reaching the Camino’s end and honoring his brother in a symbolic act at the Cathedral of Santiago de Compostela. Constantly tempted to quit his quest, Brendan relies on the principles of Ignatian spirituality to guide him on his journey from desolation to consolation.

For anyone going through the process of grieving, *Redemption Road* offers real hope— not that the path to peace will be easy, but that Christ, who himself suffered and died, will be with us every step of the way and lead us at last to wholeness and healing.

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