

Saintly Solutions to Life's Common Problems
By Fr. Joseph Esper Sophia Institute Press

Whatever you're struggling with, you're not alone: there's a saint who is not only praying for you before the throne of God, but who went through the same thing you're going through. In Saintly Solutions, Father Esper introduces you to over 350 saints who suffered in ways that you suffer every day, and who will bring you to peace.

“This book has a great format for individual study before a SCC meeting and group discussion during a meeting. We all struggle with different life problems at different times in our lives. This book touches on such subjects as anger, anxiety, depression, temptations, self-indulgence... etc. It is a wonderful “self-help” book with a Catholic twist. Each chapter or “Life problem” has reading, further reflection, “something to try” and further reading in scripture. If an SCC is willing and wanting to OPEN UP about intimate, personal issue that they struggle with, THIS IS THE BOOK TO GO TO!”