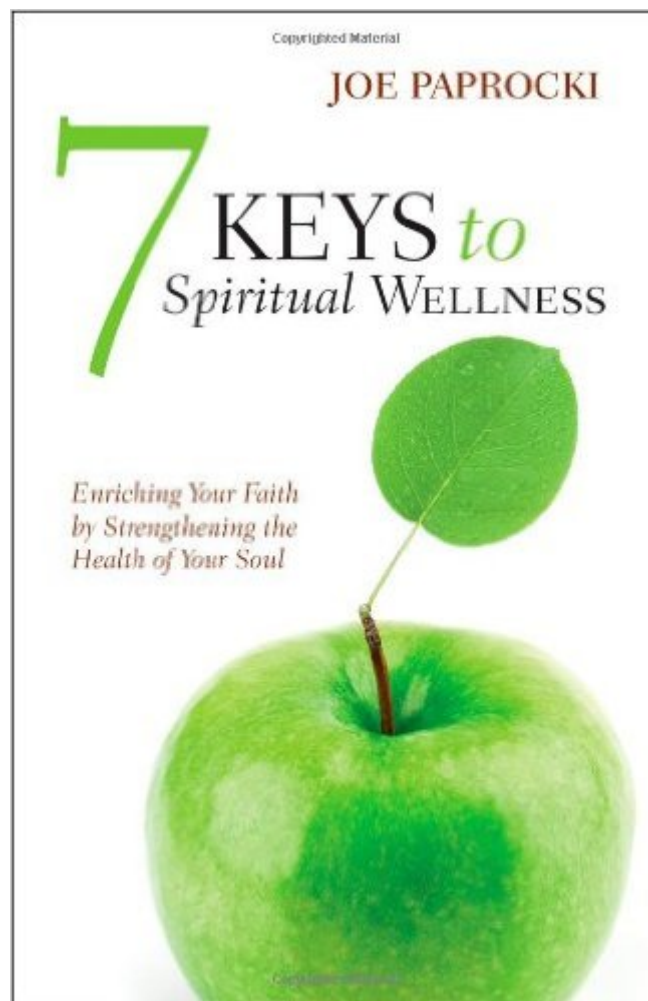


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# 7 Keys To Spiritual Wellness: Enriching Your Faith By Strengthening The Health Of Your Soul



## Synopsis

In *7 Keys to Spiritual Wellness*, best-selling author Joe Paprocki provides a prescription for spiritual health based on the rich wisdom of Catholic Tradition. Through his nondogmatic, downright inviting style of writing, Paprocki makes this book eminently accessible to non-Catholics and "seekers" as well. Recognizing that the spiritual immune system is weakened almost daily by toxic patterns and attitudes that negatively impact our ability to live in a harmonious relationship with God and others, Paprocki offers seven enduring and reliable strategies for achieving spiritual wellness. After identifying practical ways to integrate each of these strategies into daily living, he describes seven persistent dangers to our spiritual well-being and how these dangers manifest themselves in our lives. At its core, *7 Keys to Spiritual Wellness* helps us see the Christian faith not as a collection of rules and doctrine, but as a spiritual path--a path whose guideposts for spiritual wellness are sure to lead us to a more meaningful life and to a much richer experience of our faith.

## Book Information

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## Customer Reviews

On his web site, Joe Paprocki makes clear that working with catechists is one of his favorite things. His books, including the latest, *7 Keys to Spiritual Wellness*, demonstrate his gift for teaching and his deep commitment to a healthy spirituality. Paprocki, an education major with a master's in pastoral studies and doctorate in ministry, has served as catechist, parish director of religious education, and diocesan consultant on catechist formation. In 2002 he joined Loyola Press where he is now national director of faith formation. In *7 Keys* Paprocki defines virtues that represent the opposite of the seven deadly sins: For example, the first key, seeing yourself as you really are, links

to humility, the antithesis of pride. The third key, thinking before acting, addresses gentleness and prudence as alternatives to the sin of anger. Each chapter begins with a focus question and discussion that elaborates on the topic. Paprocki has organized the material under subheadings and uses stories, examples, and lists throughout. For instance, the chapter on the fifth key, recognizing and setting limits, opens with a personal story involving mosquito bites, which brings us to the issue of spiritual itches and our tendency to scratch and scratch without identifying the source of the problem. Paprocki lists 10 modern day itches such as losing a job and experiencing "general chaos" followed by common methods of coping--from shopping to substance abuse to blogging, tweeting, and surfing the Internet. He identifies ways such practices can get out of hand and possible results. Next comes a reference to twelve-step programs, with the AA steps spelled out.

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