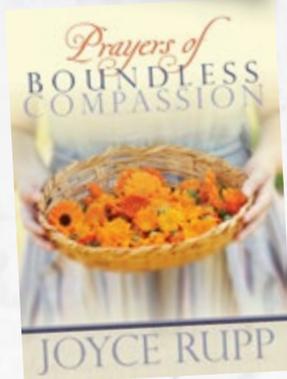
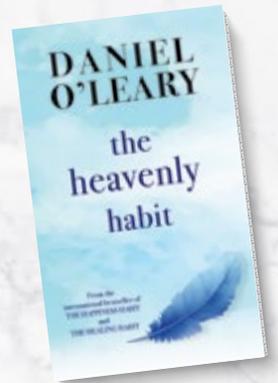
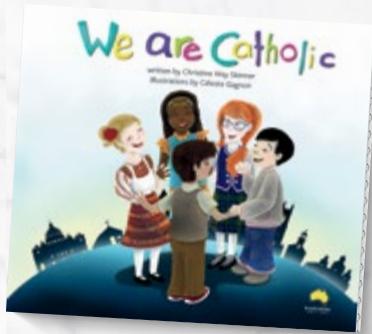
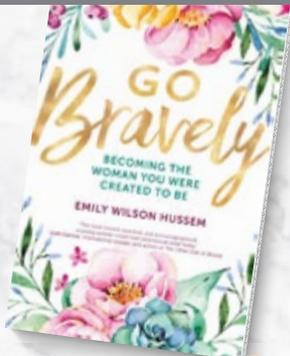


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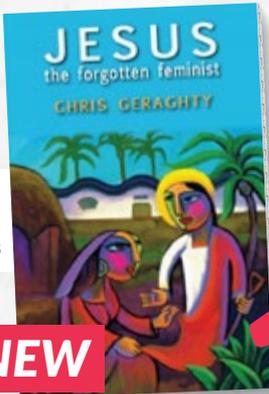


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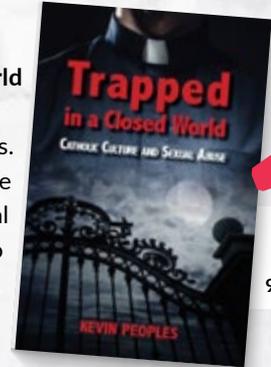
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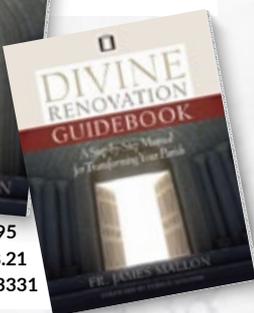
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DANIEL O'LEARY

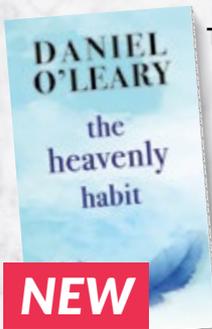


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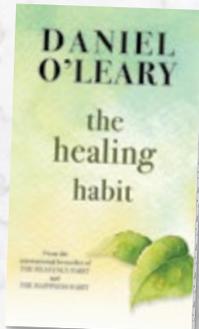


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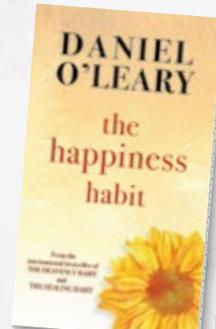
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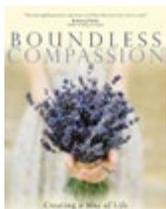


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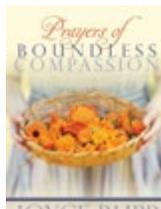
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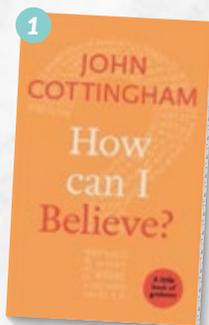
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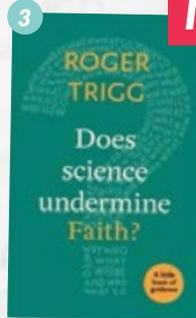
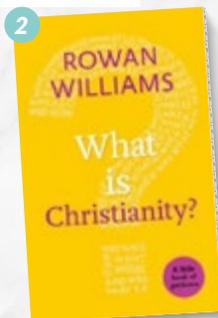
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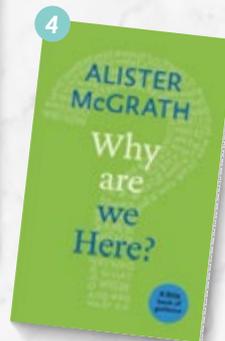
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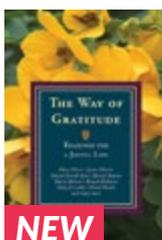
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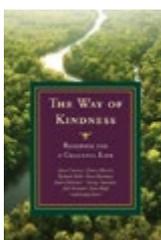
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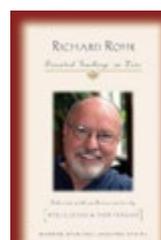
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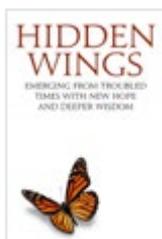
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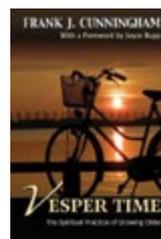
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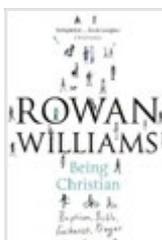


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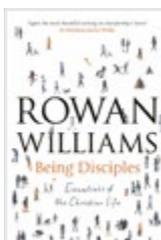
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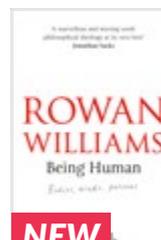
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Gaudete Et Exsultate

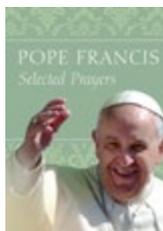
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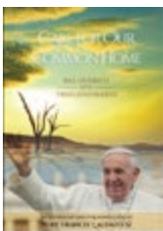
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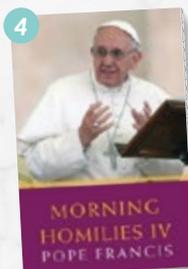


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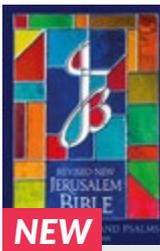
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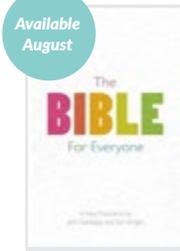


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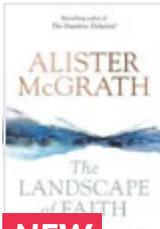
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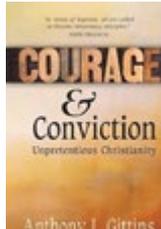


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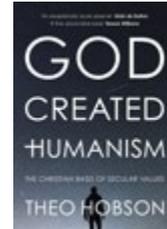
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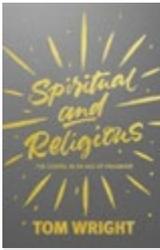
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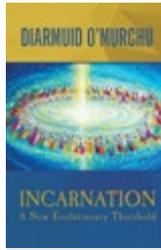
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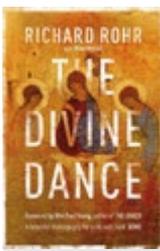
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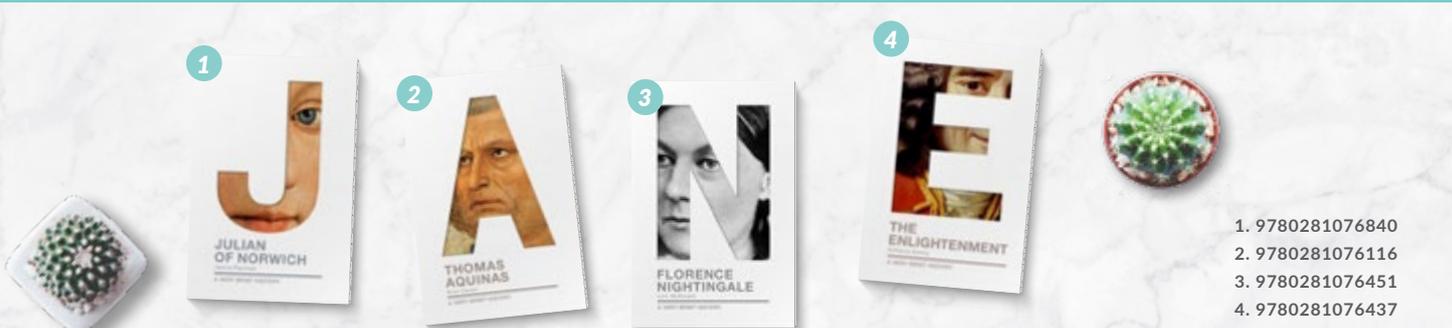


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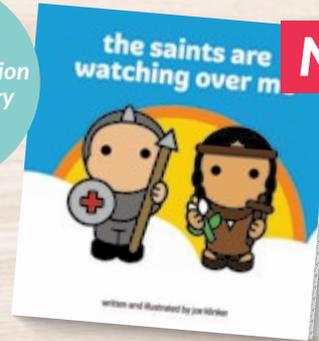
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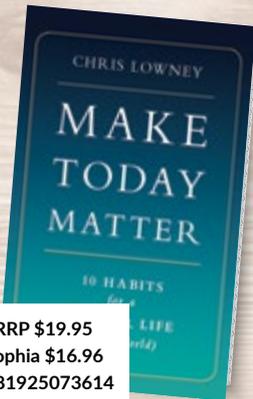
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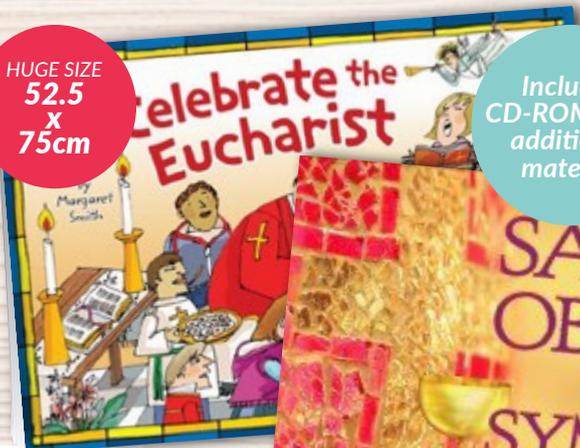
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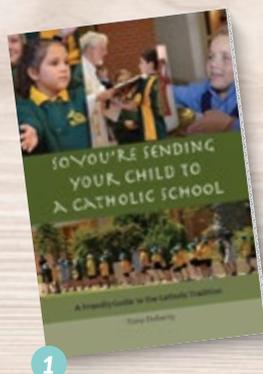
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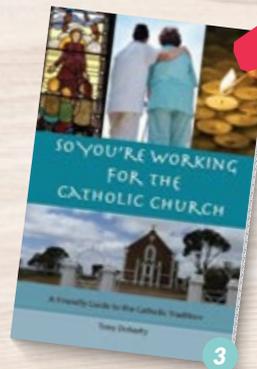
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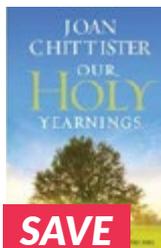


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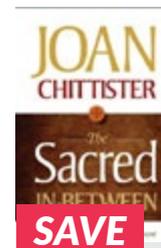


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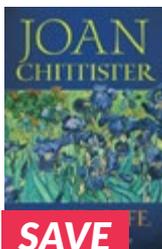


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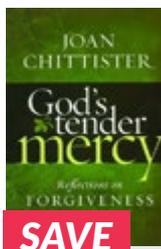


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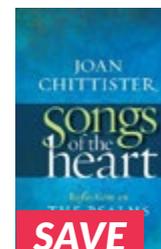


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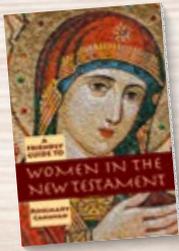
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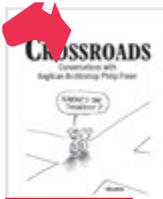
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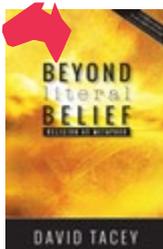
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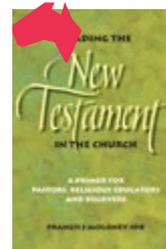


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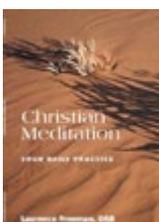
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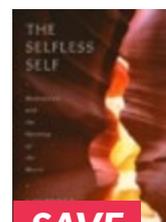
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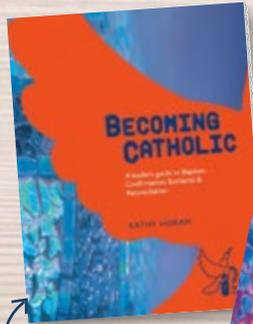
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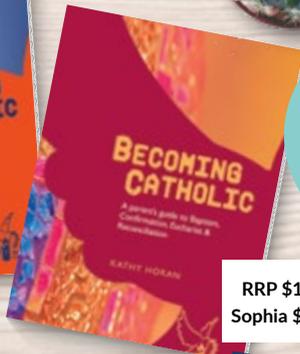
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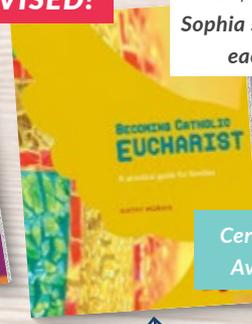
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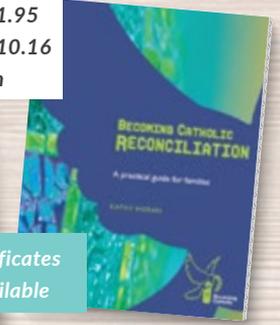
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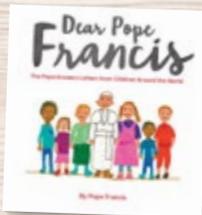


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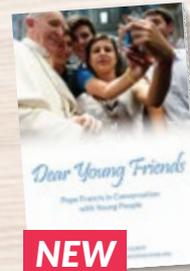
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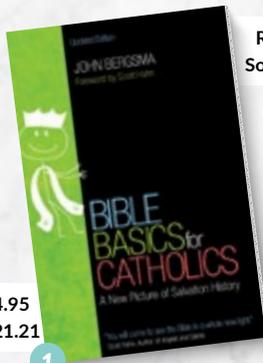


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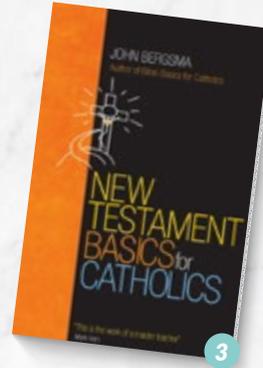
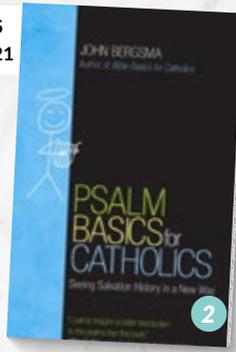
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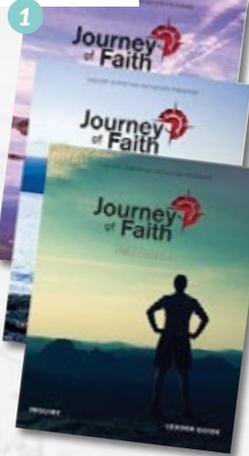
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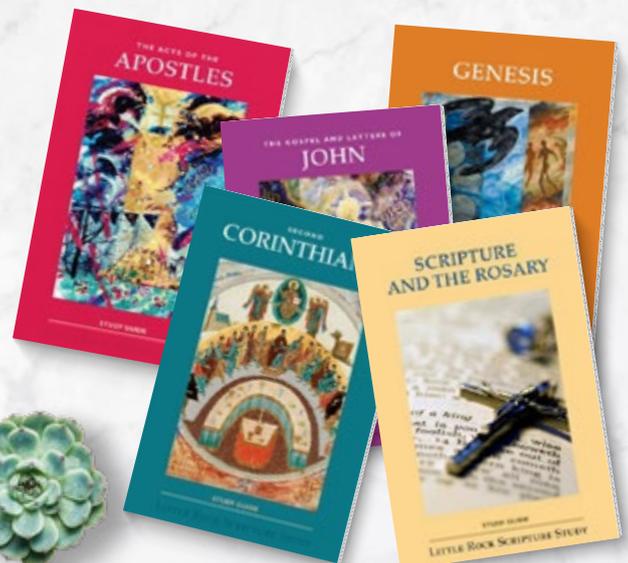


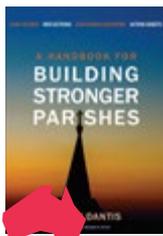
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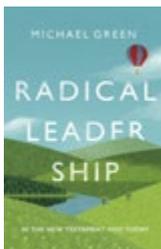




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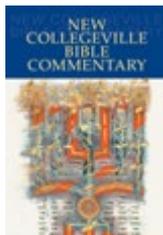
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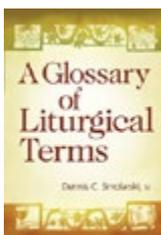
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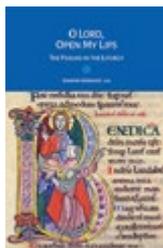
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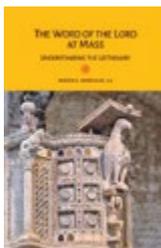
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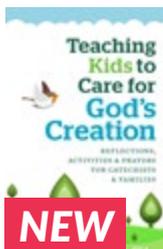
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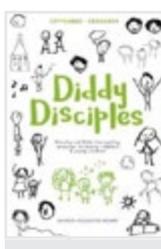
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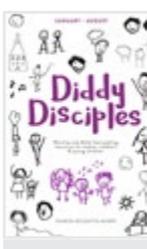
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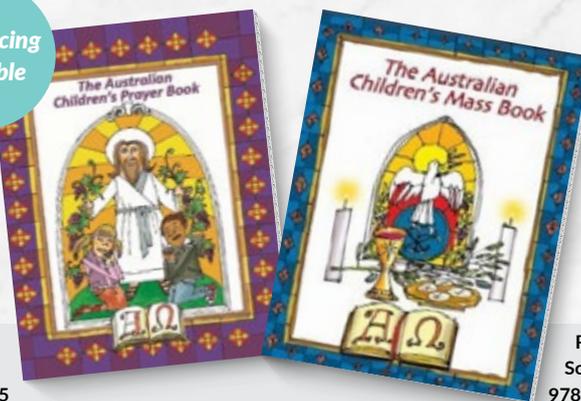
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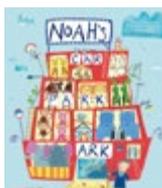


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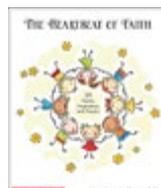


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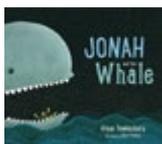
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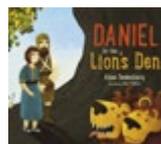
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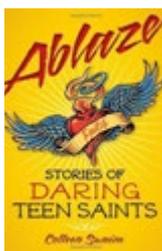
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Daniel in the Lion's Den

Daniel is given the best job - being in charge of the whole kingdom! But that makes some people jealous and Daniel ends up in a den of lions. How will he escape?

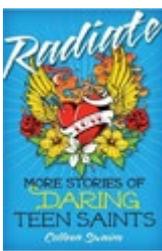
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Get to know some of the youngest saints, their conflicts, backgrounds, goals and what you can learn from them today. Find spiritual direction and even a new outlook on life.

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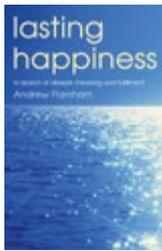


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We all want to be happy, but western society places great emphasis on wealth and pleasure. **Andrew Parnham** believes there is a better way to live. He guides us on an unexpected path to a life of meaning and fulfilment.

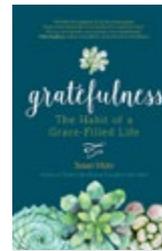
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Rethink Happiness

Paul George invites you to pursue authentic happiness by surrendering your life to God and focusing on simple joys: daily prayer, a minimalist lifestyle, meaningful relationships, and an ongoing pursuit of God's will.

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Gratefulness

Secular books have begun to explore gratitude and its ability to lead to a happier life. This however is not a new concept. **Susan Muto** explores how life changing gratefulness can be, by drawing on the lives of saints and spiritual writers.

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Digitized

Our lives are all touched in some way by technology, but how are they influenced by it? **Dr. Bernard Bull** provides a systematic analysis of our lives, challenges and 12 practical steps to help us live in this digital world.

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More Than Just Pretty

Jessie Faerber puts the record straight and redefines how girls see themselves in our digital age, where social media has distorted the perception of beauty and young girls can find it difficult to determine their true self-worth.

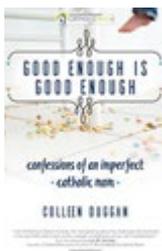
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Reclaiming Family Time

Life is busy and getting busier, but what are the true consequences of being overcommitted? So few of us are able to slow down to truly realise and appreciate the gift of one another.

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Good Enough is Good Enough

The truth about parenting is that you don't have to get everything right and your family doesn't need to be perfect. **Colleen Duggan** learned these lessons by struggling with unrealistic expectations for years.

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Q&A Bible Verse 5-Year Journal

Where will you be in 5 years? Where were you 5 years ago? This spiritual journal uses the hugely popular Q&A style to help you reflect on your spiritual journey over a 5 year period.

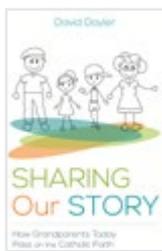
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Everything Happens for a Reason and Other Lies I've Loved

After having a baby with her childhood sweetheart, **Kate Bowler** was diagnosed with cancer. As she navigates the aftermath, she shares her reflections on faith, friendship, love, and death.

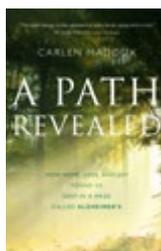
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Sharing Our Story

David Dayler reflects on the importance of Grandparents and their role in the development of the Catholic faith in their grandchildren in today's ever changing world.

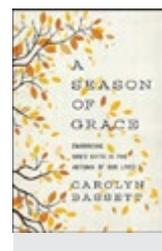
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Sophia \$25.46
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A Path Revealed

Carlen Maddux sets off on a life-changing mission to understand and deal with his wife's Alzheimer's. This story conveys a message of hope and joy in the midst of tragedy.

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Sophia \$29.71
9781612617848



A Season of Grace

Getting older can cause some of us to lose sight of the gifts that God has given us. Here, seventy-five reflections are used to help you re-discover what God is doing in your life.

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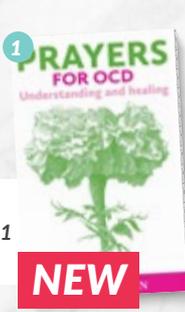
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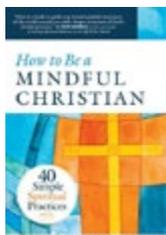
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Special Focus on Mental Health!

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Each of these books from **Fay Sampson** provide Bible verses and poems of hope and comfort, along with short items of information, support and advice on each condition along with a prayer. They are broken into three sections; one section for the individual suffering from the condition, one section for the carer and the last section for family, friends and the wider community. These little books are an indispensable resource for anyone who may be suffering these conditions or know of someone who is.



How to be a Mindful Christian

Grounded in scripture, these 40 simple practices can help you slow down your life, find joy, deepen your relationship with God and provide easy ways to see the world with greater clarity.

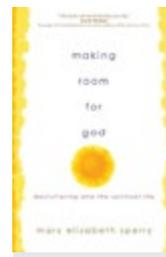
RRP \$39.95
Sophia \$33.96
9782896885084



See, Love, Be

In his new book, **Tim Stead** shows how Christian mindfulness can lead to a deeper openness and fuller experience of God's grace. Here he provides an 8-week guide, with audio meditations, on themes of see, love and be.

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Making Room for God

Does your house need a bit of a spring clean? **Mary Sperry** explores the relationship that we have with our stuff and uses her experience to guide us through a spiritual, prayerful and peace-filled decluttering journey.

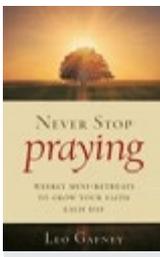
RRP \$32.95
Sophia \$28.01
9781594717970



Barefoot Revolution

Paul Marshall wants you to take your shoes off, as Moses did before the burning bush and surrender yourself to God's voice. This is the practical discipleship book that you've been looking for with tools and practices for today!

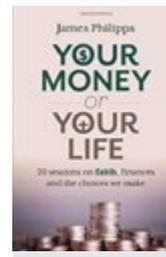
RRP \$39.95
Sophia \$33.96
9781612619590



Never Stop Praying

How do you find the time each day to set aside for prayer? When life's business takes over, it can seem impossible. But **Leo Gafney** has an idea for you: pray during life's odd moments, so that you're actually always praying!

RRP \$32.95
Sophia \$28.01
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Your Money or Your Life

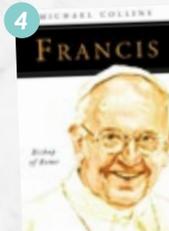
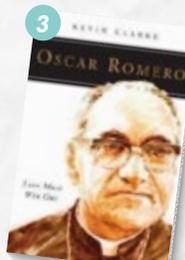
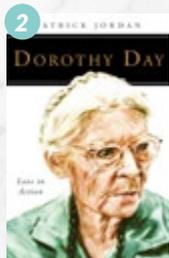
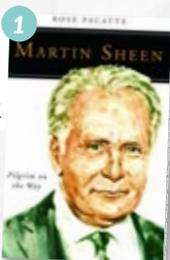
The culture that we live in today encourages us to measure our worth by how much we have or earn. **James Philipps** invites you to think about your money habits, and whether they lead you to or from God.

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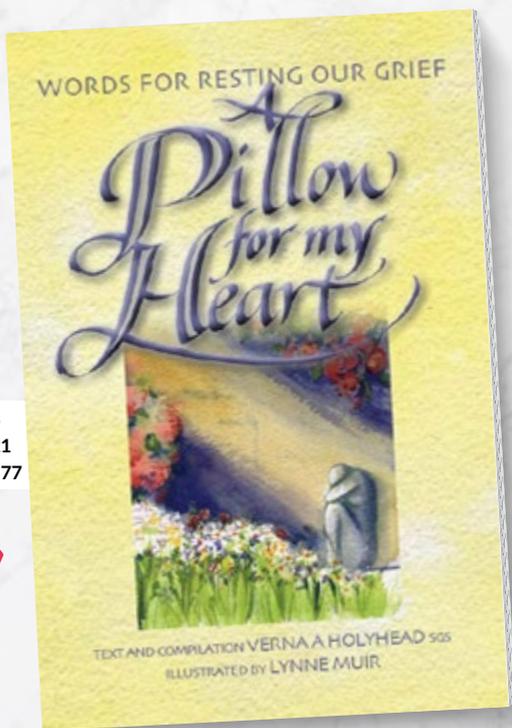


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UPDATED EDITION



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A Pillow for My Heart

This book has been lovingly and thoughtfully prepared to support you, or someone you know after the passing of a loved one. During this time, your heart feels like it needs a pillow to rest on. This small book of carefully chosen quotations and commentary tries to offer some words which can mingle with our tears or, perhaps, help them flow more gently and freely during the days after a death.

Some of the offerings here are short and some are longer, some come from God and others come from Christians and other people of various faiths, combined with additional prayers and reflections. This new edition features new colour artwork and quotes!

FOR THE TOUGH TIMES *Books for when you experience grief and loss*



May I Walk You Home

Joyce Rupp joins with the experience and empathy of hospice educator **Joyce Hutchison** to create an invaluable book for those caring for someone on their final journey home.

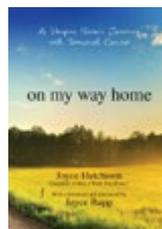
RRP \$29.95
Sophia \$25.46
9781594712142



Now That You've Gone Home

This collection of twenty-five stories helps readers to navigate the grief of losing a loved one, with stories from **Joyce Hutchison** and prayers and meditations by **Joyce Rupp**.

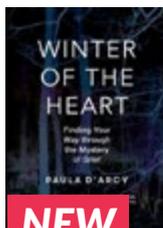
RRP \$29.95
Sophia \$25.46
9781594712159



On My Way Home

After chronicling other people's stories in her previous books, **Joyce Hutchinson**, sat down to tell her cancer journey as her own death approached, hoping to benefit others.

RRP \$29.95
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9781594717291



Winter of the Heart

We can't really prepare for grief. The only experts on grief are those who have survived it. **Paula D'Arcy** is one of those experts and your companion here through the seasons of grief, helping you to heal and find peace.

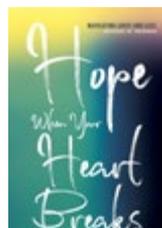
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My Favourite Color is Blue

This is a children's picture book by design but made to be accessible to those of all ages! Full of lush colours, be guided through emotions and reactions related to all kinds of grief.

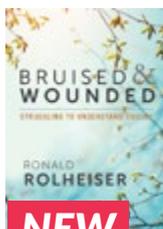
RRP \$34.95
Sophia \$29.71
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Hope When Your Heart Breaks

Michael Newman has written 52 short chapters dealing with all different types of grief, helping you find God in the midst of grief. Just find the right chapter for you or go cover to cover.

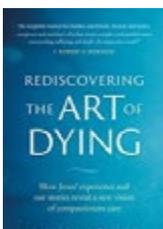
RRP \$28.95
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Bruised and Wounded

Fr Ronald Rolheiser offers unique insights on the nature of suicide and its devastating effects. This book, filled with compassion and wisdom brings hope to survivors of suicide and also dismantles the myths and associated taboos.

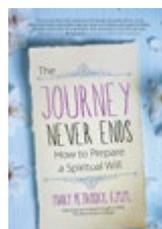
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Rediscovering the Art of Dying

Sr. Nuala Kenny reflects on the inevitable questions we all face regarding health, illness, suffering, and dying. Kenny provides a profound spiritual reflection by linking Jesus's own experience with real-life stories.

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Sr Mary Petrosky is here to help you make your own spiritual will, a document that outlines your values, intentions, and hopes for the future. Focus on what is most important in your life and share this with your loved ones.

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