



garratt resources

Breakthrough

Breakthrough details **Rob Galea's** struggle with addiction, suicidal thoughts and depression, through to his discovery of the Lord, his time in the seminary and now as a priest in the diocese of Sandhurst. Such is his appeal, industry experts IMDb have linked superstars Ryan Gosling, Roberto Benigni and opera singer Andrea Bocelli as potential collaborators on a possible film. Fr Rob's book has been taking Australia by storm since it was launched at ACYF.



Buy both for
RRP \$34.95
Sophia \$29.71

RRP \$19.95
Sophia \$16.96
9781925073485

NEW

Breakthrough Journal

In this full-colour *Journal*, Fr Rob guides you through *Breakthrough*, with prompts to consider your faith, your relationship with God and others, your past, and your future. The *Journal* also includes inspirational quotes, full-page colour quotes that can be removed from the book and used as daily reminders, and links to music and scripture.



RRP \$19.95
Sophia \$16.96
9781925073966

NEW



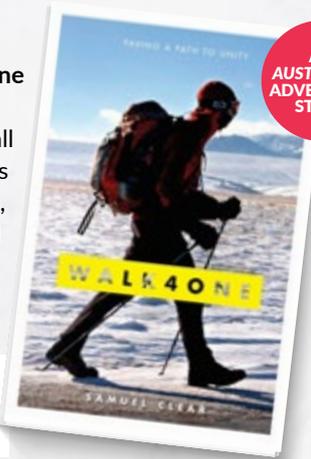
Coming Home CD

Coming Home is **Fr Rob Galea's** seventh music project. This 12-track record has been four years in the making and is a collaboration with some of the best songwriters and producers from across the world. In this album Fr Galea sings about the need to return to our first Love; we choose Christ but we often run away. No matter how far we wander God will run towards us as we begin our journey back home.

RRP \$19.95
Sophia \$16.96
19342868112

Walk4One

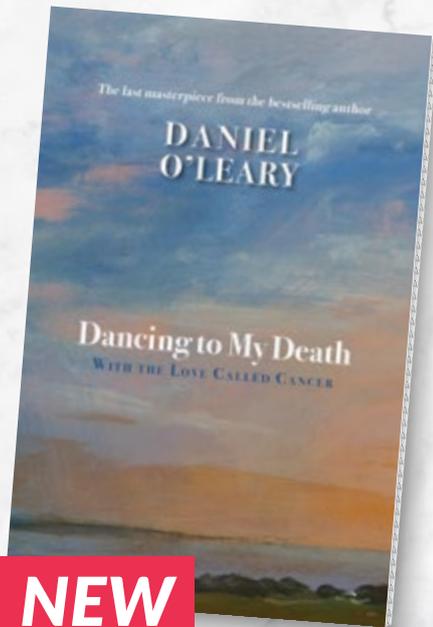
Samuel Clear was motivated by a broken Church and Christians who all stood apart. So one Sunday he pledged to walk around the world with his goal of uniting Christians. He had no idea how hard it would be. Snakes, scorpions, guns, hospitalisations, KGB shakedowns, thirst and pain stood in his way. Through all this Sam finds beauty, love and generosity of spirit in ordinary people and discovers unity means much more than a name on a parish sign post.



AN
AUSTRALIAN
ADVENTURE
STORY

RRP \$34.95
Sophia \$29.71
9781925073256

NEW FROM DANIEL O'LEARY



NEW

RRP \$24.95
Sophia \$21.21
9781925073980

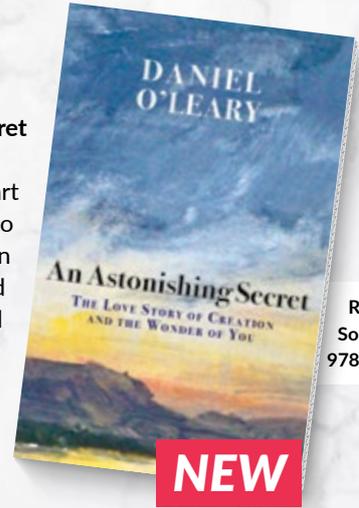
Dancing to my Death

In the summer of 2018 **Daniel O'Leary** received the news that we all dread – a cancer diagnosis. As a priest, teacher, prodigious author and retreat facilitator, it was a natural instinct for Daniel to journal his thoughts and feelings during his cancer journey. This book is an incredibly raw and honest account. It pulls no punches in terms of Daniel's struggle to cope with his diagnosis, the challenges of cancer treatment and the emotional rollercoaster of facing his own death.

Dancing to my Death is a heartfelt exploration of life, death and faith.

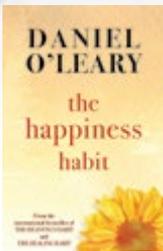
An Astonishing Secret

Daniel O'Leary invites you to open your heart to explore mysteries that may be new to you, but not your heart. You'll be taken in many different directions and you'll be called to stretch your thoughts, emotions and imagination in many ways. Inspired by the writings of Pope Francis, this book offers exciting revelations about God, Creation, Incarnation, and the Wonder of You.



NEW

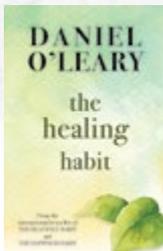
RRP \$29.95
Sophia \$25.46
9781925073652



RRP \$24.95
Sophia \$21.21
9781925073638

Happiness Habit

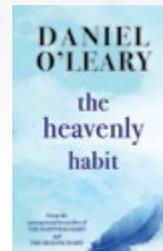
In *The Happiness Habit*, **Daniel O'Leary** presents one page reflections on a theme featuring a quote from well-known writers and personalities like Oprah, Pope Francis and more!



RRP \$24.95
Sophia \$21.21
9781925073621

The Healing Habit

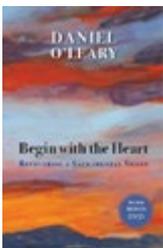
Daniel O'Leary brings powerful insights and wonderful common sense in his latest book on healing and healthy thinking. These insights will help you get through each day better!



RRP \$24.95
Sophia \$21.21
9781925073645

The Heavenly Habit

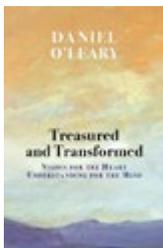
In **Daniel O'Leary's** latest *Habit* book, ten artists offer their best efforts to capture the experience of the *Heavenly Habit* – a transforming grace that finds light in the darkest soul.



RRP \$34.95
Sophia \$29.71
9781925073669

Begin With the Heart

Daniel O'Leary focuses on an exciting theology of creation and explores the implications of its insights for education. It is a vital step towards a long overdue review and renewal in the world of religious education.



RRP \$24.95
Sophia \$21.21
9781925073676

Treasured and Transformed

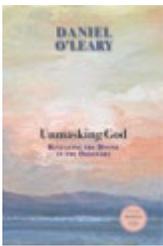
Daniel O'Leary will beguile you in discerning the love, the meaning, and the delight in all life's experiences. This collection of reflections, thoughts and advice on how you can live a more fulfilling spiritual life is sure to nourish your soul.



RRP \$24.95
Sophia \$21.21
9781925073744

Travelling Light

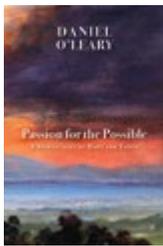
Do you feel a call to deepen your life, to live more freely, to be more happy? **Daniel O'Leary** brings reflections and practices for those who set out in search of their true fulfilment and destiny on this long and winding road.



RRP \$29.95
Sophia \$25.46
9781925073720

Unmasking God

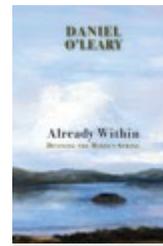
This book reaffirms the divine presence within all of us. The purpose of these reflections from **Daniel O'Leary**, is to reveal the holiness of our hearts, the wonder of our bodies, and to disclose the secret of turning your life around.



RRP \$24.95
Sophia \$21.21
9781925073737

Passion for the Possible

The Passion for the Possible is about the fierce desire to explore the potential for self-esteem arising from our own divine beauty, for a sense of our capacity for finding the healing light in our dark moments.



RRP \$24.95
Sophia \$21.21
9781925073713

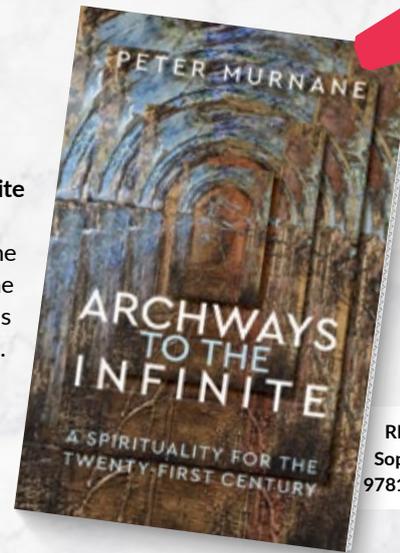
Already Within

Already Within contains some of the best writings from **Daniel O'Leary's** books and articles. Everything you love about **Daniel O'Leary** can be found here and you can come back to this book time and time again.

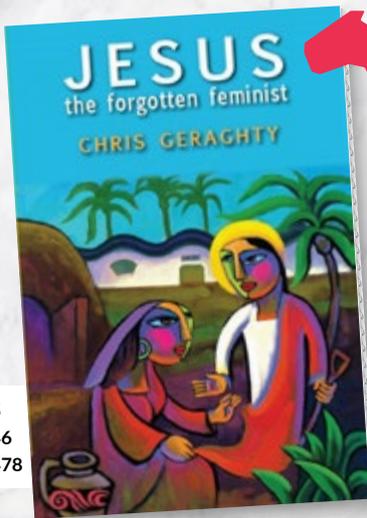
OUR BESTSELLERS!

Archways to the Infinite

Peter Murnane says we cannot claim to be in harmony with the Transcendent - serving God - if we are not also striving to make the world a more just place. He argues that caring for the earth connects us to the infinite just as much as our own relationships do.



RRP \$29.95
Sophia \$25.46
9781925009477



RRP \$29.95
Sophia \$25.46
9781925073478

Jesus the Forgotten Feminist

Chris Geraghty delves into scriptures and history showing how Jesus practised a radically inclusive approach to women that challenged the inequitable beliefs and practices of his own culture and community. This learned, humorous, irreverent book reminds us that Jesus was a feminist and argues that the Church must repent and honour this in order to restore women's place as fully equal to men in the Church.

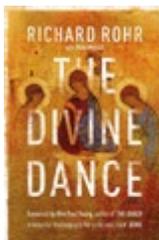
RICHARD ROHR *World-wide spiritual influencer and teacher.*



A Spring Within Us

In these daily reflections, Richard Rohr invites us to rediscover the spring hidden inside each one of us, reminding us of God's indwelling presence and that we are all inherently beloved.

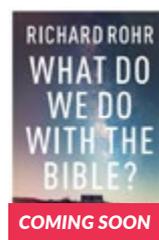
RRP \$49.95
Sophia \$42.46
9780281080212



The Divine Dance

In what Richard Rohr calls his most important book, learn how to live in creative collaboration, to appreciate each other's differences and to show each other humility and compassion.

RRP \$29.95
Sophia \$25.46
9780281078158



What to Do With the Bible

The Bible has been employed to justify terrible things. Still, we believe the Bible has something important to say. How can we read it in a contemplative and intelligent way? Richard Rohr answers just this question. Available August.

RRP \$29.95
Sophia \$25.46
9780281083213

BOOK OF THE MONTH



RRP \$26.95
Sophia \$22.91
9780281078622

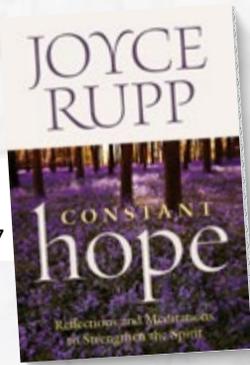
NEW

BOM PRICE
\$21.95
SOPHIA PRICE
\$18.87

The Universal Christ

Richard Rohr is one of the world's most respected teachers and writers in the world of faith and spirituality. However, he has never written about a specific topic: Jesus. Until now. In his new landmark title, Rohr looks to scripture, history and spirituality to paint a new portrait of Jesus Christ. In his much-loved style, he breaks down the cultural, religious and human lenses that have determined how we view Jesus.

JOYCE RUPP



RRP \$36.95
Sophia \$31.41
9781627853477

Constant Hope

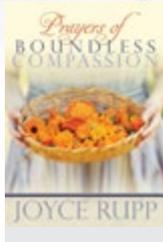
Joyce Rupp is back and, once again, wants to help you change your life. In *Constant Hope*, Rupp guides you down the only path that leads to real hope – building your relationship with the “the Holy One who dwells within us.” Based on the seasons of the liturgical year, and suffused with real-life wisdom, this book will be an invaluable companion on your journey of faith and will help you respond in hope and joy to the love that God constantly offers.



Boundless Compassion

Joyce Rupp's most powerful book yet! Through this six-week personal transformation process for deepening compassion, Rupp inspires you to grow in the kind of love that motivated Jesus' life and mission for his disciples.

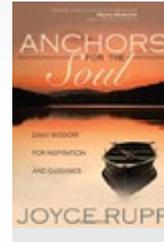
RRP \$29.95
Sophia \$25.46
9781925073539



Prayers for Boundless Compassion

This collection of forty original prayers, blessings, and meditations by **Joyce Rupp** encourages us to practice the themes of compassion as a way of life. Can be used alone or with *Boundless Compassion*.

RRP \$19.95
Sophia \$16.96
9781925073546

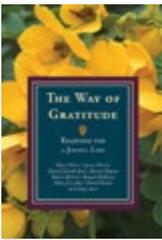


Anchors for the Soul

Here, prayers, poems, blessings, and meditations from **Joyce Rupp's** many works are brought together to offer daily wisdom that will keep you anchored to God throughout the year.

RRP \$39.95
Sophia \$33.96
9781932057126

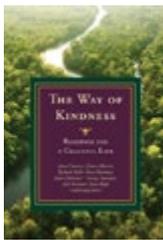
THE WAY OF SERIES *A series reflecting on values with the world's biggest spiritual authors*



The Way of Gratitude

A wonderful book that is bursting with reflections from contributors such as **Joan Chittister, Michelle Obama, Joyce Rupp, Rowan Williams and Maria Shriver**, just to name a few!

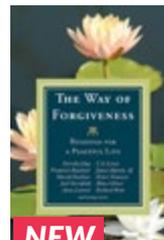
RRP \$39.95
Sophia \$33.96
9781626982321



The Way of Kindness

Essays, fiction, poems, meditations, and inspired ideas by renowned writers from around the world offer readers reflections on being kind. Authors include **James Martin, Dorothy Day, Mother Teresa**, and many others.

RRP \$39.95
Sophia \$33.96
9781626982758



The Way of Forgiveness

This moving anthology of inspiring true stories that foster healing and harmony include selections from **C.S. Lewis, Henri Nouwen, Dorothy Day, Harold Kushner, Richard Rohr, James Martin, SJ** and many others.

NEW
RRP \$39.95
Sophia \$33.96
9781626983229

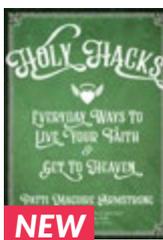
SPIRITUALITY ESSENTIALS *Some of our new favourites from our favourite authors*



Be Brave in the Scared

Mary Lenaburg shares how caring for her severely disabled daughter affected her self-image, marriage, family life and faith. However, she also shares what it taught her about accepting God's will and how it can lead to joy.

NEW
RRP \$34.95
Sophia \$29.71
9781594718830



Holy Hacks

Are you caught up in the rush of life, wishing you were able to live your faith more easily? *National Catholic Register* columnist, **Patti Armstrong**, is here with around 200 simple hacks to help you do just that!

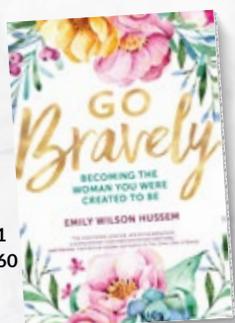
NEW
RRP \$32.95
Sophia \$28.01
9781594718878



Girl, Arise

Claire Swinarski, creator of *The Catholic Feminist* podcast, believes you can be both a Catholic and a feminist. With humour and sass, she shows how Jesus embodied the core values of feminism in *Girl, Arise!*.

NEW
RRP \$32.95
Sophia \$28.01
9781594718939



Go Bravely

At the heart of **Emily Wilson's** ministry is helping every person she encounters recognise their identity and worth in Christ. Emily wants you to be brave, stand up and live your life as a woman of faith. In this book Emily provides practical guidance to live a faith-filled productive life in a world that often seems to steal joy.

RRP \$24.95
Sophia \$21.21
9781925073560

LEADERSHIP



MicroShifts

Gary Jansen knows how difficult it can be to create significant, sustainable change in our lives. Here he offers an answer that he calls “microshifting”—small adjustments that gradually reveal a great effect.

NEW

RRP \$32.95
Sophia \$28.01
9780829445367



Leading - The Millennial Way

Millennials are leading some of the biggest businesses in the world, often in ways that challenge what has come before. This book from **Simon Barrington** invites all leaders to better grasp and live out leading - the millennial way.

NEW

RRP \$26.95
Sophia \$22.91
9780281080779

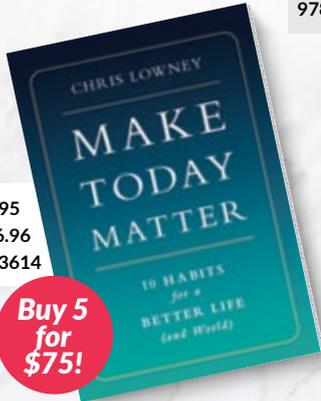


Blessings for Leaders

Easy to read and filled with illuminating stories, this book, from **Dan Ebener**, is ideal for anyone searching for Christian insight into leadership and for groups journeying to a deeper understanding of Jesus' vision for leadership.

NEW

RRP \$16.95
Sophia \$14.41
9780814635070



Make Today Matter

Everybody wants to live a better life. We want to stay on track and contribute to the world. But how? **Chris Lowney** shares with you his ten simple, daily habits that will help you build a better life one day—one moment—at a time.

RRP \$19.95
Sophia \$16.96
9781925073614

Buy 5 for \$75!



FAMILY *Resources to strengthen your Christian family*

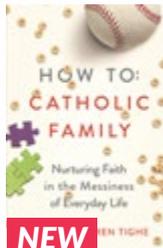


Helping Teens With Stress, Anxiety and Depression

Do you know when or if it's appropriate to step in to help a teen who seems stressed, anxious, or depressed? **Roy Petrifils** offers his personal experience and advice to give you the knowledge, courage, and tools you need.

NEW

RRP \$34.95
Sophia \$29.71
9781594718892

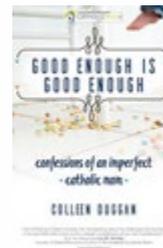


How To: Catholic Family

This is a practical guide for Catholic parents, or grandparents, that want to impart the faith to their children but aren't quite sure where to start. Filled with the topics you need; this is a perfect go-to parenting guide.

NEW

RRP \$32.95
Sophia \$28.01
9781593253509



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.

RRP \$34.95
Sophia \$29.71
9781594717314



Sharing the Wisdom of Time

This incredible coffee table book is a collection of stories from grandparents and elders all around the world. With these stories, **Pope Francis** wants to help guide younger generations by *Sharing The Wisdom of Time*.

RRP \$59.95
Sophia \$50.96
9780829446227

NEW



DISCUSSIONS *Become part of some very interesting discussions about Christianity and faith*

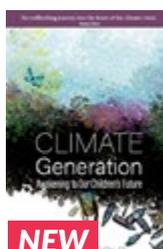


Out of Control

For over a decade, **Natalie Collins** has fought against domestic abuse. Rooted in theological insight and thoroughly practical, this book will explore domestic abuse and offer pointers as to how it can be addressed.

NEW

RRP \$29.95
Sophia \$25.46
9780281078905



Climate Generation

Climate change is the greatest challenge of our generation - we hear it all the time. **Lorna Gold** shares how she discovered the true meaning of 'climate change' and what it meant for a mother wanting to protect her children.

NEW

RRP \$34.95
Sophia \$29.71
9781847308412



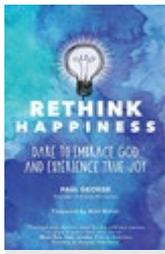
Will Robots Take Our Jobs?

Sean McDonagh looks at the ethics of artificial intelligence and new technologies. He asks if we're ready for a new industrial revolution and challenges us all to become informed on the subject of robots replacing people.

COMING SOON

RRP \$36.95
Sophia \$31.41
9781847308870

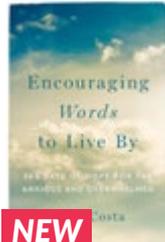
AUTUMN'S SPIRITUALITY ESSENTIALS



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.

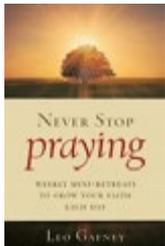
RRP \$34.95
Sophia \$29.71
9781594717918



Encouraging Words to Live By

Feeling overwhelmed, anxious, or sad? Here is a collection of daily reflections that will lift your spirits and give you a sense of direction with reminders of God's great love and acceptance. Learn to look upon each day with hope.

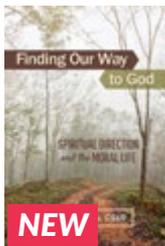
NEW
RRP \$34.95
Sophia \$29.71
9781593253448



Never Stop Praying

How do you find the time each day to set aside for prayer? When life's busyness 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!

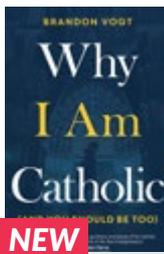
RRP \$32.95
Sophia \$28.01
9781627853521



Finding Our Way to God

Fr. Dennis Billy's new book offers an approach to spiritual direction using mental prayer that can be used to create healing and peace when conducting guidance sessions with seekers, based on the teachings of St Liguori.

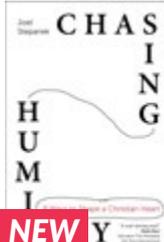
NEW
RRP \$44.95
Sophia \$38.21
9780764828034



Why I am Catholic

Have you been having trouble with your faith? You're not alone. Brandon Vogt's bestselling book details how a passionate search for truth led him, in 2008, to the Church. This is a must read for those questioning their faith.

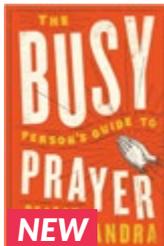
NEW
RRP \$34.95
Sophia \$29.71
9781594719035



Chasing Humility

Joel Stepanek grew up with a warped view of humility before the *Litany of Humility* changed his perception. Now, he wants to help you understand and embrace the importance of humility and teach you to love the virtue as well.

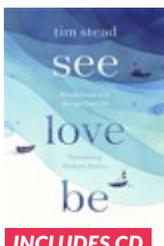
NEW
RRP \$34.95
Sophia \$29.71
9781594718953



The Busy Person's Guide to Prayer

Deacon Greg Kandra knows all too well what it is to be busy. Here, he helps us realize the importance of prayer and offers practical tips to make it a part of each day and develop our communication with God.

RRP \$29.95
Sophia \$25.46
9781593253516



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.

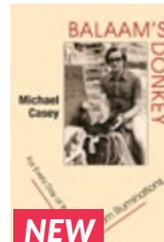
INCLUDES CD
RRP \$26.95
Sophia \$22.91
9780281078042



Gratias

This is an anthology of personal experiences, memories, and prayers in which expressions of thankfulness are recalled by a wide range of contributors. You are invited to reflect on the gift of gratitude in your own life.

NEW
RRP \$39.95
Sophia \$33.96
9781847308603



Balaam's Donkey

Balaam's Donkey is a series of daily reflections based on the homilies by Cistercian monk Michael Casey over his fifty years of priesthood. There are a range of topics, filled with Casey's wit, whimsy and humour.

NEW
RRP \$59.95
Sophia \$50.96
9780814684634



A Prayer Book for Catholic Women

This beautiful prayer book is the perfect guide for women of all ages who want to deepen their personal relationship with the Lord. It's beautifully designed, easy to use and perfect for everyday.

RRP \$29.95
Sophia \$25.46
9781593253349



An Invitation to Love

Everyone needs a retreat to replenish the soul at some point, but finding time away from home is hard. Here, William A. Barry provides prayer sessions that focus on loving God and our neighbour.

RRP \$32.95
Sophia \$28.01
9780829446678

FOR THE TOUGH TIMES *For when you experience grief and loss*



RRP \$24.95
Sophia \$21.21
9781925073577

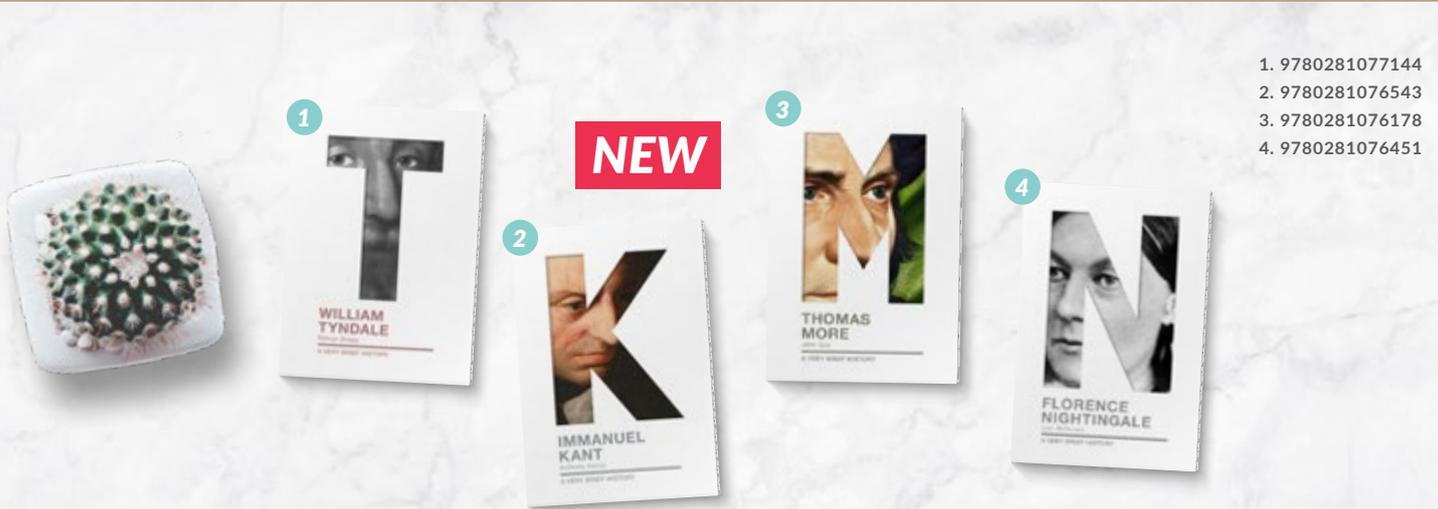
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Some of the offerings here are short and some are longer, some come from God and others come from Christians and other people of various faiths, combined with additional prayers and reflections. This new edition features new colour artwork and quotes!

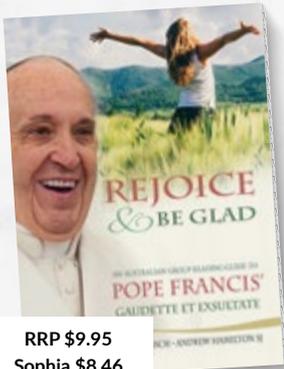
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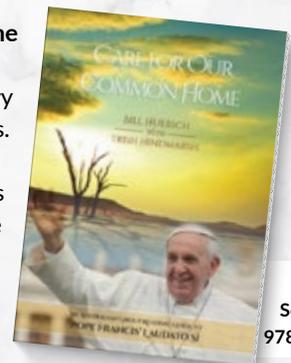


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Pope Francis' latest Apostolic Exhortation, *Gaudete et Exsultate (Rejoice and Be Glad)*, uses Scripture and the witness of the saints to demonstrate that God's call to holiness is one that we must all answer every day!

This plain English guide, with Australian case studies and reflections by renowned author and writer **Fr Andrew Hamilton SJ** and acclaimed scholar and theologian **Bill Huebsch**, will make Pope Francis' message easily accessible to all readers. With concise summaries of each numbered section, and questions for discussion and reflection, this guide will enable you to explore how **Pope Francis'** words can be applied to our lives.

Care for Our Common Home

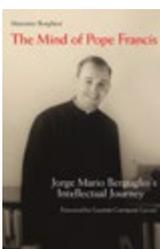


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This reading guide provides an accessible way to take up the Australian Bishop's invitation to Australian Catholics, and indeed the wider community, to address the challenges and opportunities presented by the encyclical. Features Australian case studies and is supported by Catholic Earthcare.

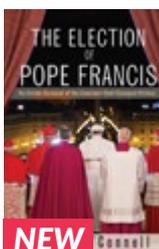
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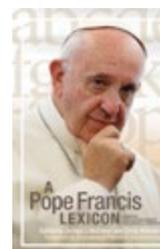
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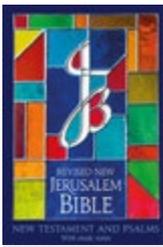


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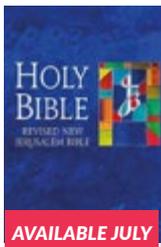
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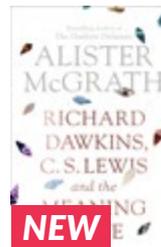
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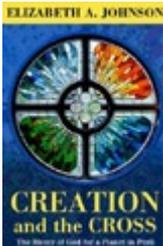
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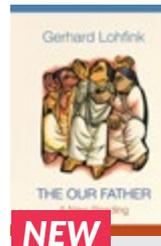
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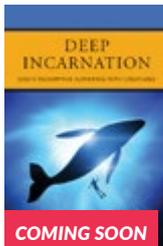
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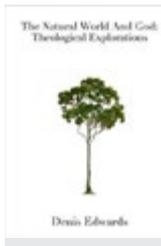
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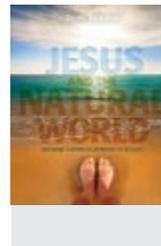
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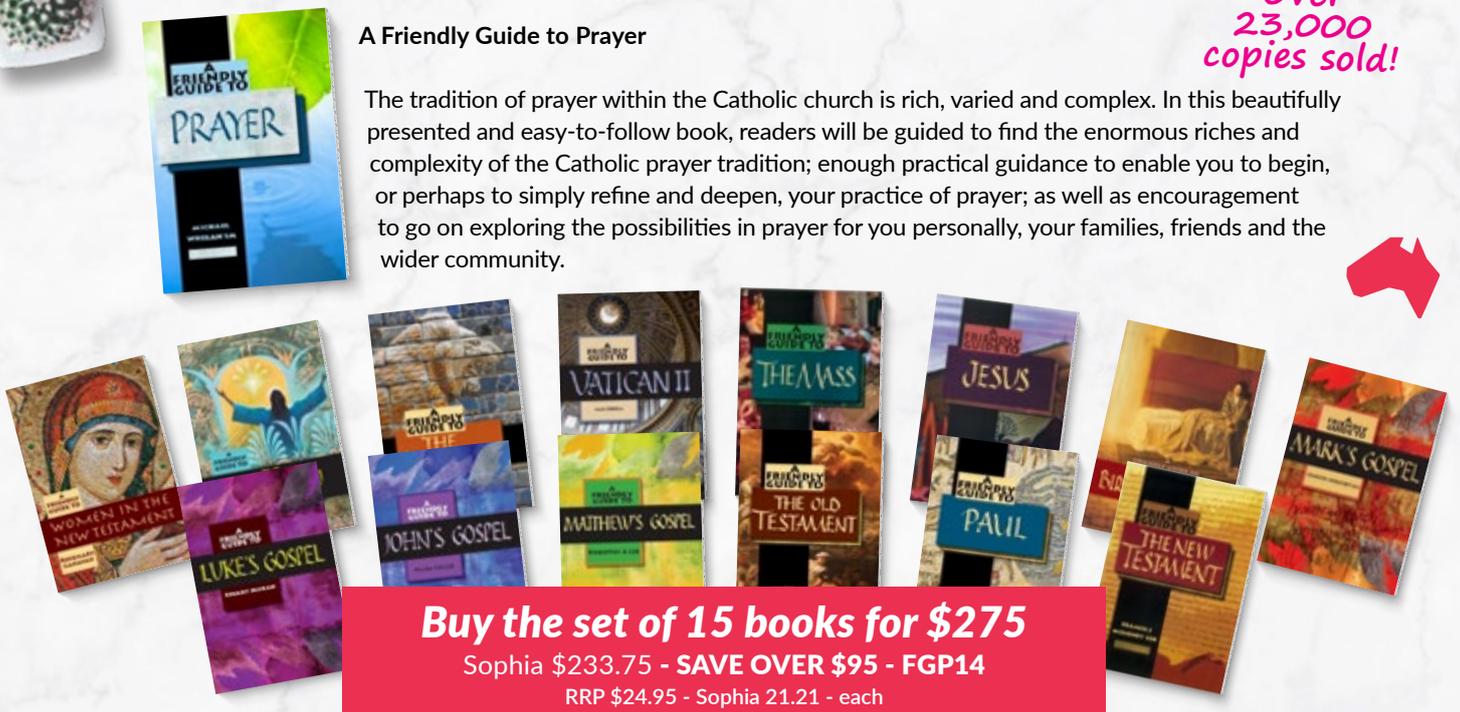
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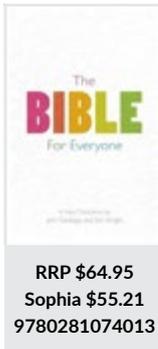


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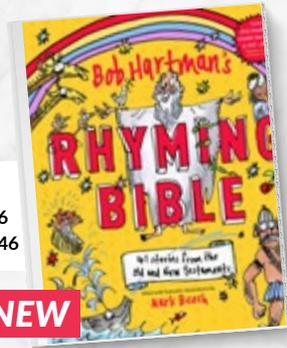
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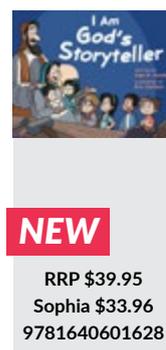


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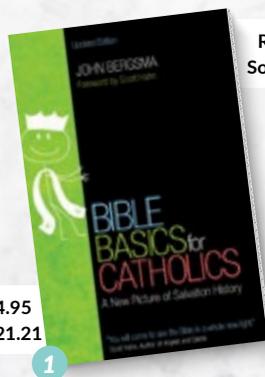
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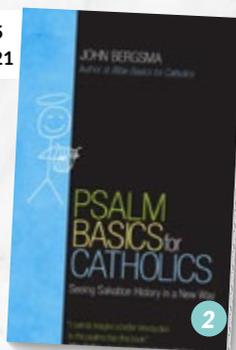
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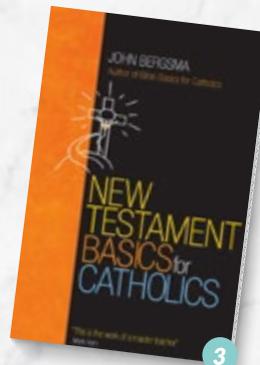
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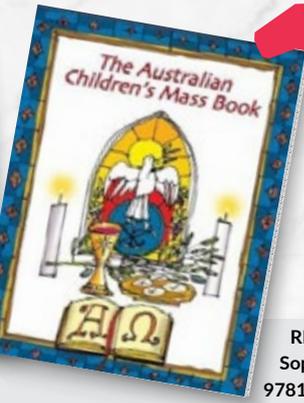
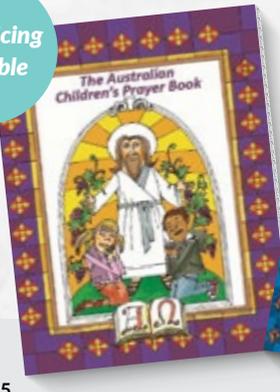
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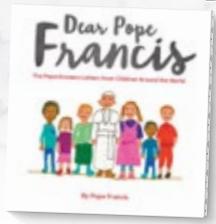


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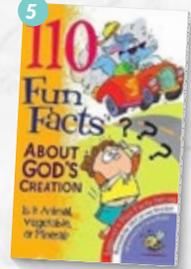
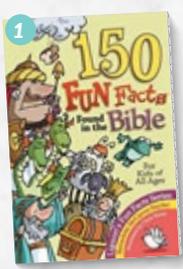
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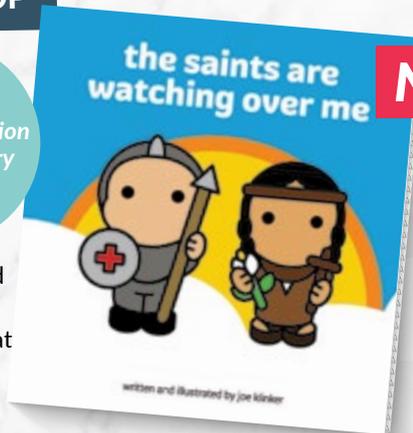
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