



## Holy Goals for Body and Soul

By Thomas Paprocki

Ave Maria Press. Paperback. Book Condition: new. BRAND NEW, Holy Goals for Body and Soul, Thomas Paprocki, Holy Goals for Body and Soul links lessons from the world of sports and fitness, especially the experiences of a Catholic bishop who plays ice hockey, with concrete ways to live a holy life. In Bishop Paprocki's view, everyone is called to holiness and holiness can be encountered anywhere. These eight steps help the reader navigate a life of holiness: Fear - The beginning of any new situation brings anxiety and fear. What can you learn from athletics?; Frustration - Succeeding in sport is challenging. Despite any frustrations, you can succeed if you don't give up!; Failure - Roadblocks to success are inherent in athletics. How can you deal with failure?; Fortitude - Here is a God-given virtue to give you the strength to face the challenges of sports (and life).; Faith - Success requires confidence. Confidence grows with faith. Real success comes from gratefully accepting the gifts God has given to you.; Friendship - Participating in sports is a great way to make friends and to learn how to work together.; Family - Family life is the first team sport. How you...



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