



BOOK ANNOUNCEMENT

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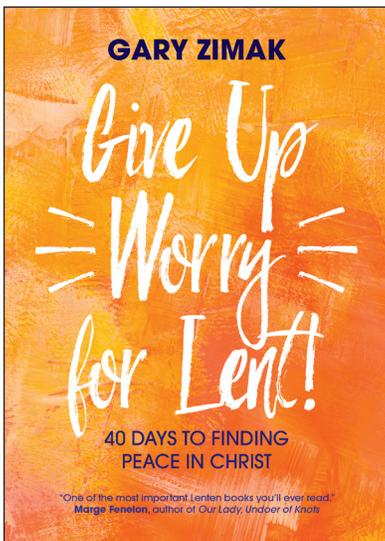
A Ministry of the United States Province of Holy Cross

*"One of the most important
Lenten books you'll ever
read."*

MARGE FENELON

Author of

Our Lady, Undoer of Knots



Give Up Worry for Lent!

40 Days to Finding Peace in Christ

By Gary Zimak

ISBN: 978-1-59471-881-6

160 pages • \$13.95

Also available as an eBook.

*"If you need a spiritual faith
lift, pick up a copy of this
little book and read it, pray
with it, and share it. It will
change the way you ap-
proach Easter—and might
even change your life."*

DEACON GREG KANDRA

The Deacon's Bench

LEARN HOW TO LET GO OF WORRY, FIND PEACE IN CHRIST DURING LENT

NOTRE DAME, Ind.—Catholic author and self-described “recovering worrier” Gary Zimak combines practical spirituality, daily scripture readings, and simple action steps to help readers kick the worry habit as part of their Lenten renewal. He shows how to let go of the anxiety-producing areas of life in order to find the lasting peace that comes from trusting God.

During the season of Lent, Catholics and other Christians frequently give up something they enjoy as a measure of penance or self-discipline—and often fall back into old habits at the first “Alleluia!” In *Give Up Worry for Lent!*, Gary Zimak offers fellow worriers practical, scripture-centered advice on how to relinquish the need to control the uncontrollable—not just for Lent but for good—and how to find peace in Christ.

From Ash Wednesday to Easter Sunday, Zimak guides readers to ponder a scripture passage and to apply it to their own life by following four simple steps:

- Read
- Reflect
- Respond
- Pray

As readers continue to meditate on scripture and practice the simple action steps at the end of each reflection, they will find it easier to replace old worries with new messages of hope and to change their life forever.

ABOUT THE AUTHOR



Gary Zimak is a Catholic author and speaker who also serves as director of parish services at Mary, Mother of the Redeemer Catholic Church in North Wales, Pennsylvania. He is the author of seven books, including *A Worrier's Guide to the Bible*, *Listen To Your Blessed Mother*, *From Fear to Faith*, and *Stop Worrying and Start Living*.