

Introduction

Priest. Psychology professor. Popular speaker and writer. Pastor of the poor. Protector of the young. They're all in one intriguing package named Benedict Groeschel—affectionately called Father Benedict.

Father Benedict draws his readers to a mature faith and holy living—always in a compassionate voice mellowed by years of ministry with troubled youth and needy families in the South Bronx, near the Capuchin-style community he helped to found, the Franciscan Friars of the Renewal.

He's a clear teacher, an animated storyteller, and a keen spiritual guide who laces his writing with subtle humor, as in the selection titled "The Geographic Cure": "Have you ever tried the 'geographic cure' for some chronic problem like alcoholism or depression—that is, changing jobs or moving to another city? The problem is, you have to take yourself along with you." He calls his readers to personal reform—never in and by their own power but always with and by the empowering Spirit of God.

Whether you are familiar with his work or just browsing for a stimulating spiritual read, we invite you to delight in this collection, each selection chosen for its provocative spiritual and psychological insight.