

Simple willpower isn't enough when you're struggling against anger, anxiety, addictions, sexual temptations, and other common problems. Bert Ghezzi, author of this engaging and practical guide, insists that the power of the Holy Spirit and only that power is strong enough to overcome these deeply rooted and disheartening difficulties. Best of all, he shows how you can tap into the Spirit's power now. Ghezzi, the author of many popular Catholic books (including *Voices of the Saints*), helps you see exactly what you're up against in dealing with these problems. He details how you can and must be vigilant against temptations, and points the way for you to experience real freedom from evil influences. His advice, which is firmly rooted in the wisdom of the saints, helps you gain the Spirit's power both in your individual spiritual life and in your relationships. You'll learn how to trust Jesus more and to control your thoughts as well as how to let go of grudges and how to place your dealings with others on a firm Christian footing. Ghezzi's forthright, Holy Spirit-centered approach gives you trustworthy, tested ways to gain the freedom that only God can give.

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