Book review:

Hi All,

Change your habits and you change your life! This is one of Matthew Kelly’s favorite quotes and I try to live by it. One habit we can all develop is “Spiritual Reading”. I challenge all of us to dedicate a minimum of 15 minutes a day each day to reading some spiritual book. Pick anytime that works for you for instance: early in the morning, at lunch time, after a nap, after dinner or before bed. Just make sure you do it each day no matter what and you will discover a new richness in your life.

One suggestion I have that makes it even easier have a couple of books going at the same time in different locations. Place a book by the TV stand, by your bed lamp, at your desk and in your tote bag you carry to Adoration or morning Mass. You will be surprised how the pages turn even a few at a time.

Reading enriches the soul, clears your mind and gives you a sense of accomplishment as you complete a good book.

Some great ideas for reading begin with the New Testament and other parts of the Bible. There are great book selections you can find with Dynamic Catholic, EWTN, Ascension Press and many online features.

The book I just finished sent from Dynamic Catholic is called:

“The Seven Pillars of Catholic Spirituality”. I strongly recommend this book for all to read. The seven sections include: Confession, Daily Prayer, The Mass, The Bible, Fasting, Spiritual Reading and The Rosary. The book is exactly 150 Pages and worth every page. The chapter on Fasting really got to me!

Friends, I challenge you, read 15 minutes a day, do not miss a day!

DeColores, Bill