

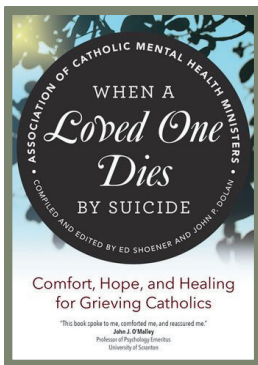
Welcome
to



Our Bookshelf

There are many books written that can offer support, education, or another perspective on Mental Health topics. Here are just a few of those books. If you are interested in a specific topic, please feel free to reach out to the Ministry for ideas or recommendations on books.

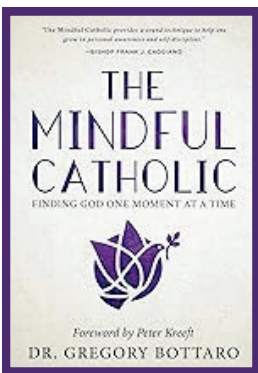
Most books are found on Amazon.



When a Loved One Dies by Suicide: Comfort, Hope, and Healing for Grieving Catholics

by Association of Catholic Mental Health Ministers, Ed Shoener, et al.

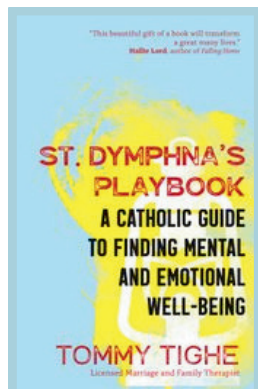
When someone you love dies by suicide, confusion, shame, and guilt often add to the emotional upheaval and spiritual turmoil in your life. When a Loved One Dies by Suicide was written by Catholics who have lost a loved one due to suicide. The contributors share their personal stories of loss, of learning to cope with the crushing grief, of finding comfort in faith and community, and of discovering hope as they began to move forward again.



The Mindful Catholic: Finding God One Moment at a Time Hardcover

by Dr. Gregory Bottaro (Author), Peter Kreeft (Author)

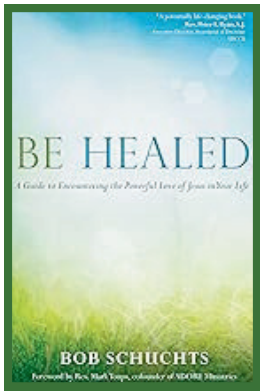
Whether we are carrying out routine life behaviors, trying to pray, or conversing with others, the way our minds work significantly impacts how well we function. But many times we may feel like our mind has a mind of its own. Dr. Greg Bottaro explains how mindfulness can help us become aware of the present moment and accept it. Catholic mindfulness is a way to practically trust God more in our lives.



St. Dymphna's Playbook: A Catholic Guide to Finding Mental and Emotional Well-Being

by Tommy Tighe, a licensed marriage and family therapist

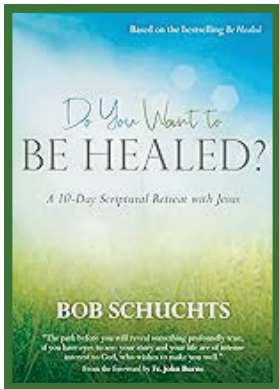
St. Dymphna's Playbook combines a therapeutic approach with the deep wells of Catholic faith and spiritual practice, exploring paths toward hope, healing, and wellness.



Be Healed

by [Bob Schuchts](#) (Author), [Mark Toups](#) (Foreword) 2014

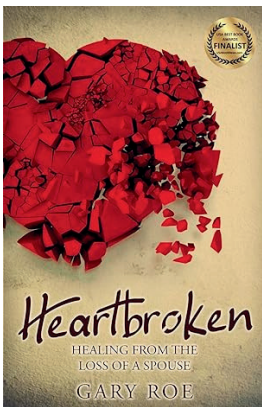
Be Healed includes helpful tools such as charts, tables, lists, reflection questions, and personal challenges to guide you on your journey of healing. Schuchts's trusted process for finding inner peace and healing is boldly Christ-centered, maintaining focus on the person of Jesus as "the life-giving and ever-present physician of our souls." Schuchts will help you recognize your brokenness and find your hope and healing in the risen Christ.



Do You Want to Be Healed?: A 10-Day Scriptural Retreat with Jesus

by [Bob Schuchts](#) (Author), [Fr. John Burns](#) (Foreword) 2022

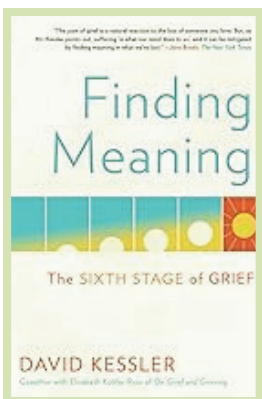
Do You Want to Be Healed? is a 10-day personal retreat that uses a healing process similar to the one found in the author Bob Schuchts's bestselling book Be Healed. Each day of the do-it-yourself retreat engages you with a question Jesus asked his followers and uses the traditional practice of lectiodivina (divine reading) to dive into a scriptural scene where Jesus heals the spiritually and physically sick.



Heartbroken: Healing from the Loss of a Spouse (Good Grief)

by [Gary Roe](#) (Author) 2019

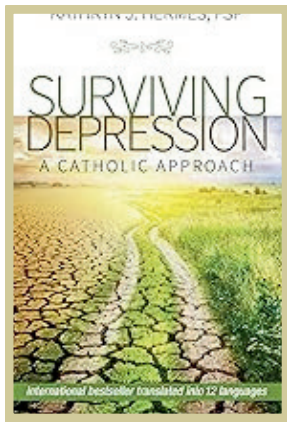
Award-winning author, speaker, grief counselor and bereavement specialist Gary Roe is a compassionate and trusted voice in grief recovery who has been bringing comfort, hope, encouragement, and healing to hurting, wounded hearts for more than 30 years. He has walked with hundreds of widows and widowers through this painful valley. From their stories he has composed this incredibly practical work that will touch your heart and comfort your soul.



Finding Meaning: The Sixth Stage of Grief

by [David Kessler](#) (Author) 2020

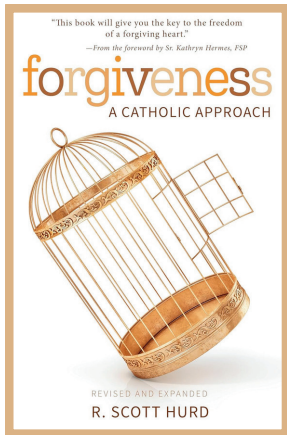
Kessler's insight is both professional and intensely personal. His journey with grief began when, as a child, he witnessed a mass shooting at the same time his mother was dying. For most of his life, Kessler taught physicians, nurses, counselors, police, and first responders about end of life, trauma, and grief, as well as leading talks and retreats for those experiencing grief. Despite his knowledge, his life was upended by the sudden death of his twenty-one-year-old son. How does the grief expert handle such a tragic loss? He knew he had to find a way through this unexpected, devastating loss, a way that would honor his son. That, ultimately, was the sixth stage of grief—meaning. In Finding Meaning, Kessler shares the insights, collective wisdom, and powerful tools that will help those experiencing loss.



Surviving Depression: A Catholic Approach

by Kathryn James Hermes (Author) 2020

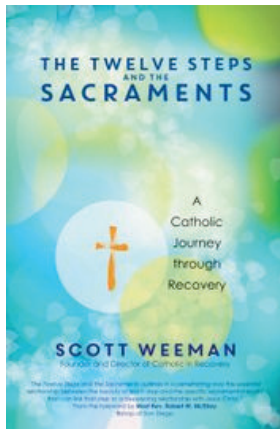
Surviving Depression shows you how to take the first steps to healing as well as how to build into your life practices that will help you embark on a spiritual journey through the darkness. You will learn how to reconnect with your heart, build connections with others, grow in self-esteem, stop spiraling negative thoughts, and live with more inner peace and gratitude. This edition incorporates additional material grounded in the interlinking of God's life within us and our psychological makeup.



Forgiveness: A Catholic Approach

by R Scott Hurd (Author) 2011

In this book, Scott Hurd writes of the spiritual, psychological, physical, and social benefits of learning how to forgive and find peace. Drawing from his pastoral experience, Hurd examines how human weakness affects such things as our ability to forgive and reconcile, our capacity to trust, and how we cope when a plea for forgiveness is rejected by a person we have wronged.

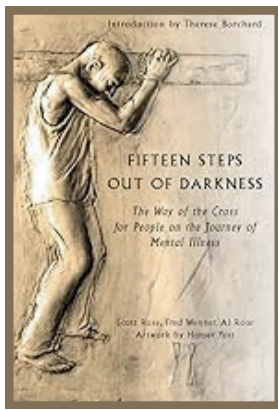


The Twelve Steps and the Sacraments: A Catholic Journey through Recovery

by Scott Weeman (Author), Most Rev. Robert W. McElroy (Foreword) 2017

In the first book to directly integrate the Twelve Steps with the practice of Catholicism, Scott Weeman, founder and director of Catholic in Recovery, pairs his personal story with compassionate straight talk to show Catholics how to bridge the commonly felt gap between the Higher Power of twelve-step programs and the merciful God that he rediscovered in the heart of the sacraments.

Weeman entered sobriety from alcohol and drugs on October 10, 2011, and he's made it his full-time ministry to help others who struggle with various types of addiction to find spiritual wholeness through Catholic in Recovery, an organization he founded and directs.

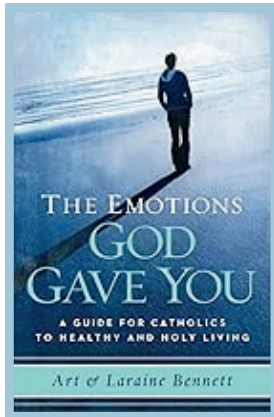


Fifteen Steps Out of Darkness:

The Way of the Cross for People on the Journey of Mental Illness

by Scott Rose, Fred Wenner, et al. | Feb 16, 2016

Profound meditations on the passion of Jesus for the more than 350 million people suffering from depression and other mental illnesses and those who love and care for them.

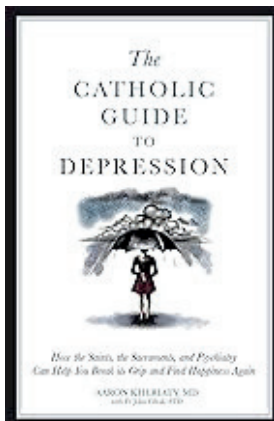


The Emotions God Gave You:

A Guide for Catholics to Healthy and Holy Living

by [Art Bennett](#) (Author), [Laraine Bennett](#) (Author)

Emotions such as anger or sadness or desire arise within us, often without our directly willing them. But we are still free to choose how we respond to them. How can we better understand our God-given emotions and manage them so that we gain the emotional equilibrium and healthy balance we need to take charge of our lives, grow closer to Christ, and share in the joy of his love? In this insightful and easy-to-read book, Catholic therapist Art Bennett and his wife Laraine explain how our emotions affect us and how our thoughts, attitudes, and behavior can affect our emotions.

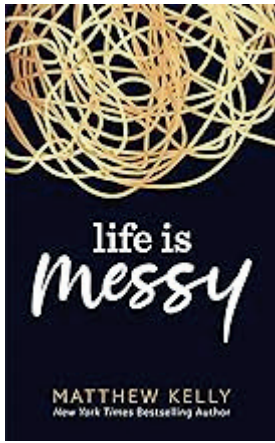


The Catholic Guide to Depression: How the Saints, the Sacraments, and Psychiatry Can Help You Break Its Grip and Find Happiness Again

by [Aaron Kheriaty](#) (Author), [John Cihak](#) (Author) 2012

Countless Christians -- including scores of saints -- have suffered profound, pervasive sorrow that modern psychiatrists call "depression." Then, as now, great faith and even fervent spiritual practices have generally failed to ease this wearying desolation of soul.

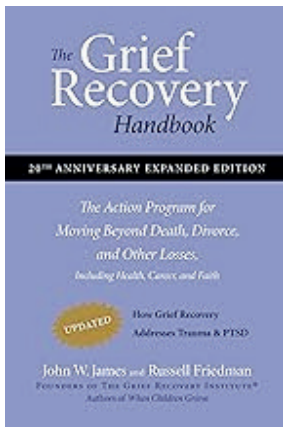
In these pages, Catholic psychiatrist Aaron Kheriaty reviews the effective ways that have recently been devised to deal with this grave and sometimes deadly affliction -- ways that are not only consistent with the teachings of the Church, but even rooted in many of those teachings.



Life is Messy

by Matthew Kelly (Author) 2021

This book is about putting our lives back together, and allowing ourselves to be put back together, when life doesn't turn out as we expected it to. Based on his own heart-wrenching personal journals, Matthew Kelly shares how the worst three years of his life affected him, by exploring this question: Can someone who has been broken be healed and become more beautiful and more lovable than ever before? The answer will fill you with hope.

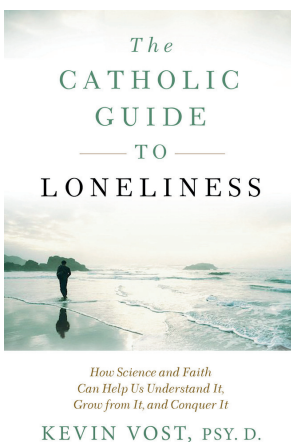


The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses including Health, Career, and Faith

by John W. James & Russell Friedman

Based on a proven program, The Grief Recovery Handbook offers grievers the specific actions needed to move beyond loss. New material in this edition includes guidance for dealing with:

- Loss of faith
- Loss of career and financial issues
- Loss of health
- Growing up in an alcoholic or dysfunctional home



The Catholic Guide to Loneliness

by Dr. Kevin Vost

In The Catholic Guide to Loneliness, Dr. Kevin Vost — prolific author, lecturer, and veteran Catholic psychologist — offers a comprehensive guide to loneliness affording men and women the deepest possible answers to the pain of loneliness.



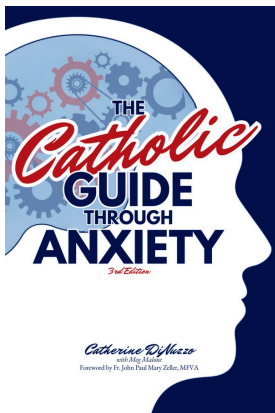
When There Is No Miracle: Finding Hope in Pain and Suffering

by Robert L. Wise

You don't always need a miracle to find light in times of darkness

Hurting people ask *Why do the innocent suffer? Why doesn't God deliver the light of miracles in the darkest times?* In this book, Wise shares lessons, encouraging all those who struggle. You'll learn some unexpected positive benefits of pain and suffering and see how God is always behind the scenes working for the ultimate good—even when you can't see or imagine how.

"With transparency and compassion, Wise delivers numerous illustrations of God's incredible timing along with His grace, His mercy, and the unbelievable healing power of His love."



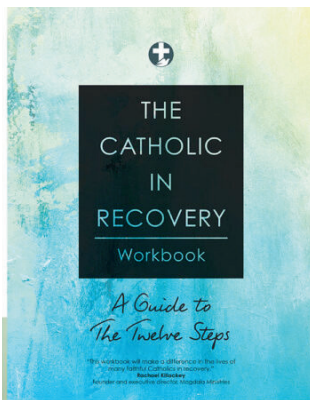
The Catholic Guide Through Anxiety: Sacred Heart Mental Wellness

by Catherine DiNuzzo MA LPC (Author)

Meg Malone (Editor), Fr. John Paul Mary Zeller MFVA (Foreword)

No, you're not crazy! Anxiety is a natural response of the body. AND... God gave it to us as a gift to keep us safe! By the end of the book, you'll be thanking God for your anxiety.

This guide aims to help you work through and ultimately understand anxiety from a Catholic perspective. Please be assured that you don't need to be a Catholic to read this; there's fantastic information for everyone. However, please be aware that there are thoughts, prayers, imagery, strategies, and sentiments that are innately and traditionally Catholic.



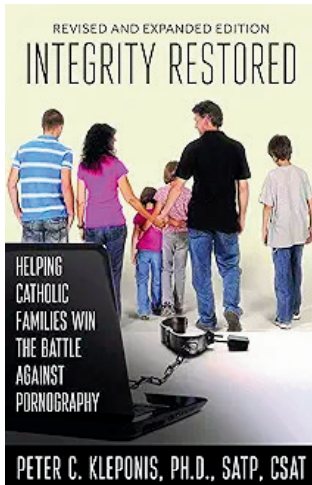
The Catholic in Recovery Workbook: A Guide to the Twelve Steps

by Catholic in Recovery (Author), Scott Weeman (Author)

The Catholic in Recovery Workbook is the first step-by-step guide for working through the Twelve Steps of recovery from a Catholic perspective. If you struggle with addiction, dependency, or unhealthy attachments—or love someone who does—this book will help you discover the life-changing mercy of Jesus Christ through Church tradition and the grace of the sacraments.

The Twelve Steps and the sacraments have the power to set you free, no matter what your addiction or unhealthy attachment, and this workbook offers the steps, insights, and practices that can lead you to healing and recovery.

catholicinrecovery.com



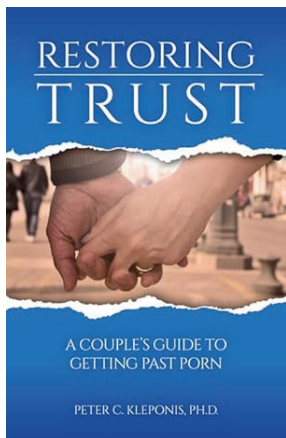
Integrity Restored: Helping Catholic Families Win the Battle Against Pornography

by Peter Kleponis

Alarming numbers of men, women, and teens struggle with frequent or habitual pornography use today. Among them are many faithful Catholics desperate for hope and healing. In *Integrity Restored: Helping Catholic Families Win the Battle Against Pornography*, clinical therapist Dr. Peter Kleponis equips readers to embark on a path of recovery.

Drawing heavily from Catholic teaching on human sexuality, Kleponis provides resources and insight for parents, educators, pastors, and all struggling to overcome an addiction to pornography.

In this newly updated edition, Kleponis looks at new technologies, apps, and services that pose the biggest threat to Catholics today.

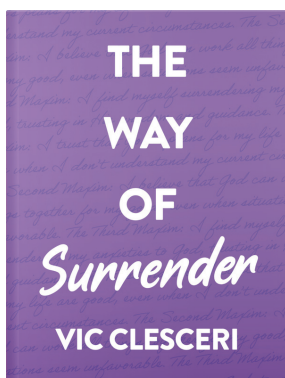


Restoring Trust: A Couple's Guide to Getting Past Porn

by Peter Kleponis

This book is for Catholic couples whose marriages have been damaged by pornography addiction. Discovering a pornography addiction is traumatic - but knowing about it is necessary for true healing and recovery to begin.

Drawing on real-life case studies, teachings of the Church, and Scripture, this book will show you how healing, recovery, and restoration are possible for each of you personally and for your marriage. Past mistakes and hurts, no matter how deep, do not have to rule your future. With the right tools, and relying on God's grace, you can restore trust in your relationship and achieve lasting freedom.



The Way of Surrender

by Vic Clesceri

This profound spiritual guide distills centuries of Christian wisdom into 50 practical maxims, each designed to help you release the illusion of control and learn to trust in God. Learn to

- Surrender your anxieties and fears to God
- Trust fully in God's timing and plan
- Let go of the illusion of control and flourish like never before