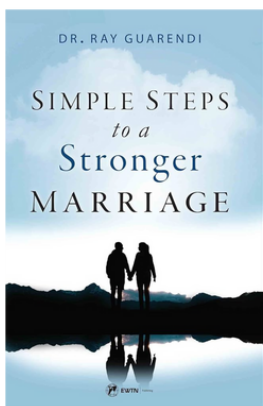




OFFICE OF  
**Marriage &  
Family Life**  
 Diocese of Colorado Springs

# BOOK RESOURCE LIST

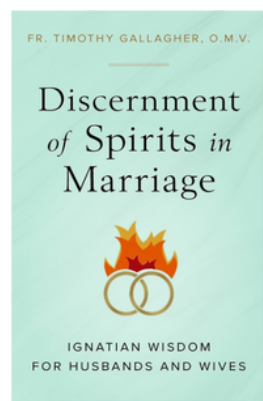
In Bishop Golka's Pastoral Letter for the Year of Hope, he states that "pastoral care of marriage and the family is a pastoral priority in the Diocese of Colorado Springs." These books recommendations are intended to help married couples to grow in holiness, healing, and hope during this Jubilee Year.



## STRENGTHENING YOUR MARRIAGE

Commonsense, time-tested ideas to improve your marriage

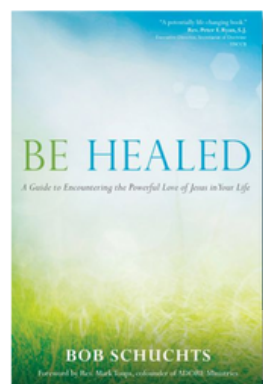
<https://sophiainstitute.com/product/simple-steps-to-a-stronger-marriage/>



## SPIRITUAL DISCERNMENT IN YOUR MARRIAGE

Find peace in your spiritual life and learn to recognize the how the enemy works to discourage you both spiritually and in your marriage -- as well as what you can do about it.

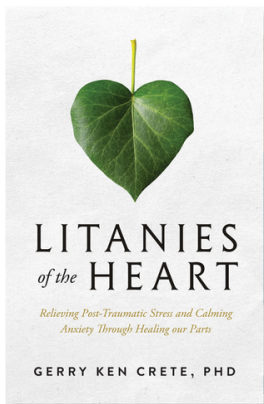
<https://www.omvusa.org/product/discernment-of-spirits-in-marriage/>



## EMOTIONAL / SPIRITUAL HEALING

Do you suffer from spiritual or emotional wounds that are keeping you from being the person God created you to be? This bestselling book contains great resources to help you on your healing journey.

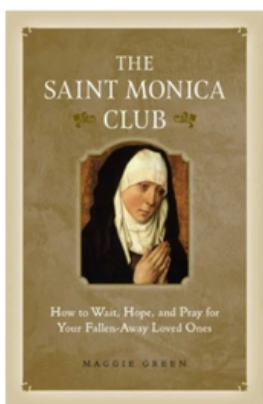
<https://jpiihealingcenter.org/product/be-healed-dr-bob-schuchts-copy/>



## CALMING ANXIETY BY HEALING OUR PARTS

Dr. Gerry Crete guides you in identifying and understanding past wounds to achieve healing and experience lasting freedom.

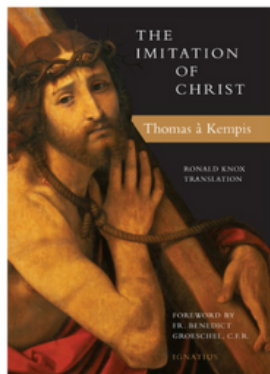
<https://sophiainstitute.com/product/litanies-of-the-heart/>



## FOR THOSE WITH FALLEN-AWAY LOVED ONES

Many experience the pain of a loved one rejecting the Catholic Faith. This book offers a loving way to bring them back.

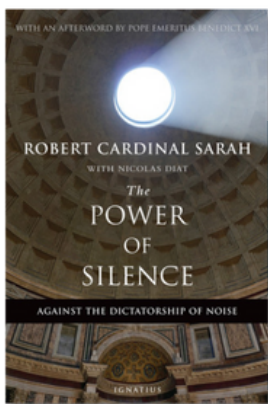
<https://sophiainstitute.com/product/the-saint-monica-club>



## THE SECOND MOST WIDELY-READ SPIRITUAL BOOK AFTER THE BIBLE

A spiritual classic for deepening your devotion to Christ

<https://ignatius.com/the-imitation-of-christ-imcp/>



## CARVING OUT SPACE FOR GOD

In a time when so much noise surrounds us, finding silence is crucial to hear the voice of God.

<https://ignatius.com/the-power-of-silence-posp/>