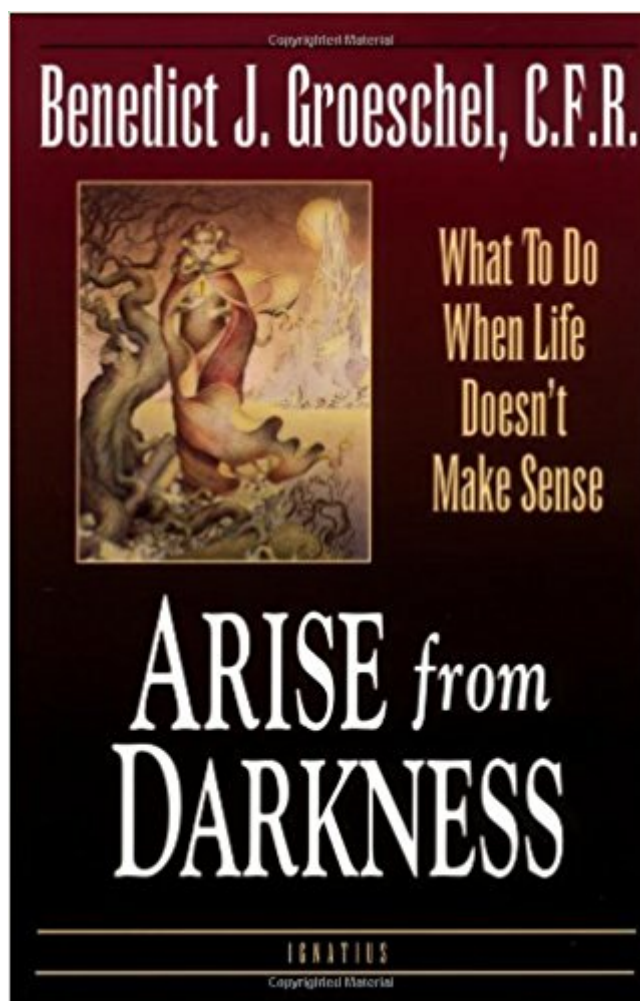


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# Arise From Darkness: What To Do When Life Doesn't Make Sense



## Synopsis

Well-known author, psychologist and priest Fr. Benedict Groeschel draws on his own years of personal experiences in dealing with people's problems, tragedies and "darkness" as he offers help and guidance for any Christian troubled or burdened by life. If you are struggling with fear, anxiety, grief, loss of loved ones, hurt, anger or anything that makes life difficult or the road through it dark, then this book was written for you. Fr. Benedict offers practical suggestions on how to keep going and even grow with the help of God's grace, even when this help seems remote. The Christian response to the problem of evil and suffering began with the cross of Christ. Our answer is inseparable from the cross-from Jesus' own encounter with evil and his triumph over it. In this light, Fr. Benedict recalls some of our most frequently encountered sorrows and griefs: the failure of friends, financial and personal insecurity, the failure of some in the Church, our own inconsistent behaviors and weaknesses, and the death of loved ones. As we examine these painful experiences, he shows that we can find solutions in the Gospel and in the lives of saints, heroes, and very brave ordinary people.

## Book Information

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## Customer Reviews

This is the one to keep by the bed at night, when you wake up at 3am and are worried about....whatever. Fr. Groeschel does a great job (as usual) in giving us guidance and peace, and this book covers such topics as "What to do when others let you down", "What to do when you let yourself down", "What to do when it all falls apart".....etc. I recommend it to Catholics and non-Catholics alike.

It was exactly what I needed to read during this extreme time of pain. Thank You Fr. Groeschel !  
RIP You can count on my prayers to lift you from purgatory, and may you gaze into the merciful eyes  
of Jesus. Again, I am so grateful to you...your wisdom carried me through so much pain. Kathleen  
Grace, Puerto Rico

Great book for people who are going through difficult moments in life.

Very helpful and helps with spiritual answers to problems we all suffer from.

A very beautiful book by Groeschel. I first got a copy years ago but was too young to appreciate it.  
Now, much of what I find inside is an easily understandable and very readable text on really great,  
and often difficult, happenings in life...

The book certainly gave me hope in dealing with the bewildering darkness that engulfs my life at  
present. I found comfort in accepting, or trying to accept, whatever comes in life as the will of God  
and surrendering for the love of God; even as I work with HIS grace to overcome the darkness...,  
hoping to get some Light back in.

A great read, as always from Fr. Groeschel! The book gives a whole new perspective on life, death  
and dying.

very pleased

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