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FOR IMMEDIATE RELEASE...

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**The eagerly anticipated follow-up to
Raymond Arroyo's New York Times Bestselling
Biography of Mother Angelica**

**MOTHER ANGELICA'S
LITTLE BOOK OF
LIFE LESSONS
AND
EVERYDAY SPIRITUALITY**

**Edited and with an Introduction By
Raymond Arroyo**

**"Faith is one foot on the ground, one foot in the air,
and a queasy feeling in the stomach." -*Mother
Angelica***

**Cut-to-the-chase counsel, previously unavailable to the
public, from the pioneering woman who founded the world's
largest religious media organization**

Born Rita Rizzo, a disabled child of divorce, Mother Angelica knows a thing or two about surviving and beating impossible odds. A little over a year ago, she once again surprised the doubters when Raymond Arroyo's biography of her became a New York Times bestseller. In **MOTHER ANGELICA'S LITTLE**

BOOK OF LIFE LESSONS AND EVERYDAY SPIRITUALITY (Doubleday; March 6, 2007; \$16.95; hardcover) Arroyo reveals the personal beliefs and core ideas that allowed Mother to succeed. **Culled from a treasure trove of never-before seen interviews, private conversations, and recorded lessons not heard in over thirty years,** this compact book will not only inspire, but offer Mother's solutions to the very real challenges and hardships we face in everyday life.

Make no mistake, these are not your grandmother's platitudes: for more than twenty-five years, Mother Angelica has dispensed strong doses of spiritual wisdom and practical advice to millions around the globe through her lively broadcasts on EWTN. Here, Raymond Arroyo has assembled a collection of her powerful insights, comic musings, and no-nonsense guidance for everyday living, captured at their zenith, when the cameras weren't rolling.

Unsure of your purpose in life? Stuck in the past and worried about the future? Hamstrung by fear, failure, or trials? Not to worry—Mother is here to help. In *Mother Angelica's Little Book of Life Lessons and Everyday Spirituality*, you'll discover:

∞ **How to pursue inspirations fearlessly**

"There is an inner confidence that we've lost. We've lost zeal. We've lost guts. Unless you are willing to do the ridiculous, God will not do the miraculous."

∞ **How to find God's Will in your life**

"What is God's Will for me?" Somebody asked me that not too long ago. Honey, if it's happening, it's God's Will; and you have to correspond to it in the Present Moment. God's Will in the moment is like a sacrament."

∞ **How to make sense of pain and suffering**

"Suffering in itself does not make us holy. It is only when we unite it, out of love, to the suffering of Christ that it has meaning. Suffering without love is wasted pain."

∞ **How to spiritually overcome personal faults and trials**

"None of us are perfect, as hard as we try. Our faults and weaknesses are going to die fifteen minutes after we do."

Created in cooperation with Our Lady of the Angels Monastery, this devotional treasury is accompanied by Mother Angelica's private and original prayers. Within are the meditations, beliefs, and pithy life lessons that transformed the wounded Rita Rizzo into Mother Angelica, founder and CEO of the world's largest religious media empire. Packed with real-world hope, this little book is sure to transform lives in a big way.

*A portion of the proceeds of this book goes to support the work of
Our Lady of the Angels Monastery*

www.raymondarroyo.com

ABOUT THE AUTHOR AND EDITOR...

MOTHER ANGELICA, a Poor Clare nun, established Our Lady of the Angels Monastery in Birmingham, Alabama, in 1961. Twenty years later she founded and became CEO of The Eternal Word Television Network; which has grown into the world's largest religious media organization, and is the only non for profit cable network to be founded by a woman. Her program, *Mother Angelica Live*, remains one of the most popular programs on the network and has made her an internationally beloved spiritual figure. She lives in her monastery in Hanceville, Alabama.

RAYMOND ARROYO, author of the *New York Times* bestseller *Mother Angelica*, is the news director and lead anchor of EWTNews. As creator and host of the newsmagazine *The World Over Live*, he is seen in more than 100 million households each week. He has worked at the Associated Press, the *New York Observer*, and for the political columnist team of Evans and Novak. His work has appeared in the *Wall Street Journal*, the *New Yorker*, and many other publications. As a frequent commentator on culture and faith he has been featured on numerous television shows including Today, Good Morning America, Access Hollywood, and CNN. He lives in northern Virginia with his wife and three children.

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