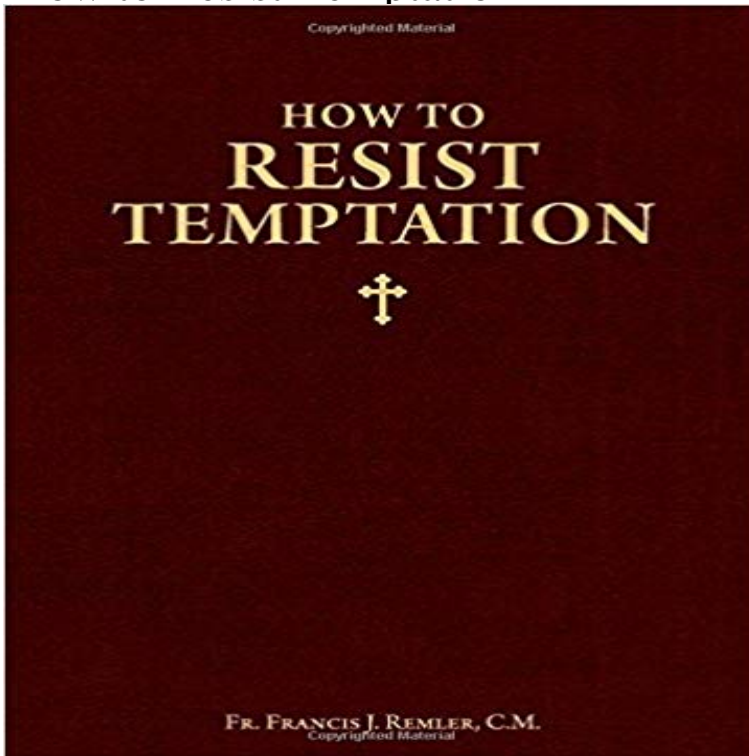


How to Resist Temptation



You've no doubt taken steps to ensure your safety and your family's from various kinds of worldly calamities. But if you haven't made sure you're properly on guard against temptations, you're setting yourself up for a spiritual disaster of immense proportions. No matter how devoted to Christ you are, temptations are going to come to you. That's why *How to Resist Temptation* is essential reading for every serious Catholic. The author, Fr. Francis J. Remler, C.M., helps you prepare yourself so that, when temptations begin to assail your soul, you'll be ready. Learn from Fathers' experience Fr. Remler gives you the benefit of his expertise as a confessor and shepherd of souls, as he shows you how to identify and guard against common misunderstandings of what temptation really is and what it is not misunderstandings that can paralyze your spiritual growth. He details ways you can recognize the elements of temptation and be on guard against often-unrecognized causes of individual temptations. He reveals how you can keep the memories of your past sins from troubling and tempting you now, and clarifies why God allows temptation to exist in the first place. He even explores the role of the demonic in day-to-day temptations with firm faith in God's power. A marvelously encouraging and optimistic book, *How to Resist Temptation* even contains useful directions on how you can believe it or not actually benefit from temptation, and how you can learn from others' examples as you fight against temptation. So the next time the siren song of temptation starts to sound in your ears, don't try to tough out the struggle alone; call on God's ever-plentiful grace, and go to battle against sin armed with the wisdom of *How to Resist Temptation*!

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obedience. If you give in sometimes, the temptation is harder to resist in the future. If you resist consistently, you get

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