



The Way of the Saints: Prayers, Practices, and Meditations

Tom Cowan

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The compassion of **St. Francis**. The ardor of **St. Catherine**. The strength of **St. Sebastian**. Their stories are unique yet profoundly universal, capturing not only a wide range of human experience but also a wealth of timeless truths. Theirs are stories of faith, sacrifice, grace, and ultimately, love. **The Way of the Saints** offers the modern reader new ways to gain wisdom, comfort and strength from the courageous examples of the saints. With prayers, practices, and meditations that each saint has inspired, the reader can take to heart the example of each saint's life--and make it a part of their own. Includes: * More than 200 short biographies of well-known and obscure saints

- * A history of sainthood and an explanation of the canonization process
- * An easy-reference format of biographies and inspirations of each saint
- * Prayers, meditations and practices inspired by each saint that will appeal to people of all faiths

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