



BOOK ANNOUNCEMENT

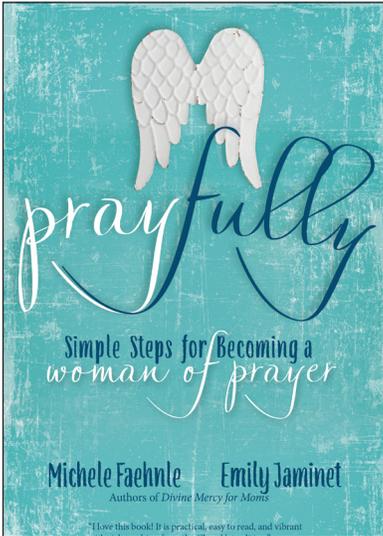
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Pray Fully

*Simple Steps for Becoming
a Woman of Prayer*

By Michele Faehnle
and Emily Jaminet

ISBN: 978-1-59471-973-8

160 pages • \$15.95

Also available as an eBook.

*"I love this book! It is
practical, easy to read, and
vibrant with rich teaching
from the Church's tradition."*

FR. NATHAN CROMLY, C.S.J.

President
St. John Institute

FAEHNLE, JAMINET OFFER PRACTICAL TIPS TO TAKE PRAYER LIFE TO THE NEXT LEVEL

NOTRE DAME, Ind.—What's the secret to taking your prayer life to the next level?

In *Pray Fully*, Michele Faehnle and Emily Jaminet—bestselling authors of *Divine Mercy for Moms* and *The Friendship Project*—share the rewards and frustrations of their own prayer journeys to create a practical guide that combines testimonies, tips, and journaling space to help you spend quality time with God. Whether you want to learn how to pray aloud in a group or to stop your mind from wandering during prayer, Faehnle and Jaminet have practical advice and the real-life experience to help you overcome obstacles to everyday prayer.

Both raised in Catholic families who spent time in prayer, Faehnle and Jaminet wanted to experience a relationship with God that consisted of more than Sunday Mass and an occasional panicked Rosary or a rushed cry for help. They each found that the noisy, self-centered monologue of their youth grew into a fuller, more mature dialogue of love when they gave time to God and began to truly listen to him.

In *Pray Fully*, Faehnle and Jaminet share basic prayer principles that have helped them to become women of prayer:

- make time for personal, daily communication with Jesus
- spend time meditating and engaging in other spiritual practices such as adoration or the Examen
- recognize the critical times of each day when you need a “prayer boost”
- live deeply in the sacraments and enrich your life with sacramentals
- record your intentions and thank God for answered prayer

Encouraging stories and practical advice—including tips from the lives and writings of the saints—questions for personal reflection and private meditation, and journaling space will help you develop a lifelong dialogue with God.

The book is perfect for individual or group study. Online resources are available at inspirethefait.com.



AVE MARIA PRESS

“Prayer is a grace and a gift, but it requires effort. Much like diet and exercise, it takes time and dedication.”

Excerpt From *Pray Fully*

ABOUT THE AUTHORS



Michele Faehnle and **Emily Jaminet** are coauthors of the award-winning and bestselling *Divine Mercy for Moms*, *The Friendship Project*, and *Our Friend Faustina*. They are both active speakers and writers and serve on the leadership team for the Columbus Catholic Women’s Conference.

Faehnle and Jaminet received the Bishop John King Mussio Award from Franciscan University of Steubenville, of which they are alumae.

Faehnle is a school nurse at St. Andrew School in Upper Arlington, Ohio, and the host of *Answering the Call* on St. Gabriel Catholic Radio. She is a

contributor to CatholicMom.com and codirector of the Columbus Catholic Women’s Conference. She and her husband, Matthew, have four children and live in Columbus, Ohio.



Jaminet is executive director of the Sacred Heart Enthronement Network and a contributor to CatholicMom.com. She offers a daily segment called *A Mother’s Moment* on St. Gabriel Catholic Radio and Mater Dei Radio. She and her husband, John, have seven children and live in Columbus, Ohio.

Find Faehnle and Jaminet at <http://inspirethefaith.com/>.

“Pray Fully leads the reader with the simplest and most profound steps to find a personal way to talk to Jesus and hope for his answer. I have been at prayer in the abbey for more than fifty years, and this is a book on prayer I would recommend to anyone, from eight to eighty.”

MOTHER DOLORES HART, O.S.B.

Author of *The Ear of the Heart*
