



# Heaven Help Us: The Worrier's Guide to the Patron Saints

*Clare La Plante*

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Dear St. Antony

Come around

Something's lost and can't be found

It's three A.M. and you're wide awake. Worrying. You may seek solace in snacking, or in a late-night call to your best friend. The problem is, even your closest friends need to sleep, and, let's face it, the snacking only adds to the worries.

Where's a worrier to turn? To the patron saints, that's who. According to centuries-old tradition, a host of heavenly helpers is standing by, ready and eager to take a personal interest in *you*. **Heaven Help Us** shows you how to take your petitions straight to the top--to the martyrs and holy men and women who can intercede according to their particular areas of expertise:

--Is true love eluding you? Light a candle to St. Anne on a Tuesday night

--Are you suffering from a sore throat? Bake bread for St. Blaise

--Is your wallet feeling light? Donate coins to St. Expiditus

Categorized by anxiety for easy reference, and filled with lively biographies of dozens of saints as well as step-by-step instructions for performing the long-established rituals to enlist their aid, **Heaven Help Us** has the remedies to cure all your modern-day woes.



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Nowadays reading books become more than want or need but also turn into a life style. This reading addiction give you lot of advantages. The huge benefits you got of course the knowledge the rest of the information inside the book in which improve your knowledge and information. The knowledge you get based on what kind of book you read, if you want get more knowledge just go with education books but if you want truly feel happy read one with theme for entertaining including comic or novel. The particular Heaven Help Us: The Worrier's Guide to the Patron Saints is kind of reserve which is giving the reader unstable experience.

#### **Latrice Miller:**

People live in this new morning of lifestyle always aim to and must have the extra time or they will get great deal of stress from both way of life and work. So , when we ask do people have time, we will say absolutely sure. People is human not only a robot. Then we ask again, what kind of activity do you possess when the spare time coming to an individual of course your answer will probably unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative within spending your spare time, often the book you have read is definitely Heaven Help Us: The Worrier's Guide to the Patron Saints.

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