



Seven Saints for Seven Virtues

Jean M. Heimann

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To live a virtuous life might seem like a daunting task, but we are fortunate to have examples to follow—the saints who have faced sin through the embodiment and exemplification of virtue. In this book, the reader will meet seven saints who lived seven virtues, and will discover concrete ways that they can live those virtues in their own lives. Each chapter will include:

- • A quote from the saint
- • A personal reflection on each saint
- • A brief biography
- • A discussion on the spirituality of each saint, and concrete examples how to emulate this saint and grow in the virtue that saint models
- • A prayer to conclude each chapter, asking for the intercession of that saint

Seven Saints for Seven Virtues covers a wide range of spirituality and life circumstances, demonstrating that everyone, in every role of life, has the opportunity to live a virtuous life.

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