



A New You: Words to Soothe the Body, Mind, and Spirit

Catherine Galasso-Vigorito

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When you're looking for hope and inspiration...look around you!

"God's love is everywhere," say Catherine Galasso-Vigorito, author of the nationally syndicated column, "A New You." "We simply have to look at life with new eyes in order to see it."

With Catherine's guidance, we are able to recognize the overwhelming signs that God and goodness are all around us.

Catherine's themes not only support and encourage—they also strengthen our belief in God and in ourselves. In *A New You*, Catherine blends her own faith-filled vision with the voices of her readers, whose letters and testimonials confirm their awareness of the Lord's presence in their lives.

You, too, may wish to write to Catherine once you've read her inspiring columns. They will make you think, make you feel, and even help you to believe. Her soothing words of inspiration come at exactly the right time for a world deeply in need of faith, hope, and reassurance.

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