



Holy Goals for Body and Soul: Eight Steps to Connect Sports with God and Faith

Bishop Thomas Paprocki, with Joe Paprocki

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Hockey-playing Catholic bishop Thomas J. Paprocki has a message for teens and young adults: athletics and fitness provide daily ways to connect with God. Bishop Paprocki weaves his unique personal story with eight athletic topics and connects them with a path to wholeness.

Holy Goals for Body and Soul links lessons from the world of sports and fitness--especially the experiences of a Catholic bishop who plays ice hockey--with concrete ways to live a holy life. In Bishop Paprocki's view, everyone is called to holiness, which can be encountered anywhere: "I encounter holiness while training for a marathon. I encounter holiness during a workout at the health club." He explores eight sports-related topics to help the reader navigate a life of holiness:

1. Fear
2. Frustration
3. Failure
4. Fortitude
5. Faith.
6. Friendship
7. Family
8. Fun



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