

Book Review: *Litanies of the Heart* - Dr. Gerry Crete, Ph.D.

Ever feel like your emotions are an overcrowded parish lenten fish fry: so many feelings, all jumbled together, and you're not quite sure what to do with them? *Litanies of the Heart* by Dr. Gerry Crete is a beautifully simple yet deeply profound way to start making sense of your interior world—both through solid psychology and deep Catholic wisdom.

As a therapist, mom of four, and business owner, I appreciate the tension between two seemingly opposite needs: the desire to deep-dive into a concept and the need for it to be practical and easily digestible. This book does both. Throughout the book Dr. Crete interweaves a litany of the heart: a prayer with repeated invocations that help draw the heart closer to God. These prayers help you name what's happening inside—fear, shame, joy, longing—while anchoring it all in God's mercy.

And as Gerry Ken Crete wisely says, "*The true heroes and the true saints do not transmit pain; they transform it.*" That's exactly what this book helps you do—bring your struggles to God, so grace can transform them into something beautiful.

Best of all, it's practical. No theology degree required, just a willingness to pray through your inner world. If you've ever wanted to grow in self-awareness but didn't know where to start, this book is a great first step. And it's a comforting reminder that even in our emotional chaos, grace is always at work.

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