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Say “no more!”

to nagging knots

HUNTINGTON, Indiana, August 30, 2017 — Medical issues, broken marriages, financial struggles, addiction and general dissatisfaction all plague our society with anxiety and fear. In fact, studies show 33% of people in the United States feel they are living with extreme stress with 48% feeling their stress has increased over the past five years.

*Tied in Knots: Finding Peace in Today’s World* (Our Sunday Visitor, 2017), by Greg Willits, is the positive response our restless world needs.

“If you are dealing with a wound, whether deep or shallow that has left you feeling particularly alone, I want you to know this book is especially for you,” states Willits.

In this book, readers will find clear, practical guidance for overcoming worries and conflicts that tie up our lives. But *Tied in Knots* isn’t just about dealing with these afflictions— even more, it calls on readers to rediscover who they are and how to find lasting joy, purpose, and peace.

Willits draws on his own experiences to furnish readers with tools to push forward and face whatever knots arise without fear. As Willits states: “Remember that God doesn’t want you stressed. He wants you to be joyful and full of hope in him.” In *Tied in Knots*, you’ll find how to make that truth a reality.

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For an interview with Greg Willits, contact Jill Adamson at (800) 348-2440 (extension 2547) or jadamson@osv.com
ABOUT THE AUTHOR
Greg Willits is the editorial director for Our Sunday Visitor and the author of The New Evangelization and You: Be Not Afraid. With his wife, Jennifer, he founded the New Evangelizers and Rosary Army apostolates, authored The Catholics Next Door: Adventures in Imperfect Living, and hosted “The Catholics Next Door” daily talk show on SiriusXM. In addition to raising their five children, Greg and Jennifer also produce the weekly “Adventures in Imperfect Living” podcast at www.gregandjennifer.com.

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