

The Hook and I describes a 12-Step Recovery Program using traditional Catholic spirituality in an integrated approach that restores the entire 12-step recovery concept to its original Catholic roots in order to attack addictions by addressing the weaknesses of the soul, especially against "The Hook". More than a method to simply conquer an addiction, this technique of struggling against a "Hook" is used, first of all, to overcome the addiction, second, to grow in sanctity by striving for perfection and holiness, and thirdly, to give God glory for the graces He lovingly bestows on souls struggling against addictions.

"The Hook", which can be any sinful addiction, is that primary means by which Satan uses to pull souls from the waters of sanctifying grace. The Hook is as much a permanent part of the soul as the temperament so that it can never really be removed; we can only cut the "fishing line of temptation" and to trim it as close to the hook as possible so that we are rarely, if ever, "reeled in" to the state of sin again.

Written in conversational style yet true to Catholic teaching, "The Hook and I" covers the fight against a hook every step of the way, from "running aground" through each of the steps necessary to strengthen the soul to gain mastery over the Hook to the subsequent stages of using the success against the Hook as the springboard to holiness and the pursuit of perfection.

"The Hook and I" was written as an apostolate of the Blessed Margaret Family Help Center, Inc, a non-profit 501(c)3 corporation to help families, both in and out of crisis, using traditional Catholic teachings. All royalties from the sale of The Hook and I go to finance the Center's activities.