



TheLouhs.com



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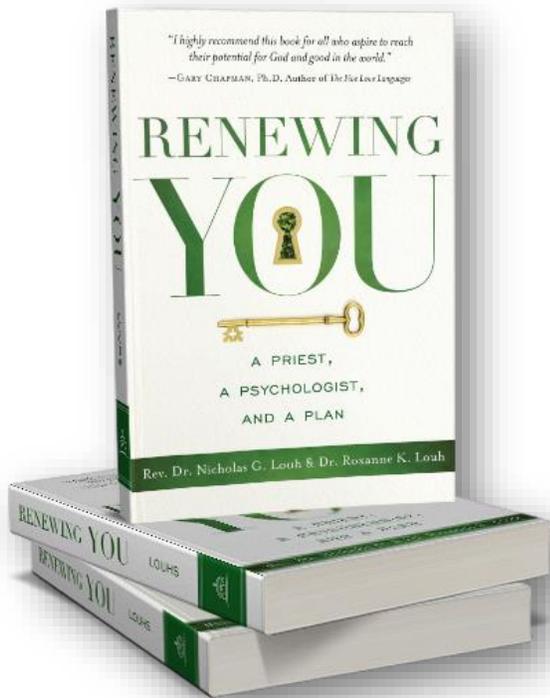


We are a Priest and a Psychologist, a marriage of two different worlds and two different fields of study. Our seemingly opposing fields of Faith and Psychology join forces to provide you with the type of inward reflection that leads to lasting outward transformation. Practical life strategies are cast through the lens of biblical aspiration and self-reflection with the intent to equip listeners with the foundation to approach a life that more closely resembles the potential God sets forth for all of us.

For the last 10 years, we have worked together merging our professions to help people seek the changes they want most for their lives. We have 30 years of combined experience working with individuals and families. Our education and training inform the suggestions, insights, and advice we share with you. We are booked to speak at venues across the United States. We also enjoy the many opportunities we are granted to share our work on live television, radio, and in various publications.

Additional information about our work and opportunities to collaborate with us is available at TheLouhs.com.

Renewing You: A Priest, a Psychologist, and a Plan



Are you struggling in your walk with Christ? Do you want to rediscover your reason for living, the person you were created to be? **Renewing You: A Priest, a Psychologist, and a Plan** gives you the keys to unlock areas of your life that hold you back from fully experiencing the renewal and transformation God has in mind for you. Co-authored by a priest and a psychologist, **Renewing You** combines principles of spiritual growth with psychological tools to help you become your best self, fully connected with God's purpose for you.



Fr. Nicholas and Dr. Roxanne Louh have blended not only their lives in marriage, but what they have learned in their vocations to provide insights and practical suggestions for becoming the person you were designed to be. I highly recommend this book for all who aspire to reach their potential for God and good in the world.

Gary Chapman, Ph.D., New York Times Bestselling Author of *The Five Love Languages*



*We all want to live healthier, more productive lives. Yet so often, we get sidetracked by unhealthy habits and addictions. That leads to discouragement about our lack of spiritual progress. Fr. Nicholas and Dr. Roxanne Louh can help. **Renewing You** is a practical primer on how to become your best self. Here are the tools you need to build better habits and stronger relationships, starting today!*

Michael Hyatt, New York Times Bestselling Author



Drawing deeply from Scripture and the wisdom of the ancient Church, Fr. Nicholas and Dr. Roxanne Louh inspire you to grow in relationship with the Lover of your soul, expel guilt, receive peace, nurture life and health in personal relationships, and aspire to spiritual and emotional maturity for the greater benefit of the Kingdom of God. I highly recommend this book!

Hank Hanegraaff, President of the Christian Research Institute and host of the Bible Answer Man broadcast and the Hank Unplugged podcast, and author of numerous books, including *Truth Matters, Life Matters More: The Unexpected Beauty of an Authentic Christian life*