

1. *The Future Church: How Ten Trends Are Revolutionizing the Catholic Church*, by John L. Allen, Jr. (Allen is one of the best Catholic journalists writing today, and in this book provides a fascinating reflection on how our life as Catholics relates to various important global trends.)

2. *Food Rules: An Eater's Manual*, by Michael Pollan (This short paperback compilation of 64 nuggets of wisdom about eating may be the best book on food you'll ever read.)

3. *Latin Sayings for Spiritual Growth*, by Archabbot Lambert Reilly, O.S.B. (These page-long meditations on a translated Latin saying are great pre-bedtime or pre-breakfast helps to growing in one's humanity and one's love for Christ.)

4. *Purity 365: Daily Reflections on True Love*, by Jason Evert (This is a wonderfully thoughtful book of short meditations especially for teens and young adults on growing in real love. Evert's website is also worth checking out: www.chastity.com)

5. *The Jesuit Guide to (Almost) Everything: A Spirituality for Real Life*, by James Martin, S.J. (Martin writes a very down-to-earth, easy-to-read introduction to the practical wisdom of St. Ignatius of Loyola for dealing with the challenges of today.)

6. *Into the Silent Land: A Guide to the Christian Practice of Contemplation*, by Martin Laird (If you've been hunting for a good introduction to contemplative prayer, this is your book.)

7. *Memorize the Faith! (And Almost Anything Else): Using the Methods of the Great Catholic Medieval Memory Masters*, by Kevin Vost, Psy.D. (As featured on EWTN, Dr. Vost provides some really fun tips both to improve one's memory in general and to remember for life the truths of our Faith.)

8. *God's Battalions: The Case for the Crusades*, by Rodney Stark (This book serves as an antidote to some of the myths about the Crusades popularized by the History Channel and other media, allowing the reader to understand this historical movement as the crusaders themselves understood it.)

9. *Hitler's Ethic: The Nazi Pursuit of Evolutionary Progress*, by Richard Weikart (For those interested in World War II and/or the intersection of morality and politics, Weikart uncovers the evil coherence of Hitler's vision of a biological utopia.)

10. *The Myth of Religious Violence: Secular Ideology and the Roots of Modern Conflict*, by William T. Cavanaugh (Cavanaugh writes a very challenging book examining how "religion" came to be associated with violence, as a fictional and dangerously misleading justification for the creation of the secular nation-state as absolute guarantor of peace.)