



# Heaven Help Us: The Worrier's Guide to the Patron Saints

*Clare La Plante*

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Dear St. Antony

Come around

Something's lost and can't be found

It's three A.M. and you're wide awake. Worrying. You may seek solace in snacking, or in a late-night call to your best friend. The problem is, even your closest friends need to sleep, and, let's face it, the snacking only adds to the worries.

Where's a worrier to turn? To the patron saints, that's who. According to centuries-old tradition, a host of heavenly helpers is standing by, ready and eager to take a personal interest in *you*. **Heaven Help Us** shows you how to take your petitions straight to the top--to the martyrs and holy men and women who can intercede according to their particular areas of expertise:

--Is true love eluding you? Light a candle to St. Anne on a Tuesday night

--Are you suffering from a sore throat? Bake bread for St. Blaise

--Is your wallet feeling light? Donate coins to St. Expiditus

Categorized by anxiety for easy reference, and filled with lively biographies of dozens of saints as well as step-by-step instructions for performing the long-established rituals to enlist their aid, **Heaven Help Us** has the remedies to cure all your modern-day woes.

*From the Trade Paperback edition.*

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ideal all of you.

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