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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Learn It All With Books For Dummies**

**By George Johnson**

There are a bundle of books for dummies within your reach these days. In fact, you can take a stroll through any Barnes & Noble and probably locate the one you're looking for. These helpful texts give the beginner a decent introduction and overall knowledge of a specific subject. Books for dummies can be beneficial to people of all ages.

Have you ever been in that situation where you simply had no idea what you were doing? Well, if that sounds all too familiar, don't fret; there are a number of great books for dummies that can help you out. Don't get me wrong; I'm not taking a shot at your IQ, but merely suggesting a decent solution.

Back when I was new to the whole husband gig, I unfortunately wasn't much of a cook. No worries, I browsed the local bookstore and found a plethora of cooking books. Now, as opposed to going with some of the more expensive/gourmet ones, I settled for a nice cooking book for dummies.

This simple, yet handy text introduced me to the world of cooking in a rather attainable fashion. I definitely didn't need an extensive chef vocabulary to get the gist of it. Another occasion I took advantage of books for dummies was when I was interested in automobiles.

Sure, you may like cars, but do you know how they truly work, and how you can fix them? I've noticed that most people can't even change their own oil. If you think about it, that's kind of sad. We need to take advantage of our infinite resources these days and better understand things on our own. This obliterates the possibility of being duped most of the time.

Are you in search of books for dummies? Maybe you want to learn about Tae Kwon Do, or how to write better. There are a variety of great books for dummies online. Check out what's available from the comfort of your own home. A great site to explore books for dummies is Amazon.

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## **Catholicism for Dummies – A Book Review**

**By Lisa M. Hendey**

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Catholicism for Dummies – Book Review

By Lisa M. Hendey

I am always on the lookout for resources that will assist me in learning about my own Catholic faith and in sharing that faith with my children, family and friends. I find *Catholicism for Dummies* (Wiley, June 2003, paperback, 384 pages) an excellent resource for both my own research and for teaching the faith in a straightforward yet comprehensive manner. Authors Rev. John Trigilio Jr. and Rev. Kenneth Brighenti have compiled a wide-ranging resource which will be of help for anyone looking to increase their knowledge of and devotion to their own practice of Catholicism.

Written in a concise, organized fashion, the *Catholicism for Dummies* offers practical information on all of the most basic elements of Catholicism, including – but not limited to – the Four Marks of the Church (One, Holy, Catholic, Apostolic), the structure of the Church, basic beliefs, worship types, the Sacraments, the Mass, and much more. Timely (and at times controversial) issues of concern to most Catholics are discussed.

I found especially enjoyable the "Part of Tens" which relates the stories of remarkable Catholic role models and landmarks. The two appendices, one detailing the popes and a second outlining a brief history of the Church, are helpful additions.

Buy this book for your own Catholic library or as a gift for a friend interested in exploring the treasures of our Catholic faith.

For additional information on *Catholicism for Dummies* visit

<http://www.amazon.com/exec/obidos/ASIN/0764553917/digitalcropper-20>

Lisa M. Hendey is a mother of two sons, webmaster of numerous web sites, including <http://www.catholicmom.com> and <http://www.christiancoloring.com>, and an avid reader of Catholic fiction and non-fiction.

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