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Fritz's "Freedom: Battle strategies for conquering temptation" (Book Review)

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Fritz, E. (2015). *Freedom: Battle strategies for conquering temptation*. San Francisco, CA: Ignatious Press. 203 pp. \$ 14.95. ISBN 9781621640691

This book is easy to read with larger than normal print and is double spaced. I would say the audience the author is talking to is for the most part men. The message is not clear at first. The author starts the first chapter talking about how men in this day and age are not given the right message; that they should be the head of the household and are important in the family dynamics (he talks about how advertising and society perpetuates pornography and impure relations throughout the book). The theme for the rest of the book is very clear: pornography and masturbation are the same as adultery and abuse. They have no place in a relationship. His thought process of how he comes to that conclusion is sound. Example, pornography gives the viewer the false belief he has all the power and that he takes this attitude into the real world (backed up with statistics). He also talks about emotional wounds that lead to pornography and masturbation. His advice for conquering it is simple, such as avoid place that you normally do it. He also gives web sites to get help as well. He then briefly talks about chastity in dating. He talks about creating ground rules and that prayer should be in any long term relationship. The author is a Catholic layperson who works with “young people.” It is a Roman Catholic book using such techniques as prayers to saints. The message is simple and easy to understand and so may reach out to more Christians in postmodern age. Due to all the quotes and statistics, it is more for someone with some college education.

Reviewer

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Kay, R.S. (2014). *The Glorious Revolution and the continuity of law*. Washington DC: Catholic University of America Press. 304 pp. \$59.95 ISBN 9780813226873

The Glorious Revolution and the Continuity of Law by Richard Kay looks at the relationship of law and revolution by analyzing the legal history of the Glorious Revolution of 1688-1689. Many historical narratives has been written about this event, but this book explores the event through a legal and constitutional perspective. The leaders of the revolution struggled to reconcile two incompatible goals: the maintenance of English law and the overthrow of James II. This book describes how they accomplished this undertaking. Richard S. Kay is the Wallace Stevens Professor of Law at the University of Connecticut. He is well known for his expertise in constitutional law and constitutional interpretation.