

# New Book Showcases Virtues of Saints throughout the Centuries during Easter Season and Beyond

*"Against the Grain: Heroic Catholics Through the Centuries"*

aims to inspire a radical shift in cultural values and raise up the Catholic heroes of today

**Chicago, IL, April 18, 2023**— Entrepreneur Doug Grane debuts as an author with his book, [\*Against the Grain: Heroic Catholics Through the Centuries\*](#), a multi-layered, unapologetic yet relatable tale of 21 saints from 21 centuries focused on 21 virtues. Highlighting individuals who went “against the grain” and lived lives of heroic virtue in their day, the reader is asked “Why not me?” Five of these featured saints are celebrated during the Easter season, highlighting virtues like the initiative of St. Urban, the compassion of St. Damien, and the hiddenness of Blessed Franz Jagerstatter.

“Like many of the best stories, *Against the Grain* is, at heart, a love story. And not just your typical love story, it’s a heroic love story.” Grane says. “The book seems to be about some obscure characters from the first century, but it’s not. It’s about each of us and the values we can choose to bring with us to the future,” Grane said.

In every century, Grane says, the challenges of evil and sin have threatened peace, and God has raised up individuals who were living examples of his love. In a conversational style, Grane references personal stories, music, and movies, along with Church history to place the saint’s life and times in greater context. In so doing, he frames the story of one saint per century, diving deep into their lives to uncover what they were up against and how virtues pulled them through into eternal rest in heaven.

Drawing on the wisdom of history and launching saintly perspectives into the future, Grane offers readers perspective to understand the cultural challenges we face. “From the early Christian persecutions and the catacombs, to the Dark Ages, to the Counter-Reformation, to the Church going underground for extended periods of time in England, Japan, and Mexico, Catholics have most assuredly been through tough times before. Providentially, the saints in heaven are ready to assist,” Grane notes.

*Against the Grain* offers readers insight into what it would look like to exhibit each particular virtue in our present day. From political positions to personal relationships, Grane shows readers that Christian virtue permeates everyday life in a way that has the power to change culture for the better. He also offers challenges to live each virtue similarly with clear, practical action steps.

“There was never a time when following Christ has been the easy path. Christ said ‘take up your cross’ and he has blessed us with models throughout history of the Great Commission he gave at the moment of his Resurrection,” Grane said.

Ultimately, Grane wants *Against the Grain* to glorify God, refresh the soul, and offer encouragement to live a countercultural life. “Whether it’s the 1st Century woman getting water from the well or the 21st Century businessman trying to close a deal, living a life of virtue that cooperates with grace remains as

explosively radical today as ever. Catholics are at our best when we don't try to fit in all the time. Heroic virtue was possible for the saints, why not you?" Grane said.

Doug Grane is a father of four and the founder of multiple startups in multiple sectors. Numerous organizations have benefitted from his passionate pro-life advocacy work. *Against the Grain: Heroic Catholics Through the Centuries*, published by [Defiance Press](#), is his first book.

For more information and a complete press kit, visit <https://deusvultcoaching.com/book/>.

To request a promotional copy of *Against the Grain: Heroic Catholics Through the Centuries* or to schedule an interview with Doug Grane, contact [info@deusvultcoaching.com](mailto:info@deusvultcoaching.com).

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