



The Catholic Guide to Dating After Divorce: Cultivating the Five Qualities That Free You to Love

Lisa Duffy

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In the first book written specifically for the 11 million divorced Catholics in the United States, Lisa Duffy--CatholicMatch.com columnist and creator of the "Journey of Hope" divorce recovery program--combines personal experience, Church teaching, and more than twenty years of ministering to those wounded by divorce to offer a guide that shows how faith can be a catalyst for healthy dating and relationships.

Encouraging yet forthright, The Catholic Guide to Dating After Divorce offers sound advice to anyone who has experienced the deflating effects of divorce, but is not ready to give up on love. Affirming the universal need for intimacy, relationship expert Lisa Duffy shows that faith can be a catalyst for healthy relationships, helping to identify and uproot emotionally harmful habits and boosting authenticity and confidence. Duffy identifies five essential characteristics of spiritually healthy people--being available, affectionate, communicative, faithful, and magnanimous--and shows how cultivating these qualities can bring out the best, most confident, and most attractive version of anyone.

Quizzes, journaling questions, and action steps will help the reader grow in these areas. The book concludes with an appendix on resources for those who need help working through an annulment or who are in need of other post-divorce resources.

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Lourdes Tyner:

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