



## BOOK ANNOUNCEMENT

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## DUFFY BOOK GIVES HOPE TO DIVORCED CATHOLICS

**NOTRE DAME, Ind.**—*CatholicMatch* columnist Lisa Duffy 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 lasting relationships.

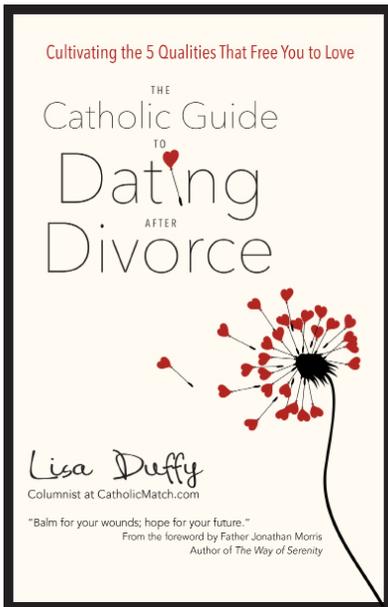
The first book written specifically for the 11 million divorced Catholics in the United States, *The Catholic Guide to Dating After Divorce* offers sound advice to anyone who has experienced the deflating effects of divorce, but is not ready to give up on love. Affirming the universal need for intimacy, Duffy—creator of the Journey of Hope divorce recovery program—helps readers identify and uproot emotionally harmful habits and boost 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.

Readers will benefit from quizzes, journaling questions, and action steps. The book concludes with an appendix of resources for those who need help working through an annulment or who are in need of other post-divorce resources.

## ABOUT THE AUTHOR

Lisa Duffy is a Catholic author, speaker and blogger for the CatholicMatch Institute. A Southern California native, she overcame a painful divorce and annulment, remarried in the Church, and turned to helping other divorced Catholics find hope and healing. She has more than twenty years of experience ministering to those who have been wounded by divorce.

Duffy wrote and directed the popular divorce support program, Journey of Hope, which later became the book *Divorced. Catholic. Now What?* She also directed and produced the powerful *Voices of Hope* DVD. Duffy has contributed to several books and appeared on Relevant Radio, Ave Maria Radio, EWTN TV and radio, Salt and Light TV, and various podcasts. She regularly speaks at conferences for divorced and single Catholics. She lives in Charleston, South Carolina, with her husband, James, and their three children.



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

**By Lisa Duffy**

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Christian Living/Marriage  
& Relationships

Also available as an eBook

*"In The Catholic Guide to Dating After Divorce, you will find balm for your wounds. You will find hope for your future. You will find practical steps for finding the person God has always had in store for you. That's all. And that's a pretty good start."*

**FATHER JONATHAN MORRIS**  
From the Foreword