



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

By Lisa Duffy

Ave Maria Press. Paperback. Book Condition: new. BRAND NEW, The Catholic Guide to Dating After Divorce: Cultivating the Five Qualities That Free You to Love, Lisa Duffy, 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 also 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, 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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