



BOOK ANNOUNCEMENT

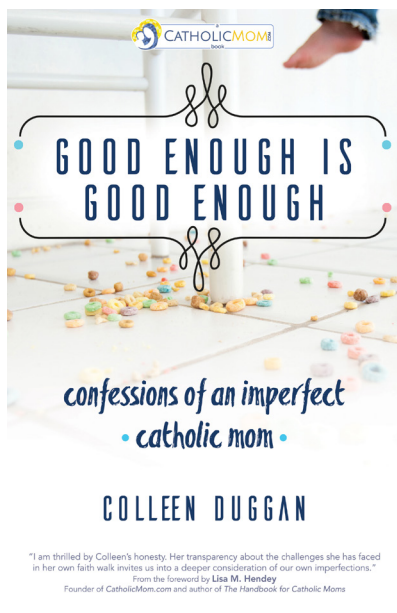
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Good Enough Is Good Enough

*Confessions of an
Imperfect Catholic Mom*

By Colleen Duggan

ISBN: 978-1-59471-731-4

160 pages • \$15.95

Also available as an eBook.

"I am thrilled by Colleen's honesty. Her transparency about the challenges she has faced in her own faith walk invites us into a deeper consideration of our own imperfections."

From the Foreword by
LISA M. HENDEY

Founder of *CatholicMom.com*
and author of *The Handbook for
Catholic Moms*

GOD'S LOVE AND HEALING MERCY CAN REVITALIZE FAMILIES, HELP PARENTS GROW

NOTRE DAME, Ind.— The truth about parenting is that you don't have to get everything right and your family doesn't need to be perfect. Colleen Duggan learned those lessons through years of struggling with unrealistic expectations.

In this frank and intimate story, Duggan explores the emotional and spiritual healing that needed to take place in her life in order to be the parent, spouse, and follower of Christ God created her to be. Sharing both funny parenting moments and difficult times of self-scrutiny, Duggan invites readers to join her in experiencing God's healing mercy and shows how to allow that healing to rejuvenate their lives and revitalize their families.

In *Good Enough Is Good Enough*, Duggan shares her heartaches—learning her child has a genetic disorder that might lead to cancer; realizing that her drive to do and be everything for everyone strained her marriage; and struggling with feelings of worthlessness after leaving her job to become “just” a stay-at-home, homeschooling mom. She also shares the difficulties all parents all faced—trying to keep her kids quiet during Mass; wondering whether she's giving them enough opportunities for growth; and balancing time spent on herself, her kids, and others.

Through the saints, the sacraments, and Catholic traditions and literature, Duggan found the Church a place where God's love and healing grace embraced her. She invites readers to the same conclusion: whether they are dealing with everyday frustrations or life-changing tragedies, it is in the heart of the Catholic Church that people are finally free to let go of their facades in order to embrace their brokenness and find healing.

ABOUT THE AUTHOR

Colleen Duggan is a Catholic writer whose work has appeared in *Catholic Digest*, *Creative Catechist*, *CatholicMom.com*, *Aleteia*, and *Integrated Catholic Life*. Duggan also is an art teacher and department head at a classical Christian academy in Maryland. She is a catechist, leads Bible studies, and speaks on Catholicism and Catholic parenting. She founded the women's ministry at her parish. Duggan is a contributor to *The Catholic Mom's Prayer Companion*.

