



The Handbook for Catholic Moms: Nurturing Your Heart, Mind, Body, and Soul

Lisa M. Hendey

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Drawing from the deep tradition of the Catholic faith, Lisa Hendey, the creator of the popular CatholicMom.com website, coaches Catholic moms how to care for themselves—heart, mind, body, and soul—so that they can better love and care for their families, their neighbors, and their Church.

With warmth and wisdom, Hendey creates an environment where Catholic moms can reflect peacefully upon often-competitive topics like parenting style, types of schooling, and working outside the home. By sharing her own story, Hendey inspires readers to better balance their own needs with the demands of family life and faith commitment.

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