



BOOK ANNOUNCEMENT

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PRACTICING DISCERNMENT HELPS PARENTS TALK WITH TEENS ABOUT TOUGH TOPICS

NOTRE DAME, Ind.—Tim and Sue Muldoon draw from their professional experience working with teens and their parents in high schools and colleges to explain how the Ignatian practice of discernment is an excellent tool for the healthy parenting of teens and pre-teens by giving a clear-eyed, prayerful perspective on the difficult decisions parents and their teens face. This thoughtful approach shows parents how to talk with their children openly about friendships, freedom vs. limits, family time, sexuality, the use and abuse of technology, faith and Catholic practice, recognizing the needs of others, and getting through hard times together.

They share their hard-won wisdom as parents of three to offer encouragement and practical guidance to:

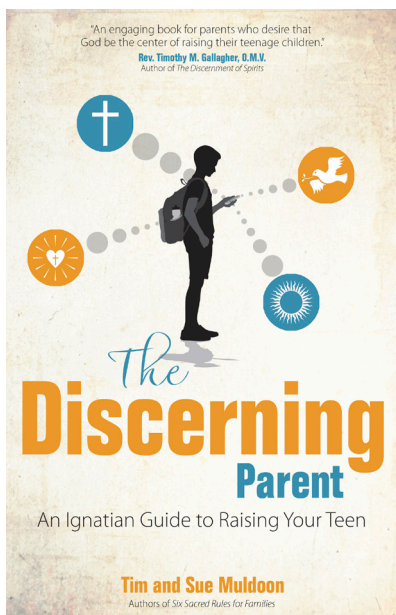
- Let teens know that they are loved.
- Appreciate their gifts while accepting their limits.
- Put them in touch with those less fortunate.
- Guide them in choosing friends who will care about what's best for them.
- Appreciate the value of their faith and going to Mass.
- Respect their bodies and make good choices about sex, alcohol, and drugs.
- Think about what really makes them happy.

Tim and Sue describe discernment as slowing down, listening, being receptive, praying, examining one's own life, and sifting through the conflicting forces at play in everyday life. The key is opening the mind to God's presence and discerning his voice and desires.

Daily and weekly prayers, devotions, and meditations are guides as the Muldoons show how this is a time of discernment for parents and teens. *The Discerning Parent* offers an opportunity to pause and consider life and the parent-teen relationship in the light of faith.

ABOUT THE AUTHORS

Tim and Sue Muldoon are the coauthors of *Six Sacred Rules for Families*. Tim is a theologian who has taught at Mount Aloysius College and Boston College. Sue is a therapist and religious educator. They have three children.



The Discerning Parent
*An Ignatian Guide
to Raising Your Teen*

By **Tim and Sue Muldoon**

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192 pages • \$15.95

Also available as an eBook.

*"An engaging book for
parents who desire that
God be the center of
raising their teenage
children."*

**Rev. Timothy M. Gallagher,
O.M.V.**
*Author of The Discernment of
Spirits*
