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James Nugent

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By James Nugent



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More Good News About Being Catholic By James Nugent

With the popularity of the first book, *The Good News About Being Catholic*, I was destined to produce a second book. The first book was inspired by conversations I had during a two-week trip to a southern university in the US.

The lack of accurate information and the bigotry I encountered by the well-meaning Christians and others along the way was shocking to me.

Be that as it may, I decided to write this short piece on the psychological healing aspects of the Sacrament of Confession, now called Reconciliation.

In my life and my work as a professional Counselor I cannot think of a single more powerful agent for healing than this Sacrament.

I have known many people who have been saved from anxiety, depression, and suicide through the Sacrament of Reconciliation.

For others it has brought joy and higher quality of life, which is often hard to describe unless you have experienced it. In this little book I will endeavor to share with you what it is like to be touched by the healing presence of Christ.

Disclaimer of Liability

Nothing in this book is to be used as a substitute for competent spiritual and psychological counseling. If you have issues, go get help. This is just a frank discussion.

Note: all identifying characteristics of the persons have been sanitized from this presentation. The stories are true but the privacy of the individual must be preserved.

Full Disclosure: I am a devout Roman Catholic and an avid participant in sacraments. Although I have made every effort to faithfully represent the faith system; you should really talk to a priest if you have concerns or questions. I have had a minimal amount of formal training.



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