

## **"Theology of the Body" Resources**

*The following resources are among the best available for those interested in deepening their knowledge of the beautiful truths contained in "Theology of the Body"*

### **"Man and Woman He Created Them: A Theology of the Body"**

by *Pope John Paul II*

### **"*Mulieris Dignitatem*" ("On the Dignity of Women")**

by *Pope John Paul II* (Papal encyclical)

### **"*Familiaris Consortio*" ("The Role of the Christian Family in the Modern World")**

by *Pope John Paul II* (Apostolic exhortation)

### **"*Humanae Vitae*" ("Of Human Life")**

by *Pope Paul VI* (Papal encyclical)

### **"Witness to Hope: The Biography of Pope John Paul II"**

by *George Weigel*

### **"Theology of the Body Explained"**

by *Christopher West* (his website is [www.christopherwest.com](http://www.christopherwest.com))

### **"Theology of the Body for Beginners"**

by *Christopher West*

### **"The Good News About Sex and Marriage: Answers to Your Honest Questions About Catholic Sexual Teachings"**

by *Christopher West*

### **"The Body Reveals God: A Guided Study of John Paul II's 'Theology of the Body' "**

by *Katrina Zeno* (her website is: [www.katrinazeno.com](http://www.katrinazeno.com); the book is best found on [Amazon.com](http://Amazon.com))

### **"Theology of the Body For Teens" website**

[www.tobforteens.com](http://www.tobforteens.com)

### **TOBET: "Theology of the Body Evangelization Team" (Books, CD's, Marriage Preparation, etc.)**

[www.tobet.org](http://www.tobet.org)

**"Catholic Preaching"** website (*Great TOB section from a wonderful teacher and preacher, Fr. Roger Landry*)  
[www.catholicpreaching.com](http://www.catholicpreaching.com) (Type "Theology of the Body" in the search box, and you'll find some great resources)

### **"Contraception: Why Not"**

by *Dr. Janet Smith* (This talk is a marvelous and compelling explanation of the Church's sexual ethic, and can be accessed for free: **transcribed** at [www.catholiceducation.org/articles/sexuality/se0002.html](http://www.catholiceducation.org/articles/sexuality/se0002.html) and via **audio** at [catholicpod.stblogs.com/2008/03/05/contraception-why-not-janet-smith-mp3s-audio/](http://catholicpod.stblogs.com/2008/03/05/contraception-why-not-janet-smith-mp3s-audio/))

### **"Human Life International" website (*Pro-Life Missionaries to the World*)**

[www.hli.org](http://www.hli.org)

### **"Paul VI Institute" website (*Building a Culture of Life in Women's Health*)**

[www.popepaulvi.com](http://www.popepaulvi.com)

### **"Reclaim Sexual Health" (*Effective help with overcoming sexual addictions of various kinds*)**

[www.reclaimsexualhealth.com](http://www.reclaimsexualhealth.com)