**The Main Text:**


**Other Recommended Books:**

**Theology of the Body Made Simple**
by Rev. Anthony Percy

This is a simple introduction to the basic premise of Theology of the Body. It explains how our bodies are symbolic, free, meant for love, and redeemed by Christ. It presents unambiguous reasons for the Church’s teaching on premarital sex, contraception, homosexuality, pornography, and more. And it gives reason to hope that the love we crave so deeply is, in fact, promised us by God…from the beginning.

**Good News About Sex & Marriage**
by Christopher West

In this book, Christopher applies the theology of the body to today’s pressing questions and objections to Catholic teaching on sex and marriage. Direct and honest answers to direct and honest questions, this book fills the need for the “whys” behind the “whats” of Catholic teaching on these difficult subjects.

**Theology of the Body for Beginners**
by Christopher West


**Theology of the Body Explained**
by Christopher West

With clarity and precision Christopher West unpacks John Paul II’s Theology of the Body, translating them into a language everyone can understand. *Theology of the Body Explained* is the perfect companion to the Pope’s text. For the first time ever, readers will have a commentary that follows the complete series of general audiences, explained in an appealing way. Both scholars and everyday readers will benefit from this easy-to-read commentary.
The ‘Theology of the Body’ is Pope John Paul II’s integrated vision of the human person - body, soul, and spirit. As he explains, the physical human body has a specific meaning and is capable of revealing answers regarding fundamental questions about us and our lives:

- Is there a real purpose to life and if so, what is it?
- Why were we created male and female? Does it really matter if we are one sex or another?
- Why were man and woman called to communion from the beginning? What does the marital union of a man and woman say to us about God and his plan for our lives?
- What is the purpose of the married and celibate vocations?
- What exactly is “Love”?
- Is it truly possible to be pure of heart?

All of these questions and many more are answered in Pope John Paul II’s 129 Wednesday audiences, which were given between the years 1979 and 1984. His reflections are based on Scripture (especially the Gospels, St. Paul and the Book of Genesis), and contain a vision of the human person truly worthy of man. John Paul II discusses who man was in the beginning, who he is now (after original sin), and who he will be in the age to come. He then applies this message to the vocations of marriage and celibacy, in preparation for the Kingdom of Heaven.

(Source: www.theologyofthebody.net)

George Weigel, author of Witness to Hope: The Biography of Pope John Paul II, calls this papal study of human sexuality “one of the boldest reconfigurations of Catholic theology in centuries” – a “theological time-bomb set to go off with dramatic consequences ...perhaps in the twenty-first century.” At this point the Pope’s vision of sexual love “has barely begun to shape the Church’s theology, preaching, and religious education.” But when it does, Weigel predicts, “it will compel a dramatic development of thinking about virtually every major theme in the Creed” (pp. 336, 343, 853).

Websites

www.TOBforTeens.com
www.theologyofthebody.com
www.theologyofthebody.org
www.theologyofthebody.net