



The Theology of the Body: An Education in Being Human

In a phrase, the theology of the body is the Great Mystery of how the invisible (God) becomes visible through the physical (us!). The TOB is a vision of human life that sees man and woman not just as physical bodies but as a kind of sacramental sign pointing to something Divine, namely, the image of God Himself. Human love reveals the Mystery of God in the world!

The Theology of the Body is a refreshing vision of the beauty and dignity of the human person, body and soul, made man and woman and called to life-giving love and communion. It reveals how this call to love is written in our very sexuality as male and female. The TOB comes from St. John Paul II's penetrating series of meditations on both the Bible and human experience, revealing our invitation to become a gift, and through this gift, to "fulfill the very meaning of our being and existence"! We are made by Love, for love, to make love present in the visible world!



The Theology of the Body Institute www.TOBinstitute.org

We offer retreat courses throughout the year that delve deeply into this powerful teaching. See our course schedule here:

<https://tobinstitute.org/programs/tobi-schedule/>

HUMANUM VIDEOS <http://www.eccefilms.com/humanum/>

For a wider study into the wonder of this theology of our bodies, and the broader gift of being made male and female, and the call to marriage and family, we would suggest the resource of the Humanum series. There are 6 teaching videos of about 15 minutes each that truly point to the masculine/ feminine complementarity.

Bill Donaghy Videos

Bill is a senior lecturer and faculty member of the TOB Institute:

https://youtube.com/playlist?list=PLAbqXQaOvkM72FIVY-OT2zsuGmoXg9kKR&si=pdowDM3_Wf4II30R

TOB INSTITUTE RESOURCES (Books, DVDs, CDs, Study Programs, Digital, Art)

1. TOB Institute Store: <https://shop.corproject.com>
2. TOB Course for deeper study: <https://tobinstitute.org/programs/certification-program/>
3. TOB PATRON COMMUNITY: <https://www.tobpatron.com>

THE SOURCE MATERIAL: Man and Woman He Created Them: A Theology of the Body by St. John Paul II - <https://a.co/d/3uWTBBH>

1. **The Theology of the Body Made Simple**, Fr. Anthony Percy
<http://www.amazon.com/Theology-Body-Simple-Anthony-Percy/dp/0819874191>
2. **Eclipse of the Body** by Christopher West
https://www.amazon.com/dp/1944578862/ref=cm_sw_em_r_mt_dp_jSXKFb54MHWCE
3. **Men and Women are from Eden**, Mary Healy
http://www.amazon.com/Men-And-Women-From-Eden-ebook/dp/B00596VFIG/ref=dp_kinw_strp_1
4. **Theology of the Body for Beginners**, Christopher West: <http://a.co/0NGa8Ji>
5. **Theology of the Body in One Hour by Jason Evert**
https://www.amazon.com/dp/1944578846/ref=cm_sw_em_r_mt_dp_ORakFbXMK5587
6. **Good News About Sex & Marriage (Revised Edition):** Answers to Your Honest Questions about Catholic Teaching, English version: <http://a.co/1oV44hL>
7. **"Men, Women, and the Mystery of Love: Practical Insights from John Paul II's Love and Responsibility by Dr. Ed Sri:**
https://www.amazon.com/dp/1632530805/ref=cm_sw_em_r_mt_dp_U_fRVQEb547P3A1

8. **Called to Love: Approaching John Paul II's Theology of the Body** by Carl Anderson and Jose Granados https://www.amazon.com/dp/0770435742/ref=cm_sw_em_r_mt_dp_U_nSVQEbV57Q2CJ
9. **These Beautiful Bones: An Everyday Theology of the Body**, Emily Stimpson https://www.amazon.com/dp/1937155153/ref=cm_sw_em_r_mt_dp_U_qTVQEbCWQBDZA
10. **The Human Person According to John Paul II** by Monsignor Brian Bransfield <https://a.co/d/cI8OJoa>
11. **Ruah Woods, Theology of the Body Curriculum for K-12!** <https://www.ruahwoodsintstitute.org/theology-of-the-body-curriculum/>
12. **RISE - Rekindling Masculine Identity and Mission** <https://coaching.reallifecatholic.com/rise>
13. **The Weight of Glory, C.S. Lewis** https://www.truthseekersministries.org/wp-content/uploads/CS-Lewis_weight-of-glory.pdf
14. **Theology of the Body, Extended: The Spiritual Signs of Birth, Impairment and Dying** by Susan Windley-Daoust <https://a.co/d/7jUw8RL>

ON GENDER IDEOLOGY, RESOURCES:

1. **Male, Female, Other? : A Catholic Guide to Understanding Gender** by Jason Evert <https://a.co/d/i1qIOmh>
2. **The Genesis of Gender: A Christian Theory** by Abigail Favale <https://a.co/d/8HUFxWj>
3. **“MALE AND FEMALE HE CREATED THEM” - TOWARDS A PATH OF DIALOGUE ON THE QUESTION OF GENDER THEORY IN EDUCATION, VATICAN CITY 2019, (Congregation for Catholic Education)** https://www.vatican.va/roman_curia/congregations/ccatheduc/documents/rc_con_ccatheduc_doc_20190202_maschio-e-femmina_en.pdf
4. **PASTORAL GUIDE Regarding Policy, Gender Identity Diocese of Springfield in Illinois** <https://www.catholicculture.org/culture/library/view.cfm?recnum=12309>

FOR PARENTS RAISING TODDLERS

1. <http://store.pauline.org/english/books/free1/monica/productid/4469#gsc.tab=0>

2. Beyond the Birds and the Bees - Dr. Greg and Lisa Popcak
[https://www.amazon.com/dp/1935940155/
ref=cm_sw_em_r_mt_dp_U_E1N2EbF60MQ5S](https://www.amazon.com/dp/1935940155/ref=cm_sw_em_r_mt_dp_U_E1N2EbF60MQ5S)

3. Made for This: The Catholic Mom's Guide to Birth Paperback by Mary Haseltine ([https://www.amazon.com/Made-This-Catholic-Guide-Birth/dp/1681921715/
ref=sr_1_1?
crid=TULFYLLGIC6Z&keywords=Mary+haseltine+mado+for+this&qid=1650379472&sprifix=mary+haseltine+mado+for+this%2Caps%2C81&sr=8-1](https://www.amazon.com/Made-This-Catholic-Guide-Birth/dp/1681921715/ref=sr_1_1?crid=TULFYLLGIC6Z&keywords=Mary+haseltine+mado+for+this&qid=1650379472&sprifix=mary+haseltine+mado+for+this%2Caps%2C81&sr=8-1)

4. Parenting with Grace: The Catholic Parents' Guide to Raising almost Perfect Kids
[https://www.amazon.com/dp/1592766854/
ref=cm_sw_em_r_mt_dp_U_87N2EbCQ7RH6E](https://www.amazon.com/dp/1592766854/ref=cm_sw_em_r_mt_dp_U_87N2EbCQ7RH6E)

5. RUAH WOODS. TOB CURRICULUM K-12th grade!
<https://www.ruahwoods.org/teaching/>

6. TOBET CURRICULUM (Monica Ashour and Team)
<http://tobet.org/programs/>

7. Good Pictures, Bad Pictures: [https://www.amazon.com/dp/0997318732/
ref=cm_sw_em_r_mt_dp_U_yIm9EbNBGR4ER](https://www.amazon.com/dp/0997318732/ref=cm_sw_em_r_mt_dp_U_yIm9EbNBGR4ER)

8. The Princess and the Kiss

Looking to bring the message of virtue and purity to a young girl? In this story, a loving king and queen present their daughter with a gift from God... her first kiss to keep or to give away. The wise girl waits for the man who is worthy of her precious gift. Where is he and how will she ever find him? [https://www.amazon.com/dp/1684340004/
ref=cm_sw_em_r_mt_dp_U_k5N2Eb75QQ6DZ](https://www.amazon.com/dp/1684340004/ref=cm_sw_em_r_mt_dp_U_k5N2Eb75QQ6DZ)

9. The Squire and the Scroll

Looking to bring the message of virtue and purity to a young boy? This captivating

adventure follows a young squire who travels a long, dangerous road beside his brave knight, on a quest for their king. The action builds until the final face-off with the monstrous, evil dragon. Only then does the squire learn of the secret beyond the cave.

https://www.amazon.com/dp/1684340012/ref=cm_sw_em_r_mt_dp_U_d6N2Eb6AWG4A8

FOR TEENS

Discovering the Gift of Being Human: Theology of the Body for Teens by Bill Donaghy

https://www.tobpatron.com/tob-for-teens?r_done=1

YOU: Life, Love, and the Theology of the Body, Online Course

<https://ascensionpress.com/products/you-life-love-and-the-theology-of-the-body-online-course>

CHASTITY PROJECT: Jason and Crystallina Evert

<http://chastityproject.com/products/category/books/>

Theology of His Body / Theology of Her Body (2 Books, 1 Volume)

<http://www.amazon.com/Theology-His-Body-Her/dp/193421759X>

RUAH WOODS. TOB CURRICULUM K-12th grade!

<https://www.ruahwoods.org/services/>

FOR MARRIAGE PREP

Catholic Marriage Prep (endorsed by Christopher West/Archbishop Chaput)

<https://www.catholicmarriageprep.com/dioceses-parishes/theology-of-the-body/>

Next Step

FOR FAMILIES

Covenant Eyes - Formation and Protection for the Family

<https://www.covenanteyes.com/e-books/#family-protection>

Net Nanny - Family Parental Controls

<https://www.netnanny.com>

STRIVE21 - Detox from Porn Addiction

www.Strive21.com

RISE - Rekindling Masculine Identity and Mission

www.MenRiseUp.org

Marriage Prep Resource:

<https://ascensionpress.com/collections/joy-filled-marriage>

Resources for the Way of Beauty

Subscribe to Bill's "Way of Beauty" photo stream:

<https://www.icloud.com/sharedalbum/#B10GgZLKuGBYhPw>

Subscribe to Bill's "Sacred Art" photo stream:

<https://www.icloud.com/sharedalbum/#B1055Z2WMHYAqV>

GREAT ART WEBSITES:

Olga's Gallery (An amazing collection by topic of the greatest religious works)

<https://www.freeart.com/gallery/religion.html>

Great Collection (search by artist or school):

<https://www.wga.hu/index1.html>

THE GUSTAVE DORE GALLERY OF BIBLE ILLUSTRATIONS

<https://catholic-resources.org/Art/Dore.htm>

Sir Roger Scruton's Entire Documentary "Why Beauty Matters"

<https://vimeo.com/101804860>

SOME MORE GOOD BOOKS:

Beauty in the Light of the Redemption (Dietrich von Hildebrand)

<https://www.amazon.com/dp/1939773059/>

[ref=cm_sw_r_cp_api_glt_fabc_XW0CYF3YE90T2GQNRESQ](https://www.amazon.com/dp/1939773059/?ref=cm_sw_r_cp_api_glt_fabc_XW0CYF3YE90T2GQNRESQ)

Discovering the Human Person: In Conversation with John Paul II, Stanislaw Grygiel (Chapter 2 is on the Way of Beauty!)

https://www.amazon.com/Discovering-Human-Person-Conversation-John/dp/0802871542/?ref=sr_1_1?

[dchild=1&keywords=Discovering+the+Human+Person%3A+In+Conversation+with+John+Paul+II%2C+Stanislaw+Grygiel&qid=1612275034&s=books&sr=1-1](#)

Meeting with Artists, Benedict XVI's address to artists in the Sistine Chapel (Libreria Editrice Vaticana, 2009)

http://www.vatican.va/content/benedict-xvi/en/speeches/2009/november/documents/hf_ben-xvi_spe_20091121_artisti.html

The Philosophy of Tolkien, Peter Kreeft (Ignatius Press, 2005)

<https://www.amazon.com/Philosophy-Tolkien-Worldview-Behind-Rings/dp/1586170252>

The Weight of Glory, C.S. Lewis

<https://www.wheelersburg.net/Downloads/Lewis%20Glory.pdf>

All Papal documents available at the [Vatican website](#), unless noted. Pope Benedict XVI. [God is Love/Deus caritas est](#). Dec. 25, 2005.

First encyclical by Pope Benedict XVI. Key sections include the unity of love in creation and in salvation history and the practice of love by the church as a community of love.

Pope John Paul II. [The Gospel of Life/Evangelium Vitae](#). March 25, 1995. Encyclical contrasts the conflict between a culture of life and a culture of death.

Authoritative declarations on murder of the innocent, abortion, and euthanasia. Pope John Paul II. [On the Family/Familiaris Consortio](#). December 15, 1981.

A foundational document on the nature and tasks of the Christian family and the scope of pastoral care needed by families. Describes marriage as a covenant relationship and family as domestic church.

Pope John Paul II. [Mulieris Dignitatem/On the Dignity and Vocation of Women](#). Par. 15. August 15, 1988. [Apostolic letter highlighting the nature and dignity of women, the complementarity of men and women in marriage, and Mary 's essential role in the church.](#)

Pope John Paul II. [Letter to Families/Gratissimam Sane](#). February 2, 1994. Writing during International Year of the Family, Pope John Paul II reflects upon the communion of persons as the foundation of the civilization of love.

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