

Recommended Reading by Katrina J. Zeno (tobcenter.org or wtm.org)

Encyclicals and Apostolic Letters:

The Truth and Meaning of Human Sexuality (by the Pontifical Council on the Family)

Letter to Families (JP2)

Familiaris Consortio (on the Family) (JP2)

Educational Guidance in Human Love (Congregation for Catholic Education)

Humanae Vitae (Paul VI)

Catechetical Formation in Chaste Living: Guidelines for Curriculum Design and Publication (USCCB)

Books:

Every Woman's Journey: Answering "Who Am I" For the Feminine Heart by Katrina J. Zeno (feminine identity formation; republished by Pauline Books under the title of *Discovering the Feminine Genius*)

The Body Reveals God by Katrina Zeno (theology of the body "walk through")

Theology of His/Her Body by Jason Evert (theology of the body for high school/young adults)

Real Love by Mary Beth Bonacci (for teens on sexuality)

On a Mission From God by Mary Beth Bonacci (for teens; uses theology of the body to teach the faith)

Boundaries in Dating by Dr. Henry Cloud and Dr. John Townsend (dating – my favorite)

The 10 Commandments of Dating by Ben Young and Dr. Samuel Adams (courtship/dating)

If You Really Loved Me and *Pure Love* by Jason Evert (dating/human sexuality for teens)

Pure Womanhood by Crystalina Evert (dating/purity for teen girls)

Wait for Me by Rebecca St. James (purity and abstinence)

The ABCs of Choosing a Good Wife/Husband by Stephen Wood (for teens/young adults)

A Case for Chastity by Heather Gallagher and Peter Vlahutin (for teens/young adults)

A Return to Modesty by Wendy Shalit (for young adults)

Raising Them Chaste by Richard and Renee Durfield (for parents)

Sexual Wisdom by Richard Wetzel, MD (for parents/young adults on healthy relationships)

Sexual Wisdom for Catholic Adolescents by Richard Wetzel, MD (chastity curriculum)

Why True Love Waits by Josh McDowell (I have not read this.)

Five Conversations You Must Have With Your Daughter by Vicki Courtney (about sexuality)

And the Bride Wore White by Dana Gresh (purity for young women)

Who Moved the Goalpost by Bob Gresh (purity for young men)

Raising a Modern Day Princess by Pam Farrel and Doreen Hanna (rite of passage for girls)

Raising a Modern-Day Knight by Robert Lewis (nature of men)

Tender Warrior by Stu Weber (nature of men)

The Five Love Languages of Teenagers by Dr. Gary Chapman (parenting teens – excellent!)

A Parent's Guide to Preventing Homosexuality by Joseph Nicolosi, PhD (male homosexuality)

The Good News About Sex and Marriage by Christopher West (marriage)

Open Embrace by Sam and Bethany Torode (contraception/openness to life by a Protestant couple)

Sterilization Reversal: A Generous Act of Love (contraception)

Natural Family Planning Blessed Our Marriage by Fletcher Doyle, ed.

Passport 2 Purity CD series by Dennis and Barbara Rainey (for parents and preteens)

Whole Life Curriculum (new chastity curriculum from K-12 (wholelifecurriculum.com))

CDs/DVDs of talks and retreats by Katrina Zeno (available from Our Father's Will Communications, ofwc@theologyofthebody.net or 1-866-333-6392)

Turning the Titanic: Chastity Formation From Toddlers to Teens (4 talks)

Marriage and the Eucharist: The Two Become One Body (4 talks)

Or order directly from Katrina: *Body Language*, *The Gift of the Body*, and *Chaste Me to the Altar*