

## Marriage & Family Booklist

A LIST OF FURTHER RESOURCES TO HELP YOU PREPARE FOR AND ENRICH YOUR MARRIAGE.  
MANY OF THESE TITLES ARE AVAILABLE IN OUR BOOKSTORE, OR CAN BE ORDERED.

### MARRIAGE & SPIRITUALITY

- By Love Refined: Letters to a Young Bride* by Alice Von Hildebrand (Sophia Institute Press, 1998)
- The Christian Meaning of Human Sexuality* by Paul M. Quay, SJ, PhD (Ignatius Press, 1985)
- Covenanted Happiness: Love and Happiness in Marriage* by Cormac Burke (Ignatius Press, 1990)
- Enemies of Eros* by Maggie Gallagher (Bonus Books, 1989)
- The Examen Prayer: Ignatian Wisdom for Our Lives Today* by Timothy M. Gallagher (Crossroad Publishing Company, 2006)
- The Four Loves* by C. S. Lewis (Harvest/HBJ, 1960)
- The Gospel of Life* by John Paul II (St. Paul Books and Media, 1995)
- Humanae Vitae: A Generation Later* by Janet Smith, PhD (CUA Press, 1990)
- Interior Freedom* by Jacques Philippe (Scepter Publishers, 2010)
- Love and Responsibility* by John Paul II (Ignatius Press, 1993)
- Lord, I Hurt!: The Grace of Forgiveness and the Road to Healing* by Anne Costa (The Word Among Us Press, 2012)
- Man, Woman, and The Meaning of Love: God's Plan For Love, Marriage, Intimacy, and the Family* by Deitrich Von Hildebrand (Sophia Institute Press, 2001)
- Marriage and Celibacy* by John Paul II (St. Paul Books and Media, 1987)
- Marriage Is for Keeps* by John Kippley (Foundation for the Family, 1994)
- Marriage: The Rock on Which the Family Is Built* by William E. May, PhD (Ignatius Press, 1995)
- On Marriage and Family Life* by St. John Chrysostom (St. Vladimir's Seminary Press, 1986)
- On The Dignity & Vocation of Women* by John Paul II (St. Paul Books and Media, 1988)
- The Original Unity of Man and Woman* by John Paul II (St. Paul Books and Media, 1987)
- The Pornography Epidemic, A Catholic Approach* by Peter Kleponis, Ph.D
- The Right to Be Wrong: Ending the Culture War Over Religion in America* by Kevin Seamus Hasson (Image; Reprint edition, 2012)
- The Role of the Christian Family In the Modern World* by John Paul II (St. Paul Books and Media, 1981)
- The Splendor of Love* by Walter J., L.C. Schu (New Hope Pub., 2003)
- The Splendor of Truth* by John Paul II (St. Paul Books and Media, 1993)
- The Truth and Meaning of Human Sexuality* by John Paul II (St. Paul Books and Media, 1993)
- What God Has Joined... The Sacramentality of Marriage* by Peter J. Elliot (Alba House, 1990)

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What We Can't Not Know: A Guide by J. Budziszewski (Ignatius Press; Rev Exp edition, 2011)

When Only One Converts by Lynn Nordhagen (Our Sunday Visitor, 2001)

#### PRACTICAL ASPECTS OF MARRIAGE

Boundaries in Marriage by Henry Cloud (Zondervan, 2002)

Boundaries: When to Say Yes, How to Say No to Take Control of Your Life by Henry Cloud, John Townsend (Zondervan, 1992)

Captivating: Unveiling the Mystery of a Woman's Soul by John and Stasi Eldridge (Thomas Nelson, 2005)

The Catholic Family Handbook by Lawrence Louasik (Sophia Institute Press, 2000)

Created for Connection, Seven Conversations for a Lifetime of Love by Dr. Sue Johnson with Kenneth Sanderfer (Little, Brown and Company, 2016)

The Divorce Culture by Barbara Dafoe Whitehead (Knopf, 1997)

The Emotions God Gave You: A Guide for Catholics to Healthy and Holy Living  
by Art & Laraine Bennett (The Word Among Us Press, 2011)

The Exceptional Seven Percent: The Nine Secrets of the World's Happiest Couples by Gregory Popcak (Citadel Press, 2002)

Fathered by God: Learning What Your Dad Could Never Teach You by John Eldredge (Thomas Nelson, 2009)

Fall In Love, Stay In Love by Willard Harley, Jr. (Revell, 2002)

The 5 Love Languages: The Secret to Love That Lasts by Gary D Chapman (Northfield Publishing, 2010)

The Five Love Languages: How to Express Heartfelt Commitment to Your Mate by Gary Chapman (Northfield Publishing, 1995)

For Better...Forever: A Catholic Guide to Lifelong Marriage by Gregory Popcak (Our Sunday Visitor, 1999)

The Good News About Sex and Marriage by Christopher West (Servant, 2004)

Hedges: Loving Your Marriage Enough to Protect It by Jerry B. Jenkins, Tim LaHaye and John Perrodin (Crossway, 2005)

His Needs, Her Needs: Building an Affair-Proof Marriage by Willard Harley, Jr. (Revell, 2001)

Holy Sex!: A Catholic Guide to Toe-Curling, Mind-Blowing, Infallible Loving by Gregory K. Popcak

How We Love by Milan Yerkovich and Kay Yerkovich (WaterBrook Press, 2006)

Just Married: The Catholic Guide to Surviving and Thriving in the First Five Years of Marriage by Gregory K. Popcak and Lisa Popcak (Ave Maria Press, 2013)

Love and Respect by Dr. Emerson Eggerichs (Thomas Nelson, 2004)

Love Is a Decision: Proven Techniques to Keep Your Marriage Alive and Lively by Gary Smalley (W. Publishing Group, 2001)

Personality Plus: How to Understand Others by Understanding Yourself by Florence Littauer (Revell; Revised edition, 1992)

Personality Plus for Couples: Understanding Yourself and the One You Love by Florence Littauer (Revell, 2001)

Real Love: Answers to Your Questions On Dating, Marriage, and the Real Meaning of Sex by Mary Beth Bonnacci (Ignatius Press, 1996)

The Temperament God Gave You by Art & Laraine Bennett (Sophia Institute Press, 2005)

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**The Temperament God Gave Your Spouse** by Art & Laraine Bennett (Sophia Institute Press, 2008)

**Time Management for Catholics** by Dave Durand (Sophia Institute Press, 2002)

**Wild at Heart: Discovering the Secret of a Man's Soul** by John Eldredge (Thomas Nelson, 2006)

**Why Marriages Succeed or Fail** by John Gottman (Simon and Schuster, 1994)

#### PARENTING

**Boundaries with Kids: How Healthy Choices Grow Healthy Children** by Henry Cloud and John Townsend (Zondervan, 2001)

**Boundaries with Teens: When to Say Yes, How to Say No** by John Townsend (Zondervan, 2009)

**Adoption: Choosing It, Living It, Loving It** by Dr. Ray Guarendi (St. Anthony Messenger Press, 2009)

**A Mother's Rule of Life: How to Bring Order to Your Home and Peace to Your Soul** by Holly Pierlot (Sophia Institute Press, 2002)

**Boys Should Be Boys: 7 Secrets to Raising Healthy Sons** by Meg Meeker (Ballantine Books, 2009)

**Discipline That Lasts a Lifetime: The Best Gift You Can Give Your Kids** by Ray Guarendi (Charis Books, 2003)

**The Father of the Family** by Clayton C. Barbeau (Sophia Institute Press, 2013)

**The Five Love Languages of Children** by Gary Chapman (Moody Publishers, 1997)

**Good Pictures, Bad Pictures: Porn-Proofing Today's Young Kids** by Kristen A Jenson and Gail Poyner (Glen Cove Press, 2014)

**The Glory To be Revealed in You: A Spiritual Companion to Pregnancy** by Kristen West McGuire (Alba House)

**The New Dare to Discipline** by James Dobson, PhD (Tyndale House Publishers, 1992)

**Parenting with Grace: The Catholic Parents' Guide to Raising almost Perfect Kids** by Gregory and Lisa Popcak (Our Sunday Visitor; 2 edition, 2010)

**The Perfect World Inside My Minivan -- One Mom's Journey Through the Streets of Suburbia** by Marybeth Hicks (Faith Publishing Service, 2006)

**Purely You** <http://www.purelyyou.org>

**Raising Pure Teens** by Jason Evert and Chris Stefanick (Catholic Answers, 2010)

**Strong Fathers, Strong Daughters: 10 Secrets Every Father Should Know** by Meg Meeker, M.D. (Ballantine Books, 2007)

**Strong Mothers, Strong Sons: Lessons Mothers Need to Raise Extraordinary Men** by Meg Meeker M.D. (Ballantine Books, 2014)

**The Strong-Willed Child** by James Dobson, PhD (Tyndale House Publishers, 1978)

**Theology of the Body for Middle Schoolers** by Brian Butler, Jason Evert, and Colin & Aimee Macluer (Ascension Press)

**The Womanly Art of Breastfeeding** by La Leche League International (Ballantine Books; 8 Rev Upd edition, 2010)

**You!**

#### SEXUALITY, NATURAL FAMILY PLANNING, FERTILITY

**Adam and Eve After The Pill** by Mary Eberstadt (Ignatius Press, 2012)

**The Billings Method** by Evelyn Billings MD (Ballantine Books, 1980)

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Called to Love: Approaching John Paul II's Theology of the Body by Carl Anderson and Jose Granados (Image; Reprint edition, 2012)

Challenge to Love by Mary Shivanandan, STD (KM Associates, 1979)

The Christian Meaning of Human Sexuality by Paul M. Quay, SJ, PhD (Ignatius Press, 1985)

Facing Infertility: A Catholic Approach by Jean Dimech-Juchniewicz (Pauline Books and Media, 2012)

Fertility, Cycles and Nutrition, 4th Edition by Marilyn Shannon (Couple-to-Couple League, 2009)

For Better...Forever: A Catholic Guide to Lifelong Marriage by Gregory Popcak (Our Sunday Visitor, 1999)

The Good News About Sex and Marriage by Christopher West (Servant, 2004)

Holy Sex!: A Catholic Guide to Toe-Curling, Mind-Blowing, Infallible Loving by Gregory K. Popcak

Human Ecology: A Physician's Advice for Human Life by Robert L Jackson, MD (St. Bede's Publ, 1990)

The Infertility Companion for Catholics: Spiritual and Practical Support for Couples, Angelique Ruhi-López and Carmen Santamaria (Ave Maria Press, 2012)

In Their Own Words: Women Healed by Thomas W. Hilgers, MD (Pope Paul VI Institute, 2004)

Love and Fertility by Mercedes Wilson (Family of the Americas, 4th Edition, 2006)

Men, Women and the Mystery of Love: Practical Insights from John Paul II's Love and Responsibility by Edward Sri (St. Anthony Messenger Press, 2007)

The Missing Cornerstone by S. Joseph Thom (Circle Press, 2003)

Pure Intimacy: How Your Marriage Can Benefit From NFP by Jason Evert

Real Love: Answers to Your Questions On Dating, Marriage, and the Real Meaning of Sex by Mary Beth Bonnacci (Ignatius Press, 1996)

Sex, God & Marriage by Johann Christoph Arnold and Mother Teresa (Plough Publishing House; Third Edition, 2014)

The Sinner's Guide to Natural Family Planning by Simcha Fischer (Our Sunday Visitor, 2014)

The Splendor of Truth by John Paul II (St. Paul Books and Media, 1993)

Theology of the Body for Beginners by Christopher West (Ascension Press, 2004)

Theology of the Body Explained by Christopher West (Pauline Books and Media, 2003)

The Truth and Meaning of Human Sexuality by John Paul II (St. Paul Books and Media, 1993)

#### FINANCES

The Catholic Answers Guide to Family Finances by Philip Lenahan (Financial Foundation for the Family, 1996)

The Total Money Makeover: A Proven Plan for Financial Fitness by Dave Ramsey (Nelson Thomas, 2009)

Time Management for Catholics by Dave Durand (The Crossroad Publishing Co., 2012)

The Truth About Money, Third Edition by Rick Edelman (HarperBusiness, 2004)

Why Enough Is Never Enough: Overcoming Worries About Money—A Catholic Approach. Gregory Jeffrey (Our Sunday Visitor, 2010)