



CENTER for
FAMILY LIFE
FORMATION



ARCHDIOCESE of OMAHA

Human Sexuality Formation Resources at the Archdiocese Media Center

Resources for Adults

Books

A Parent's Guide to Preventing Homosexuality, Nicolosi, Joseph

Breaking Free: 12 Steps to Freedom from Pornography, Wood, Stephen

Called to Love: Approaching John Paul II's Theology of the Body, Anderson, Carl

Catechetical Formation in Chaste Living: Guidelines for Curriculum Design and Publication, Pontifical Council on the Family

Crossing the Threshold of Love: A New Vision of Marriage in the Light of John Paul II's Anthropology, Shivanandan, Mary

Delivered: True Stories of Men and Women Who Turned from Porn to Purity, Fradd, Matt

Feeling and Healing your Emotions, Baars, Conrad

Fertility, Cycles and Nutrition: Can What You Eat Affect your Menstrual Cycles and your Fertility? Shannon, Marilyn

Fertility, Cycles & Nutrition: Self-Care for Improved Cycles and Fertility, Shannon, Marilyn

Friendship: The Art of Happiness, Cuddeback, John

Healing the Wounds of Sexual Addiction, Laaser, Mark

Helping Clients Forgive: An Empirical Guide for Resolving Anger and Restoring Hope, Enright, Robert

Homosexuality and Following Jesus, Flaman, Paul

In their own Words: Women Healed, Packard, Jean Blair

Life-giving Love: Embracing God's Beautiful Design for Marriage, Hahn, Kimberly

Love and Responsibility, Wojtyla, Karol (Pope John Paul II)

Love, Sex and Babies, How your Marriage can Benefit from Natural Family Planning, Evert, Jason

Men, Women, and the Mystery of Love: Practical Insights from John Paul II's Love and Responsibility, Sri, Edward P.

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My Genes Made Me Do It: Homosexuality and the Scientific Evidence, Whitehead, N.E.

My Peace I Give You: Healing Sexual Wounds with the Help of the Saints, Eden, Dawn

Naked Surrender: Coming Home to our True Sexuality, Comiskey, Andrew

Natural Family Planning, A Catholic Approach, Barron, Mary Lee

Natural Family Planning Blessed our Marriage: Nineteen True Stories, Doyle, Fletcher

New Perspectives on Contraception, DeMarco, Donald

No Stones: Women Redeemed from Sexual Addiction, Ferree, Marnie

On the Meaning of Sex, Budziszewski, J.

Overcoming Pornography Addiction: A Spiritual Solution, Bransfield, Brian

Physicians Healed: Personal, Inspiring and Compelling Stories of Fifteen Courageous Physicians who do not Prescribe Contraception, Hartman, Cleta

Restored: True Stories of Love and Trust after Porn, Fradd, Matt

Same-sex Attraction: A Parent's Guide, Harvey, John

Searching for and Maintaining Peace: A Small Treatise on Peace of Heart, Philippe, Jacques

Self-Knowledge and Self-discipline, Maturin, Basil

Sex and the Soul of a Woman, Rinehart, Paula

Sex Au Naturel, What it is and Why it's Good for your Marriage, Coffin, Patrick

Shattered Vows: Hope and Healing for Women who have been Sexually Betrayed, Laaser, Debra

Strength in Weakness: Overcoming Sexual and Relational Brokenness, Comiskey, Andrew

Taking Down Goliath Five Strategies to Get Porn out of Your Life, Fradd, Matt

The Art of Natural Family Planning: Postpartum Student Guide, Couple to Couple League

The Art of Natural Family Planning: Premenopause Student Guide, Couple to Couple League

The Art of Natural Family Planning: Student Guide, The Couple to Couple League

The Billings Method: Controlling Fertility without Drugs or Devices, Billings, Evelyn

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The Battle for Normality: A Guide for Self-Therapy for Homosexuality, Aardweg, G.J M. van den

The Heart of Female Same-Sex Attraction: A Comprehensive Counseling Resource, Hallman, Janelle

The Medical & Surgical Practice of NaPro Technology, Hilgers, Thomas

The Medical Applications of Natural Family Planning: A Contemporary Approach to Women's Health Care, Hilgers, Thomas

The Naprotechnology Revolution: Unleashing the Power in a Woman's Cycle, Hilgers, Thomas

The New Atlantis: Sexuality and Gender: Findings from the Biological, Psychological, and Social Sciences, Mayer, Lawrence and McHugh, Paul

The Sinner's Guide to Natural Family Planning, Fischer, Simcha

The Thrill of the Chaste: Finding Fulfillment while Keeping your Clothes on, Eden, Dawn

The Truth about Homosexuality: The Cry of the Faithful, Harvey, John

The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse, Allender, Dan

Treating Pornography Addiction: The Essential Tools for Recovery, Skinner, Kevin

What we Can't Not Know, Budziszewski, J.

Wired for Intimacy: How Pornography Hijacks the Male Brain, Struthers, William

DVD Videos

Contraception: The Real Story, What Teenagers and Adults Need to Know. God's Plan for Love, St. Augustine Foundation

Desire of the Everlasting Hills, Courage International

Invited to Courageous Love, The Catholic Church and Homosexuality, Courage International

Sound Recordings on Compact Disk

Effectiveness of Fertility Awareness in Promoting Chastity in Young Women, Vigil, Pilar

Naked without Shame: A Crash Course in Theology of the Body, Christopher West

One More Soul/ Contraception, Why Not? Smith, Janet

Treating the Female Patient Without the Pill, Ruppertsberger, Les

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Resources for Parents of Young Children

Books

Good Pictures, Bad Pictures: Porn-Proofing Today's Young Kids, Jenson, Kristen

Our Power to Love: God's Gift of our Sexuality, Taylor, Ruth

The Joyful Mysteries of Life, Scherrer, Catherine

What Should Your Kids Know About Sex and . . . when? A resource for Parents, Diocese of St. Cloud, MN

DVD Videos

Bodies and Boundaries, The Way of Love Series, Heinzen, A. & Arrowood, J.

Embrace Parenthood, The Way of Love Series, Heinzen, A. & Arrowood, J.

Growing in the Way of Love, The Way of Love Series, Heinzen, A. & Arrowood, J.

Resources for Youth/Young Adults

Books

Dating Detox, Cotter, Lisa

Emotional Virtue, Swafford, Sarah

How to Find Your Soulmate without Losing your Soul, Evert, Jason and Crystalina

If You Really Loved Me, Evert, Jason

Our Power to Love: God's Gift of our Sexuality, Taylor, Ruth

Pure Love, Evert, Jason

Theology of Her Body/Theology of His Body, Evert, Jason

Videos/Mixed Media

Theology of the Body for Teens: Middle School Edition, Evert, Jason

True Beauty Femininity and Chastity for Young Women, Cotter, Lisa, Evert, Crystalina, Swafford, Sarah

True Strength Masculinity and Chastity for Young Men, Evert, Jason, Fradd, Matt, Stefanick, Chris

YOU Life, Love and the Theology of the Body, Butler, Brian and Evert, Jason

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Resources for Children

Books

Before I was Born, Nystrom, Carolyn

God has a Plan for Boys and Girls, Ashour, Monica

Everybody has a Body: God Made Boys and Girls, Ashour, Monica

Everybody has Something to Give, Ashour, Monica

Everybody has Something to Say, Ashour, Monica

Everybody is Smart: God Helps Me Listen and Choose, Ashour, Monica

In the Beginning, Kindergarten Theology of the Body with “Blueberries for Sal,” Power, Molly (Ruah Woods Press)

In the Beginning, First Grade Theology of the Body with “The Animal Hedge,” Power, Molly (Ruah Woods Press)

In the Beginning, Second Grade Theology of the Body with “Saint George and the Dragon,” Power, Molly (Ruah Woods Press)

Lizzy’s Greatest Gift, Dedman, Amy

The Human Heart, Third Grade Theology of the Body with “Mufaro’s Beautiful Daughters,” Power, Molly (Ruah Woods Press)

The Human Heart, Fourth Grade Theology of the Body with “Peppe the Lamplighter,” Power, Molly (Ruah Woods Press)

The Story of Me, Jones, Stanton

Wonderfully Made! Babies: A Catholic Perspective on how and why God Makes Babies, Giangjordano, Ellen

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