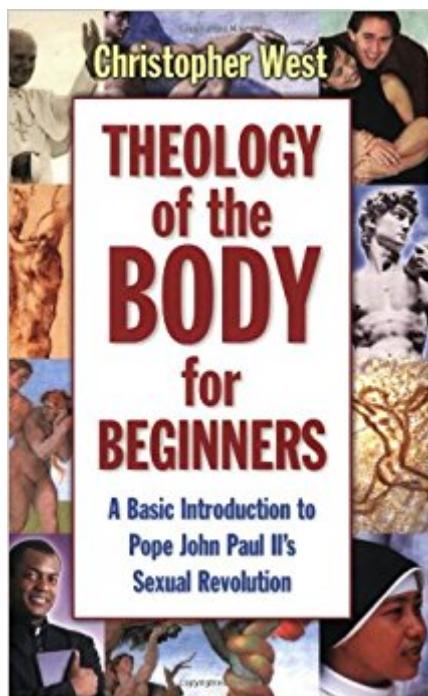


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# Theology Of The Body For Beginners



## **Synopsis**

According to Pope John Paul II, if we live according to the true meaning of our sexuality, we "fulfill the very meaning of [our] being and existence." The human body is a "theology" because it is meant to be a sign of God's own life and love in the world. With clarity and precision, Christopher West unpacks John Paul II's Theology of the Body, translating it into a language everyone can understand. *Theology of the Body for Beginners* explores the profound interconnections between sex and the deepest questions of human existence, including: What is the meaning of life? Why did God create us male and female? How do we attain true happiness on earth? What kind of joys await us in heaven? Why is there evil in the world and how do we overcome it? How can we experience the love we long for in the depth of our hearts?

## **Book Information**

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## **Customer Reviews**

Christopher West is widely recognized for his work popularizing John Paul II's theology of the body. His books (*Good News About Sex & Marriage* and *Theology of the Body Explained*), extensive lecturing, and numerous tapes have sparked an international groundswell of interest in the subject. Christopher teaches the theology of the body at St. John Vianney Seminary in Denver, the Institute of Priestly Formation in Omaha, and at the John Paul II Institute for Marriage and Family in Melbourne, Australia. He and his wife Wendy live in Pennsylvania with their three children.

As a newbie to the wonders of Theology of the Body, this book lays a great foundation for

understanding the basics of TOB. It's written in a clear and relatively straightforward manner that still manages to preserve the mysteries that are the essence of the teaching. Readers with little or no exposure to TOB, Catholicism, or even Christianity in general should still find this book worthwhile, but those with a little background will get even more out of it. While I was fairly new to the topic when I picked up this book (and I still consider my understanding of it to be basic), I didn't give it five stars because I do wish that Christopher West had gone into a bit more detail in some of the chapters to better flesh out the concepts and make the intangible more tangible. However, I might be asking for too much from a book that is very clearly and squarely intended for beginners. All in all, it was a great read, and I'd recommend it to anyone who wants to get their feet wet!

I'm a huge fan of Christopher West. I own several of his books, a few of his talks on CD, and I have attended one of his talks. If you are looking for something for your teen or preteen, this is the book for them. It's a simple read and it's broken down very nicely if you want to use it for a quick reference. It has a few more antidotes than the Theology of the Body Fully Explained book which makes this one more appealing for a younger crowd. You will come away from this book with a greater sense of what it means to be female or male, your role in your family and society, and you may even pick up a thing or two about Catholicism that you didn't know because it's unfortunately not a part of what is usually taught in Sunday School. I highly recommend this book if you are a more visual person, but if not, you might pick up a CD instead.

This teaching of JPII is something everyone should be exposed to. It would go a long way to help the crisis of marriage and the objectification of women (and men for that matter). Christopher West unpacks a large volume of work by Blessed JPII and presents it in a clear and simple way. From this, you can go deeper with other resources. Start here if you want to learn more about Theology of the Body!

We used this text in our diocesan instruction course for TOB. I took it the course and bought the book for use in the class. Highly controversial, but based on writings of John Paul II. I thought it made some stunning points; sometimes I found it really "reaching" and contriving. Many friends poo-pooed it. I think it has a lot of merit.

This is a very easy to understand explanation of the theology of the body. Christopher West is an amazing speaker and writer, and has thankfully studied this topic in-depth. I got this book 3-4 years

ago, and I have gone to several talks by Christopher West, and my life has changed for the best. Now I want more people to be exposed to this evangelization, so I bought 26 copies to give away last Christmas. Finally we can understand why God made us male and female in the biblical sense. Everybody should read this book.

Great introduction to the theology of the body. The first chapter is especially engaging. This is an easy read, presumably much easier than West's 500 page commentary on the TOTB. This is a topic that people from all walks of life, **ESPECIALLY CATHOLICS**, must know. JPII left us with a most amazing gift in the TOTB and we need to learn and internalize it. West does a great job of bringing it down to our level. If you've seen the series "Created and Redeemed" on EWTN featuring West, his lectures closely follow this book.

I was completely satisfied, especially the discounted Â¢ÂœpriceÂ¢Â•. Thank you

This was a clearly written review of John Paul's Theology of the Body. It is a profound enlightening of how our bodies need to be looked at very, very differently in a world that has trashed its sanctity. Every one of God's creatures needs to read this book. And one does not have to be Catholic to read or understand it. It is for every Christian, every believer. My life has been changed by the content in this book.

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