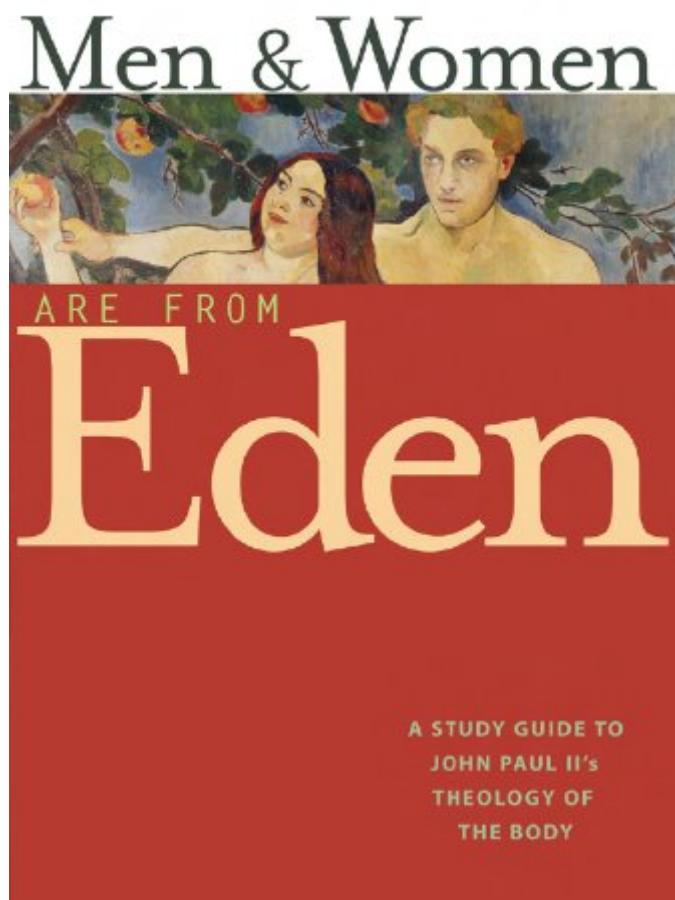


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Men And Women Are From Eden: A Study Guide To John Paul II's Theology Of The Body

Mary Healy



Synopsis

Maybe you have heard of Pope John Paul II's theology of the body and wondered, vaguely, what it is all about. Maybe you have never heard of it until now and are asking, theology of the what?

Maybe you're already familiar with the basics and are ready to incorporate this teaching on sex, love and marriage into your own life. Whatever your level of understanding, you are probably ready for some good news about sex in a culture littered with the bad news of divorce, adultery, sexually transmitted disease, heartache and loneliness. This guide is designed to help you appropriate the Pope's astonishing message: true, lasting love that which humanity enjoyed in the beginning, before the Fall is possible here and now. In nine straightforward lessons, "Men and Women Are from Eden" introduces the reader to the Pope's warm, deeply biblical understanding of God's original plan for men and women, a plan that brings with it healing of mind in regard to sexuality and the body.

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Customer Reviews

This is a "must read" for those who want a good, easy to read summary of the Theology of the Body presented by Pope John Paul II. Healy goes into enough detail that one can easily understand the

premises behind JPII's theology. JPII's Theology of the Body, as a book, is a compilation of a series of his talks on this subject of human sexuality and true spousal union as mutual self-gifting. If you purchase the other book, you will find many repeats because each "talk" begins with a recap of the lecture before. Healy breaks this all down to the basics of JPII's lecture series and is an excellent companion to the large volume that includes the exact words of the Holy Father. Healy writes in simple language for even younger people to comprehend. This book emphasizes the value and sanctity of marriage and the gift of sexuality, as originally given to us by God outlined in Genesis. JPII continually refers to Genesis and "in the beginning," before the fall of humankind, and this is what we were created for---true spousal union, when man and woman truly become one with each other, and with the grace of God through the interaction with the Holy Spirit, a true sacramental marriage is possible. She mentions JPII's comments on objectification of the human body and how it has depleted our dignity as human beings. Overall, I recommend this book to those who are not theologians but to people who want to know more about the divine design of the human race and how sexuality is sacred when respected and treasured as a gift from God.

As a young, recently married Catholic, I have been introduced to Pope John Paul II's Theology of the Body, but some of the literature can be quite intimidating. This is essentially an introduction to the Theology of the Body written as a study. I suppose it could be used for groups, but I have found it to be a great book for individual study, complete with Scripture passages, questions for reflection and spiritual exercises. You'll want to have a Bible handy while reading as well. I highly recommend this book for Catholics young and old, married or single. Actually, I recommend it to anyone, Catholic, Christian or not who is seeking the truth about human dignity. I have since given this book as a gift to my younger brother who recently married and to my parents who just celebrated their 40th anniversary. I want more people to know about Pope John Paul II's Theology of the Body because it has changed my life and my marriage.

This book eloquently and coherently conveys the theology of the body from John Paul II's teachings in the context of Biblical and Roman Catholic teachings. Mary Healy demonstrates an intimate knowledge of the topic, as she skillfully presents some complex ideas. This teaching is rooted in Scripture and follows the course of the Pope's teachings. I approached this book thinking of it as a book on marriage. I discovered that it is much more than a book on marriage. It is a book for all people to learn God's truths about who we are as humans in physical bodies; our bodies are called the "sacrament of the person." This is certainly helpful for a better Biblical understanding of

marriage, but it also helps us better understand being single or celibate. The chapters address the redemptive-salvation history of God's relationship with people-- our creation, fall, redemption, future glorification. Our bodies and relationships are addressed in this context of the revelation of God's love and grace. We are called to follow God in expressing self-giving love through our bodies as Christ did in his sacrifice. This book teaches how this might look in our lives. The reality of Christ's coming has changed our realities and responsibilities forever. We have been set free and charged to love as God loves. For the married person, the teaching shows that we are to love our spouses as Christ loves the church; in fact, Healy writes "The cross of marriage is its glory." And for the celibate person or single person, the teaching shows that God's love is sufficient and that we can commit ourselves to him fully. I think the topics of the book are all substantiated by Scripture with the exception of the Roman Catholic teaching on contraception. To me, this is something that is permissible rather than something contrary to Scripture. I think at the very least the use of contraception is what the wider church would call *adiaphora* --something nonessential to salvation and not morally mandated for Christian ethics. We are called to live by faith and not put stumbling blocks before other Christians. Although I disagree with the teaching on this topic, I appreciated the writing and carefully thought out explanations. I recommend this book to all Christians, especially Roman Catholics who desire to learn the Pope's teachings better; however, in no way is the book's helpfulness limited to Roman Catholics.

Mary Healy is a wonderful writer. She speaks of St. John Paul II's Theology of the Body in a beautiful narrative style and makes something that is very dense, very comprehensible.

I've used Mary Healy's book for my university courses for years. Succinct and articulate unpacking of St. John Paul II's TOB with vocab and discussion questions built in. Great for small group study as well.

Great book, wonderful insights, much needed.

I use this for couples in marriage preparation.

Amazing book! This study guide will help you understand JPII's Theology of the Body and start thinking about how to apply it to your own life.

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