

Sexual Healing

Book list for Individuals & Couples



Individuals & Couples

[Click on the book name to go to Amazon check out](#)

“Be Restored: Healing Our Sexual Wounds through Jesus’ Merciful Love” by Bob Schuchts

“Theology of the Body for Beginners” by Christopher West

“Our Bodies Tell God’s Story: Discovering the Divine Plan for Love, Sex, and Gender” by Christopher West

“Heaven’s Song: Sexual Love as it was Meant to Be” by Christopher West

“Unwanted: How Sexual Brokenness Reveals Our Way to Healing” by Jay Stringer

“The Porn Myth: Exposing the Reality Behind the Fantasy of Pornography” by Matt Fradd

“Good News about Sex & Marriage: Answers to Your Honest Questions About Catholic Teaching” by Christopher West

“The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma” by Bessel Van Der Kolk, MD

“Holy Sex!: A Catholic Guide to Toe-Curling, Mind-Blowing, Infalible Loving” by Gregory K Popcak

“Subverted: How I Helped the Sexual Revolution Hijack the Women's Movemen” by Sue Ellen Browder

The Anti-Mary Exposed: Rescuing the Culture from Toxic Femininity” by Carrie Gress



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Same-sex Attraction

[Click on the book name to go to Amazon check out](#)

[“When the Son Frees You: A Catholic Man’s Journey of Healing from Same-Sex Attraction”](#) by A.J. Benjamin

[“Why I Don't Call Myself Gay: How I Reclaimed My Sexual Reality and Found Peace”](#) by Daniel Mattson

[“Made for Love: Same-sex attraction & the Catholic Church”](#) by Fr. Michael Schmitz

[“One Man One Woman: A Catholic’s Guide to Defending Marriage”](#) by Dale O’Leary

Gender Ideology

[“The Genesis of Gender: A Christian Theory”](#) by Abigail Favale

[“Loving God's Children: The Church and Gender Ideology”](#) by John Bursch

Sexual Betrayal

[“Restored: True Stories of Love and Trust after Porn”](#) by Matt & Cameron Fradd

[“Shattered Vows: Hope and Healing for Women Who Have Been Sexually Betrayed”](#) by Debra Laaser

