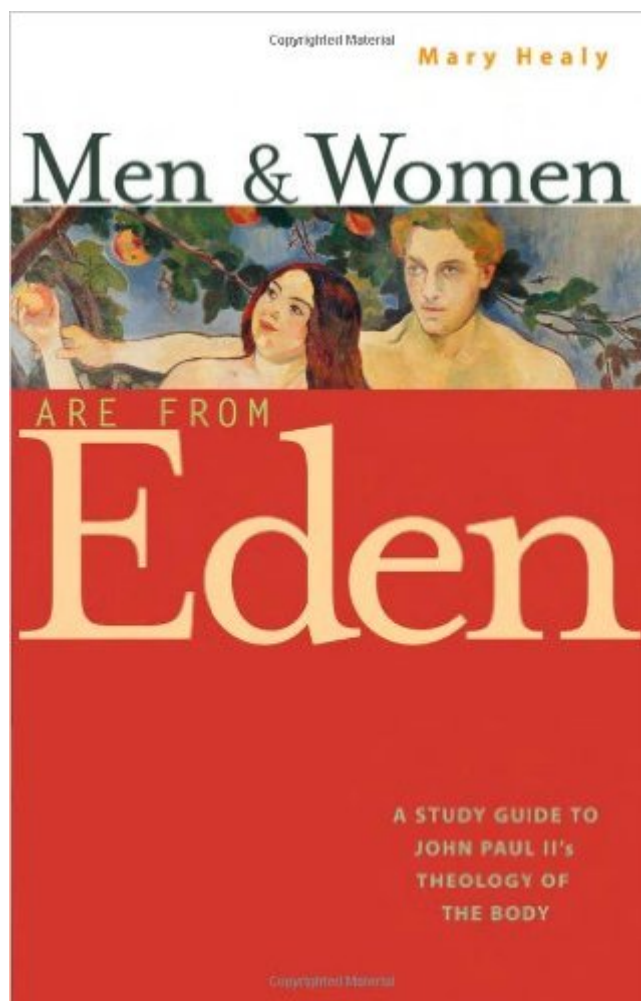


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# Men And Women Are From Eden: A Study Guide To John Paul II's Theology Of The Body



## Synopsis

Maybe you've heard of Pope John Paul II's theology of the body and wondered, vaguely, what it's all about. Maybe you've 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're 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.

## Book Information

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## Customer Reviews

Healy, a scripture professor who holds a doctorate in biblical theology, begins with some background on John Paul II's reflections on human love as he counseled married couples as a young priest and bishop. During his first five years as pope, John Paul II presented his reflections on the "theology of the body" in a series of weekly addresses. This series, later collected and published, is the focus of Healy's work, and it is not light reading. "The pope likes to begin with 'hard sayings' the words of Jesus that many find offensive because they seem too idealistic, too rigorous, and too severe," Healy reports. A basic element of the pope's theology defines body and soul as a unit: we are not souls attached to bodies; we are body persons; the body is the visible expression of

the person, the outward sign that reveals the inner person. In that arena, the possibility of viewing the body as an object for our own or another's pleasure vanishes. The creation story reveals the inherent complementarity of men and women, different bodies within the same nature called to relationship that can produce another human being. John Paul emphasizes the positive implication of this view. Rather than leading to denial of freedom, the theology of the body impels us to voluntarily channel our freedom into the total gift of self to a chosen spouse, and through that person, to God. And these general reflections may be broadened to encompass all persons, regardless of their marital state. Healy aids readers of this enlightening and informative work with chapter-by-chapter study tools consisting of scripture references, church teaching, key concepts, questions for reflection and discussion, and practical applications.

Mary Healy has an excellent grasp of John Paul II's "Theology of the Body," and her book, "Men and Women Are From Eden," is an excellent primer or study guide for anyone interested in tackling "Theology of the Body." This book is an easy read and drives home the creator's purpose for sex, relationships, marriage, and pro-creation from our Creator's perspective. This book should be required for all engaged couples, or married couples confused about the Churches teaching on birth control and divorce.

Mary Healy presents the thoughts of John Paul II's Theology of the Body in an understandable beautiful fashion. It is one of the best representations of this great work that I have read or studied.

I selected this book at a pivotal time in my and my now husband's relationship. It made simply what JP2 has been trying to say in his Theology of the Body. After I read it I passed it on to him; and we both found more clearly what marriage is meant to be and could communicate with each other what aspects of faith and marriage are important to us. We were very confident on our wedding day (and still are) that we married the right person. I have purchased several copies to share with friends and young people; especially those wondering where their relationships are going. The questions are thought provoking and the points are backed up by scripture. I highly recommend this book to those who want to share with their partner a life-long commitment deeply rooted in faith.

This is a good introduction to the late Pope John Paul II's Theology of the Body. It is organized in a way conducive to group study. Many may be familiar with Christopher West's books on this subject. Here, the author takes a little different approach and we can see her different perspective, which is

refreshing. Her style is a bit less readable than West's, but her perspective and different method of organization is interesting and useful.

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 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 JP II's theology. JP II'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 JP II'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. JP II 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 JP II'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.

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