

## Bibliography on marriage and the family

This bibliography is aimed at married persons and those preparing for marriage. It contains books taking a Christian stance regarding men and women and which could be helpful for developing married and family life. Many are by parents who have gathered together and put down their experiences. The accompanying review notes give an idea of their contents and can be helpful in choosing the right book.

José Manuel Martín and Javier Ibáñez

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**BENNETT, Art and Laraine: *The temperament God gave your spouse*. Sophia Institute Press, 2005, 208 pp.**

A practical presentation, fun to read book, on knowing and accepting the temperament of your spouse which facilitates communication and understanding. Includes real-life anecdotes which can help motivate the spouses to respect each other, live a selfless patience and get closer to God in a Christian marriage.

**BONACCI, Mary Beth: *Real Love*. Ignatius Press, 1996, 274 pp.**

The author shares answers she has given to questions addressed to her on dating, marriage and human sexuality from a Catholic perspective. Her own experience growing up as a teenager and what led her to understand the value of chastity and true love led her to get involved in teaching young persons about living chastity as a virtue and the difference between living chastity and mere abstinence. Makes reference to Church teachings on these issues.

**BURKE, Cormac[1]: *Covenanted happiness*. Scepter, 1999, 272 pp.**

Marriage can be a great source of happiness if the couple follows the guidelines offered by the Church. Complementarity of man and woman in their sexuality and interpersonal relationships. Importance of sexual identity in educating young people. Creating a family spirit within a permissive society.

**CHAPMAN, Gary: *The marriage you have always wanted*. Northfield Publishing, 2005, 152 pp.**

Guidelines that help a marriage and family be happy. Attitudes of service, loving and leading the way for children, educating the children by teaching and training, couple's love for each other is at the core of what family is about.

**CHAPMAN, Gary: *Love is a verb*. Bethany House Publishers, 2009, 202 pp.**

Collection of hypothetical success stories showing what happens when love comes alive. Couples who work at keeping their marriage together in spite of difficulties. Practical everyday situations that show it can be a positive experience.

**CHAPMAN, Gary: *The Five Love Languages*. Northfield Pub., Chicago 1992, 201 pp.**

While love is a many splendor thing, it is sometimes a very confusing thing, too. And as people come in all varieties, shapes, and sizes, so do their choices of personal expressions of love. But more often than not, the giver and the receiver express love in two different ways. This can lead to misunderstanding, quarrels, and even divorce. Dr. Gary Chapman identifies five basic languages of love and then guides couples towards a better understanding of their unique languages of love.

**CHESTERTON, Gilbert K.: *Brave new family*. Ignatius Press, 1990, 275 pp.**

Collection of articles from Chesterton's works on topics related to men, women, children, divorce, marriage and the family.

**GARASCIA, Anthony, *Before I do. Preparing for the Sacrament of Marriage*. Ave Maria Press, 1999, 128 pp.**

This book helps engaged couples to examine the thorny issues of marriage through the lens of recent behavioural science and catholic sacramental theology. Each of its six sessions focus on a particular skill set for building strong marriage relationships.

**GRAY, John: *Men Are From Mars, Women Are From Venus: A Practical Guide For Improving Communication And Getting What You Want In Your Relationships*. Harper Collins, New York 1992, 286 pp.**

The book provides practical tools and insights to effectively manage stress and improve relationships at all stages and ages with original solutions that help to understand the different communication styles between men and women.

**HOGAN, Richard & Le VOIR, John: *Covenant of Love. Pope John Paul I on sexuality and marriage and the family in the modern world.* Ignatius Press, 1992, 329 pp.**

The authors analyze the teachings of John Paul II on sexuality, marriage and the family. It sets out the philosophical and theological design for every Christian who seeks a closer relationship with God through the person of Christ, the Church and the human heart. Stresses the importance of the family in God's plans.

**JOHN PAUL II, Pope: *Fruitful And Responsible Love. With contributions by Giorgio Campanini et al.* New York, Seabury Press, 1979, 74 pp.**

Delivered as the opening address at the International Congress on Fruitful and Responsible Love: Ten Years after Humanae Vitae, June 1978, Milan.

**KASS, Leon and Amy: *Wing to wing, oar to oar: readings on courting and marriage.* University of Notre Dame Press, 2000, 584 pp.**

The book is an anthology of source readings offered by the authors with comments as a response to the contemporary silence surrounding love that leads to marriage. Courting had as its purpose preparing a couple for marriage and some of its lessons need to be revisited. Current cultural practices have impoverished the man/woman relationship leading to misinterpretations of true love. The book offers advice emerging from practice more than theory. Some leading questions answered are: Why marry? Is this love? How can I find and win the right one to marry? Why a wedding and promises of marriage? The authors use readings from Homer, Plato, Aquinas, Erasmus, Tolstoy, C.S. Lewis, etc., to share unexamined opinions.

**LEWIS, C.S.: *The Four Loves.* Barnes & Noble, November 1991, 156 pp.**

A candid, wise, and warmly personal book in which Lewis explores the possibilities and problems of the four basic kinds of human love- affection, friendship, erotic love, and the love of God. "Immensely

worthwhile for its simplicity...a rare and memorable book" (Sydney J. Harris).

**LOVASIK, Lawrence: *The Catholic family handbook.* Sophia Institute Press, revised ed. 2000, 240 pp.**

Practical and common sense lessons that parents can learn from the Holy Family. Qualities good parents should have, common mistakes that happen and how to "fix" them. Happiness in a marriage has to be "earned" and there are key ingredients that stabilize and foster good relationships between the spouses and their children. Virtues that go into making a marriage "successful".

**MAY, William: *Marriage the rock on which the family is built.* Ignatius Press, second ed. 2009, 198 pp.**

Offers an overview of John Paul II "theology of the body" and Benedict XVI teachings on marriage and the family. Speaks of marriage as a person-affirming, love-enabling, life-giving and saving reality. It updates the theological and socio-economic studies from previous edition.

**MAY, William: *The Nature and Meaning of Chastity.* Franciscan Herald Press, Chicago 1976, 46 pp.**

This little booklet, written in 1976, is a very useful synopsis of the positive place for chastity in the life of every human person. Thus, it is a very good precursor to Blessed Pope John Paul II's catechetics on the meaning of the virtue of chastity, as it systematically explains the deep-rootedness of sexuality and its connection to the self giving of human beings who are "creatures begotten not made" (p. 20).

William May explains the fact that chastity is a loving integration of sexuality and affectivity into our lives enabling us to love and be loved. There are excellent quotes and references throughout which clarify this main idea.

**PARSONS, Rob, *The 60 Minute Marriage.* Broadman & Holman Pub, Nashville 2001, 102 pp.**

The author proposes ten goals, with practical suggestions on how to rehabilitate a marriage where partners feel that love has died. The book caters to the needs of the modern couple by providing a thorough guide which can be read in an

hour.

**RIGBY, Jill: *Raising Respectful Children in a Disrespectful World*. Howard Books, New York 2006, 193 pp.**

The author presents to specialists and specially to parents her thoughts about the education based on respect and responsibility. She explains her experience, founded on the philosophy of life which is truly authentic, the search for a morality and truth, that transcend, and a solid affection for the others. The aim of the book is to give the necessary tools for bringing about change: in a disrespectful world, children must be educated in order to obtain their objectives in life and become people who contribute to their environment. She underlines the importance of manners and language, the promotion of the right human attitudes, which are at the basis of an authentic humanism. She shows how the cardinal virtues open the way to the most pleasant mode of human interaction. With a lot of courage and personal conviction, she dismounts some clichés regarding child education and replaces them with the wisdom of her experience.

**SHEEN, J. Fulton: *Three to get married*, ( 1<sup>st</sup> ed. 1951) Scepter, 2006. 216 pp.**

Marriage love is triune and is meant to include Christ. Solutions to various marriage difficulties: paternity, maternity, children, fidelity are found in seeking help from Christ.

**SMITH, Janet: *Humanae Vitae: A Generation Later*. Catholic University of America Press, Washington D.C. 1991, 426 pp.**

The author draws from theology, philosophy, and classical studies to examine the arguments for and against Catholic Church teaching on contraception. She includes a heavily annotated translation of *Humanae Vitae* from the original Latin that is especially valuable. This is not light reading, but extremely worthwhile.

**SMITH, Janet: *Why Humanae Vitae Was Right: A Reader*. Ignatius Press, San Francisco 1993, 591 pp.**

Rather than end the debate over artificial means of contraception once and for all, the encyclical letter *Humane Vitae* only energized the debate when it appeared in 1968, and that debate continues to this day. Janet E. Smith presents a comprehensive

review of this issue from a philosophical and theological perspective. Tracing the emergence of the debate from the mid-1960s and reviewing the documents from the Special Papal Commission established to advise Pope Paul VI, Smith also examines the Catholic Church's position on marriage, which provides context for its condemnation of contraception.

**STENSON, James: *Lifeline*. Scepter, 2005, 251 pp.**

The author offers simple practical suggestions from his personal experience as an educator. He encourages parents to exercise leadership within the family so they can bring up their children to be good Christians. Character education and Christian education.

**STENSON, James: *Father, the family protector*. Scepter, 2006, 256 pp.**

Practical guidelines for fathers so they take care of their responsibilities within the family set up. The father's role in building the character of his children. Good working habits and relationships with God's help.

**STENSON, James: *Anchor: God's promises of hope to parents*. Scepter, 2003, 86 pp.**

A Christian parent's mission is a vocation –part of God's plan- a call to service. God keeps his promise to strengthen parents in their efforts.

**VON HILDEBRAND, Alice: *By Grief Refined*. Franciscan University Press, 1994, 123 pp.**

This book, written as letters to a widow, could be read by anyone suffering grief at the death of a loved one, parent, child or sibling. Von Hildebrand leads the reader through the stages of suffering that a widow experiences at the loss of her husband, to her discovery of fulfilment in loving service to others. It is a spiritual book, asking the reader to believe in God's love for each of us, to believe in life after death for our loved one, who can continue to love and care for us. There is a sensitive letter dealing with childlessness in marriage, with a call to supernatural parenthood.

**VON HILDEBRAND, Alice: *By Love Refined*. Sophia Institute Press, 1989, 216 pp.**

The book is written in the form of letters with practical advice to a young bride. Each chapter

shows a simple every day situation that can be dealt with positively in the process of growing in love for your spouse. These are some of the unglamorous daily happenings that help spouses grow in love and wisdom rather than become obstacles to their relationship. Marriage helps a couple learn to love on a daily basis through each day's idiosyncrasies.

**VON HILDEBRAND, Dietrich: *Marriage the mystery of faithful love*. Sophia Institute Press, 1997, 2<sup>nd</sup> ed. 70 pp.**

Originally written in German in the 1950s, this early work of the author sets the road for his future writings on marriage and the family from a doctrinally sound perspective. The purpose and meaning of marriage are love and procreation. Human love longs for infinity and so it makes sense that marriage be a lasting commitment. Freely choosing marriage as a commitment strengthens the relationship. The option of living together does not make a relationship happy nor lasting. The valuable reasons for marriage considering the qualities of human love and how the sacrament reinforces them. Particular components of married love. Difficulties and sufferings can strengthen the relationship.

**VON HILDEBRAND, Dietrich: *Man, woman and meaning of love, (God's plan for love, marriage, intimacy and the family)*. Sophia Institute Press, 2002, 144 pp.**

The author writes moved by his concern about fundamental teachings on married love that are in danger of being forgotten today; truths about love, friendship and intimacy facing a hedonistic culture. He also speaks of Marriage as a sacrament and how it helps understand and live true human love.

**WOJTYLA, Karol: *The Jeweler's Shop*. Ignatius Press, 1992, 91 pp.**

A three act play exploring the relationships between men and women. Each act focuses on a different couple and exemplifies the love and pain that are involved in marriage relations. It addresses fundamental concerns couples have regarding what is love, can it last and can it be brought back to life.

**WOJTYLA, Karol: *Love And Responsibility*. Farrar, Straus, Giroux, New York 1981, 319 pp.**

This book contains the thoughts of John Paul II after his experience with the youth, who often asked him

questions about love and marriage: What is love? What is the relationship between affectivity and sex? Is chastity a positive virtue or is it repressive? What is modesty? Does the premarital sex make sense? The book is at the same time original and profoundly philosophical. It studies sexual ethics based on the dignity of the human person and the fundamental principle which affirms love as the only right attitude towards the one and only value of the personal subject. The author gives deep ethical base to the most difficult topics of sexual morality. A good philosophical preparation is required to understand this book.

[1] All his works can be found at [www.cormacburke.or.ke/English\\_books](http://www.cormacburke.or.ke/English_books)

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