PARENTS AND FAMILY

RESOURCES
PARENTS AND FAMILY

APPS
- Hallow
- Pray as You Go
- Mass Times
- Magnificat
- Reimagining the Examen
- Laudate
- Ibreviary

PODCASTS
- Red Dirt Catholics
- Poco A Poco Podcast
- Catholic Stuff You Should Know
- Every knee shall bow
- Blessed is She
- Catholic Talk Show
- Bible in a year
- Catechism in a year
- Abiding Together

- Do Something Beautiful
- Catholic Answers Live
- Catholic Man Show
- All Things Catholic
- Pints with Aquinas
- The Catholic Gentleman
- The Liturgy Guys
- Catholic Psyche Podcast
- The Pillar Podcast
# Mental Health

- Boundaries (Cloud)
- Pray, and Don't Worry Prayer Journal for Women (Smith)
- St. Dymphna's Playbook (Tighe)
- Surviving Depression (Hermes)
- Helping Teens with Stress, Anxiety and Desppresion (Petitfils)
- Addiction resource
- Be Healed (Schuchts)
- Be Transformed (Schuchts)
- Be Restored (Schuchts)
- Loved as I am (Heidland)

# Sexuality and Dating

- Why I don't call myself Gay (Mattson)
- If you really loved me (Evert)
- Made for Love (Schmitz)
- The Catholic Gentleman (Guzman)
- How to find your soulmate with losing your soul (Evert)
- Restless Heart (Zember)
- Wild at Heart (Eldredge)
- Captivating (Eldredge)
- Male, Female, Other? (Evert)
- When Harry Became Sally (Anderson)

# Chastity

- Covenant Eyes
- Chastity Project
- Magdala Ministries
- Delivered (Fradd)
- Uncompromising purity, it's not just a "guy" problem (Skoch)
- Love in Recovery (Killackey)
- Restored (Fradd)
- Forged (Evert and Fradd)
- The Porn Myth (Fradd)
- Fight the New Drug
- Brain Heart World
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<td>33 days to morning Glory (Gaitley)</td>
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<td>An Introduction to the devout life (St. Francis de Sales)</td>
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<td>Treatise on True Devotion to the Blessed Virgin (Saint Louis-Marie de Montfort)</td>
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<td>33 Days to Merciful Love (Gaitley)</td>
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<td>The Three Conversions in the Spiritual Life (Fr. Reginald Garrigou-Lagrange)</td>
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<td>THEOLOGY OF THE BODY</td>
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<td>Discipleship Parenting (Smith)</td>
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<td>The Science of Parenting (Sunderland)</td>
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<td>Parenting with Grace (Popcak)</td>
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<td>The Emotionally Healthy Child (Healy)</td>
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# HUMAN FORMATION
- Atomic Habits (Clear)
- Grit (Duckworth)
- Start with Why (Sinek)
- 7 Habits of Highly Effective People (Covey)
- True Friendship (Cuddeback)
- Living the good life (Jensen)
- Gift and Grit (Swafford)
- The Art of Living (Sri)
- The Irreducibility of the Human Person (Spencer)

# SPIRITUAL FORMATION
- Searching for and Maintaining Peace (Philippe)
- Time for God (Philippe)
- Interior Freedom (Philippe)
- Prayer Primer (Dubay)
- Into Your Hands Father (Stinissen)
- The ways of Mental Prayer (Lehodey)
- In the School of the Holy Spirit (Philippe)

# INTELLECTUAL FORMATION
- From Christendom to Apostolic Mission
- The Lamb’s Supper (Hahn)
- A shorter Summa (Kreeft)
- The Sayings of the Desert Fathers
- Cathechism of Catholic Church
- Compendium to Catechism
- Theology and Sanity (Sheed)
- Who am I to Judge? (Sri)
PARENTS AND FAMILY

BOOKS AND RETREATS

APOSTOLIC FORMATION

Spiritual Multiplication in the Real World (Bob McNabb)
Discipleship Focused Youth Ministry (Beckman and Gallagher)
Forming Intentional Disciples (Weddell)
The Soul of the Apostolate (Chautard)
Holy Spirit 101 (Harris)
Foundations for Discipleship (Martin and Sri)

RETREATS

Our Lady of Grace Catholic Retreat Center (Stillwater)
Spiritual Life Center (Wichita)
Montserrat Retreat House (Dallas)
Broom Tree (South Dakota)
Our Lady of the Oaks (Lafayette)