PERSONAL FORMATION
YOUNG ADULTS

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
# Young Adults

## 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**

---

**Youth, Young Adult, and Campus Ministry Office**
YOUNG ADULTS

**PRAYER**

- 33 days to morning Glory (Gaitley)
- Story of a Soul (St. Therese)
- An Introduction to the devout life (St. Francis de Sales)
- Treatise on True Devotion to the Blessed Virgin (Saint Louis-Marie de Montfort)
- Confessions (St. Augustine)
- He Leadeth me (Ciszek)
- The Return of the Prodigal Son (Nouwen)
- The Fulfillment of all Desire (Martin)
- 33 Days to Merciful Love (Gaitley)
- The Three Conversions in the Spiritual Life (Fr. Reginald Garrigou-Lagrange)

**THEOLOGY OF THE BODY**

- On the Dignity and Vocation of Women (JPII)
- Fill These Hearts (West)
- Man and Woman He Created them (JPII)
- These Beautiful Bones (Stimpson)
- Theology of the Body for Beginners (West)
- Theology of His/Her Body (Evert)
- Men, Women, and the Mystery of Love (Sri)
- Love and Responsibility (JPII)
- Meditation on giveness (JPII)
- Ibreviary

**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)
YOUNG ADULTS

**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)

**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)
YOUNG ADULTS

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)