Retreats

1. Oblates of the Blessed Virgin Mary (OMV); Milton, MA

http://omvretreats.org/spirituality/

2. Holy Cross Abbey, Trappist Monastery; Berryville, VA.

https://www.virginiatrappists.org/

3. Legionaries of Christ, “Our Lady of Bethesda Retreat Center;” Bethesda, MD.

http://ourladyofbethesda.org/

4. Jesuits; USA

http://www.jesuit.org/ignatian-spirituality/parishes-and-retreat-centers/retreat-centers/

Books

1. The Holy Scriptures
2. The Catechism of the Catholic Church

*Without reading these two, don’t bother reading any of the others. Unless you are first in friendship with God and know the truth of the faith, it is pointless to seek the passing things of this life. However, if you want to glorify God by growing in human virtue, read the books below.*

1. Any of the Papal Encyclicals of any of the Popes of the 20th Century
2. Introduction to the Devout Life, St. Francis De Sales
3. The Documents of Vatican II
4. The Spiritual Exercises of St. Ignatius: Based on Studies in the Language of the Autograph, Ignatius of Loyola (Author), Louis J. Puhl (Translator)

(*this is the book used for the talks*)

*Those bolded are the most highly recommended. Some elements of some of these need to be filtered through the lens of Catholic doctrine.*

1. Principle Centered Leadership, Stephen Covey
2. 7 Habits of Highly Effective People, Stephen Covey
3. ***First Things First***, Stephen Covey
4. The Speed of Trust, Stephen M.R. Covey
5. Getting Things Done, David Allen
6. The 4-Hour Work Week, Timothy Farris (disclaimer: the author is reprehensibly immoral, but has some incredible insight on how to manage your time and your work load)
7. How to Be a Gentleman: Contemporary Guide to Common Courtesy, John Bridges
8. Choosing Beauty (a guide to virtue for women), Gina Loehr
9. Boys to Men: the Transforming Power of Virtue, Tim Grey and Curtis Martin
10. ***Why Gender Matters***, Leonard Sax
11. Boys Adrift, Leonard Sax
12. Strong Fathers, Strong Daughters, Meg Meeker
13. Love and Respect (about marriage), Emerson Eggerichs
14. ***7 Levels of Intimacy***, Matthew Kelly
15. ***Sins of the Family***, Beverly Hubble Tauke
16. Saying What's Real: 7 Keys to Authentic Communication and Relationship Success, Susan Campbell (this lady really is clueless about sexual morality, but is otherwise very insightful when it comes to communication)
17. The Art of Explanation, Lee LeFever
18. ***The Quest for Authentic Manhood***, Robert Lewis (a 24-CD series available at mensfraternity.com or http://shop.authenticmanhood.com/product\_p/qfamcd.htm)
19. 12 Brain Rules, John Medina
20. The Handbook for Catholic Moms: Nurturing Your Heart, Mind, Body, and Soul, Lisa M. Hendey
21. The Gospel-Centered Woman: Understanding Biblical Womanhood through the Lens of the Gospel, Wendy Horger Alsup