



# Sex au Naturel: What It Is and Why It's Good for Your Marriage

*Patrick Coffin*

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*Sex Au Naturel: What It Is and Why It's Good For Your Marriage* by radio host Patrick Coffin is a bracing ride across the landscape of the Catholic sexual ethic. If you're looking for intellectual ammo with which to defend and explain the teaching of *Humanae Vitae*, or if you reject it altogether, you'll agree that Coffin approaches the topic from a wide array of new and persuasive angles. With humor and enthusiasm and a total absence of moralizing you'll learn:

- Why Paul VI's landmark 1968 encyclical was widely rejected a generation ago and why it's gaining new respectability now
- Where exactly the Bible teaches against birth control
- The differences between contraception and natural family planning (hint: they're more profound than you think)
- The meaning of the natural law and how it applies to birth control
- How the dogma of the Blessed Trinity implicitly condemns birth control
- That every single Protestant denomination rejected birth control until 1930
- Why the myth of overpopulation is used against the Church, and how to answer it
- How faithful adherence to the teaching of *Humanae Vitae* is causally related to marital happiness and longevity
- Why it's not too late to start over, even if you've been sterilized
- How to rely on the ever-present grace of God rather than your own strength in faithfully following this challenging, life-giving aspect of Christian discipleship
- Much, much more!

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