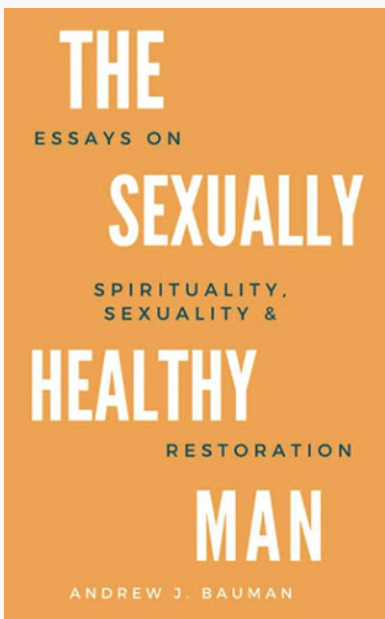




YOUR GO TO

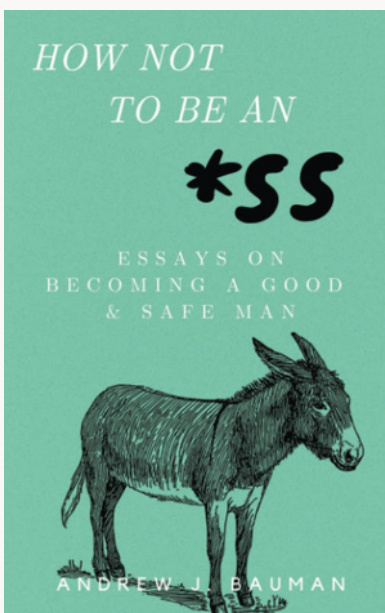
RESOURCE LIST

The Sexually Healthy Man - Essays on Spirituality, Sexuality * Restoration



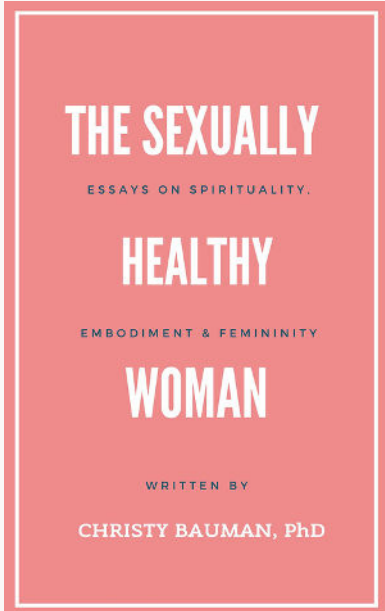
I grew up in the Southern Baptist church of the '90s during the height of the True Love Waits movement, accompanied by Joshua Harris' bestseller, *I Kissed Dating Goodbye*. If you don't know what I am referring to, consider yourself blessed. Many of the ideas perpetuated by this culture were infused with fear and shame, offering no practical help or guidance in equipping young people to become healthy sexual human beings. As I approached adulthood, I became accustomed to feeling shame around my sexuality; trying to white-knuckle purity and falling short over and over again. This left me feeling full of self-hatred and hopelessness. I hope for this book to serve as the guide I wish I'd had, providing comfort and clarity to those who find themselves in a similar struggle for sexual health. I have written these essays not only for men but also for women who want to understand what healthy sexuality can look like in a partner. May this book be life-giving to your sexual healing. May courage accompany you as you engage with these essays of spirituality, sexuality, & restoration.

How Not To Be An *SS - Essays on Becoming a Good & Safe Man



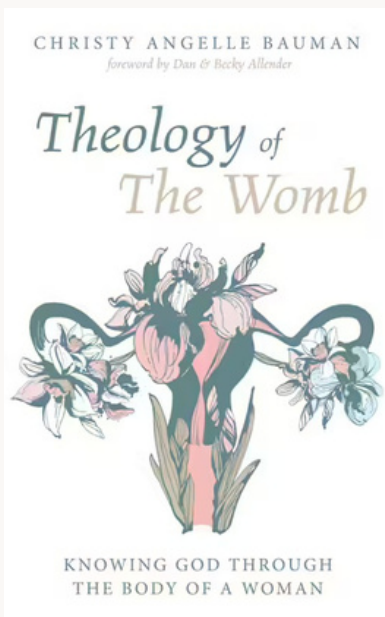
I am a recovering ass. Of course, at times I still am one, but it's less often. I now recognize my "assness" more quickly, recalibrate, and take action to make amends for my poor behavior. It's important to acknowledge the truth of our mistakes without turning towards self-contempt, shame, or beating ourselves up for the harm we have caused to those we love. Yet, we must take full responsibility for our poor behavior and fully own what we have done and learn to live differently, becoming men who bring life rather than further heartache. This book is just as much for me as it is for you. I am in the process of learning to become a good and safe man and writing out these truths in this book has helped me immensely. I hope it will help you on your journey to becoming the man you most desire to be.

The Sexually Healthy Woman - Essays on Spirituality, Embodiment & Femininity



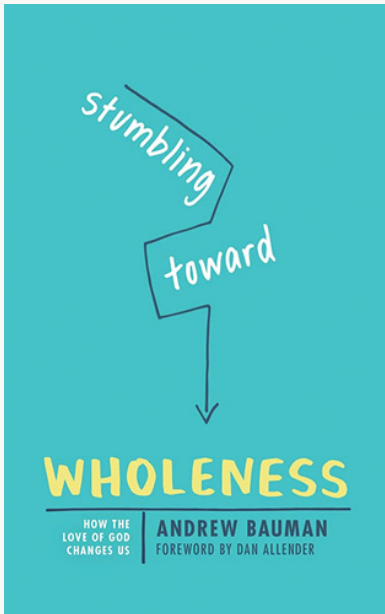
What is sexual health? If you google the definition of sexual health it reads a definition such as, the ability to embrace and enjoy one's sexuality throughout one's life. I have always felt compelled not to allow women's research to be further behind as we live in a patriarchal society. For the Christian female, we are even further behind with well-articulated research on Christian women's sexual health because we are just emerging from decades of purity culture in the Western, white, patriarchal church systems. We need all women's voices to bring their stories to the table, so here is mine. As a Christian, psychotherapist, and Ph.D. in women's sexual and spiritual health, these are the stories I have listened to for the past 15 years as a counselor. This book is for you if you identify as a Christian woman who is uncertain about her sexual health.

Theology of the Womb - Knowing God Through The Body of a Woman



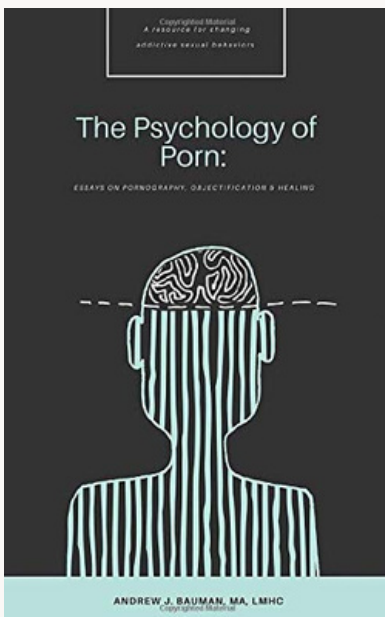
If it is true that God is a male, then His Divinity or Deity is expressed in His masculinity. Yet I am a woman, and there are parts of my body; such as my breasts, my vagina, and my womb that are telling a story about God that I have never learned or understood. This is an exploration of the significance of a womb that must shed and bleed before it can create. How will we engage our body which cyclically bleeds most of our life and can build and birth a human soul? How will we honor the living womb, that lives and sometimes dies within us? This is a book about the theology found in the cycle of the womb, which births both life and death. Every day each one of us is invited to create, and every day we make a decision knowing that from our creation can come death or life. Women's voices have been silenced for a long time as society and the church has quieted their bodies. Will we courageously choose to listen to the sound of your voice, the song of your womb, and speak for the world to hear?

Stumbling Toward Wholeness - How The Love of God Changes Us

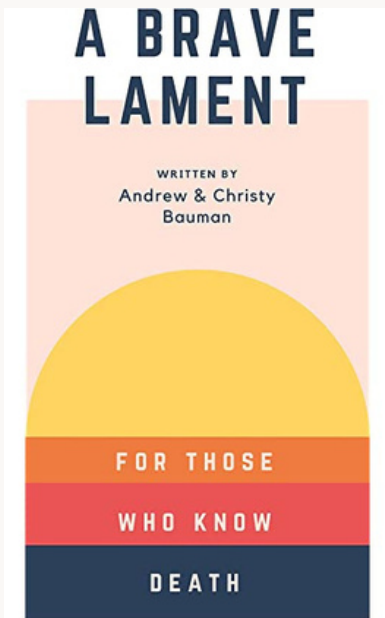


We desire to be transformed, to grow more and more like Christ. But for many of us, our strategies for change don't work. We misperceive God as a judgmental Father, leaving us demoralized and paralyzed by shame. *Stumbling toward Wholeness* offers a new strategy for spiritual growth and life transformation: regularly returning to the arms of a kind and loving Father. There are many books that explore the parable of the Prodigal Son, but few approach it with the personal vulnerability and psychological insight of Andrew Bauman. Andrew shows how taking the time to identify with each of the brothers in this story can help us come to terms with our own brokenness and the need for God revealed in it. We discover a process of change that applies to each of us and a healing journey that moves us toward the likeness of the Father in how we love the people around us and address the pain others have caused us.

The Psychology of Porn - Essays on Pornography, Objectification & Healing

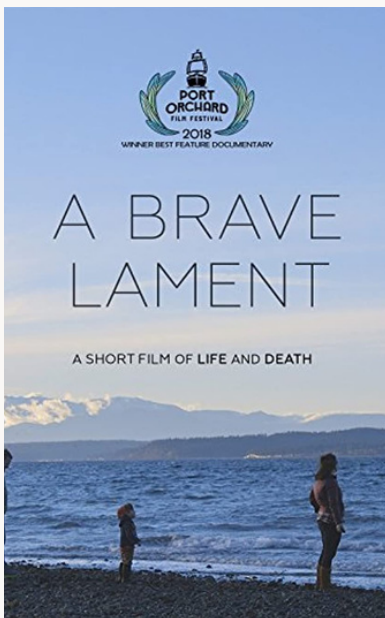


Are you a Christian man looking to be free from your regular use of pornography? Shame and self-hatred are terrible motivators for transformation. There must be a better way to outgrow our unhealthy dependence on pornography. Religious communities often fall short engaging pornography in a meaningful way, quality resources are scarce. We must strip away the sexuality of our porn use, face the complexity of our own sexual development and stories head-on. We must get beneath to what is driving our hunger to use women as objects of our pleasure, and learn how to honor not objectify. This book is an in-depth collection of essays engaging our behaviors both conscious and unconscious involving pornography. May this be a rich resource in helping you or those you love know liberation. May you find this resource helpful in your continued fight for sexual health.



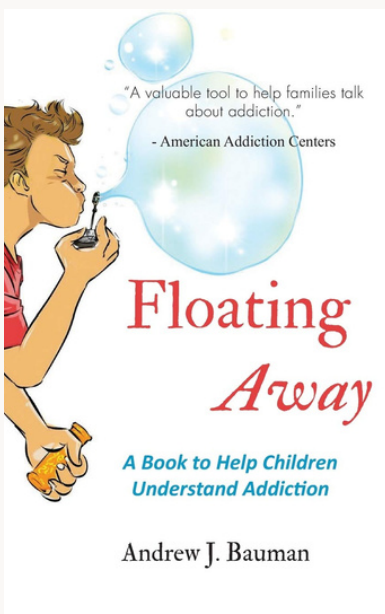
A Brave Lament - For Those Who Know Death

A Brave Lament encourages the scandalous invitation into the belly of grief. Pain matters and is the doorway to knowing God more fully. With heart-wrenching grief assessable through poetic writings, hope is found in the most unlikely place, in the pain itself. This book undertakes the enormous task of stepping into our own heartache with the tragic loss of our son, Jackson Brave Bauman while inviting the reader into their own stories of sorrow for the sake of collectively healing our wounds. The following pages have sustained us; these words have been bread and water to our soul may they be the same to you.



A Brave Lament - A Short Film of Life and Death

A journey through hope and loss. Discovering that in the depths of grief, new life can be found. After losing their first child to stillbirth, therapists Andrew and Christy only knew one way to grieve: loud and outwardly. Though their son Brave never took his first breath, his death and their exposed grief has echoed throughout a close-knit community ever since that tragic day.

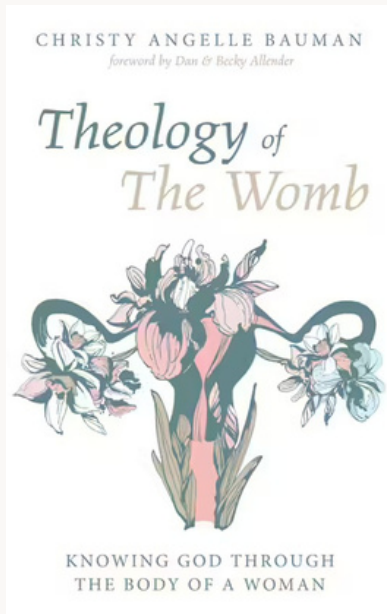


Floating Away - A Book to Help Children Understand Addiction

Addiction can be an incredibly difficult subject for parents and caregivers to discuss with children, who are often the ones most impacted by it. This book provides an avenue for dialogue with the over 18 million children who are affected by addiction in America. It follows a simple metaphor of addiction as the main character, Sam, is swept away in a bubble. At first he is curious and excited, but he slowly becomes bored and isolated, encounters a devastating storm, and, finally, tries to find his way back home to his family. His journey symbolizes the struggle of addiction in a way children can understand. (Reading age: 8-12)

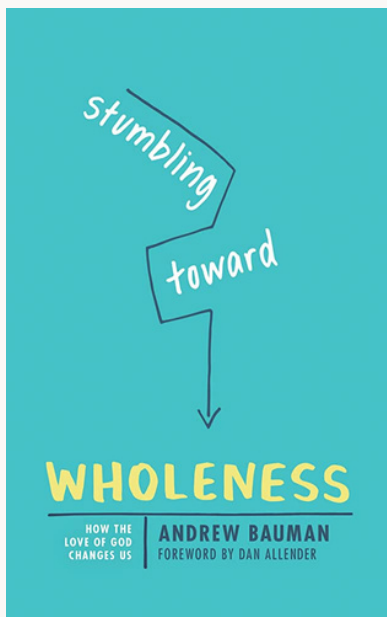
YOUR GO TO

VIDEO COURSES



Theology of the Womb Course

Theology of the Womb Video Course is an in-depth video course that explores Christian womanhood through the text of the *Theology of the Womb: Knowing God through the Body of a Woman*. This course is made up of 11 videos about 10-15 minutes each and can aid as an extended story guide with a book club or Bible study. It also is ideal for readers who want to talk with the author more extensively about how this book can transform the reader's personal story. Dr. Christy Vidrine Bauman is a therapist and theologian who can offer therapeutic and spiritual insights into your story. She focuses on understanding Scripture through the female lens, the body of a woman, including spirituality, sexuality, and psychology.



Stumbling Toward Wholeness Course

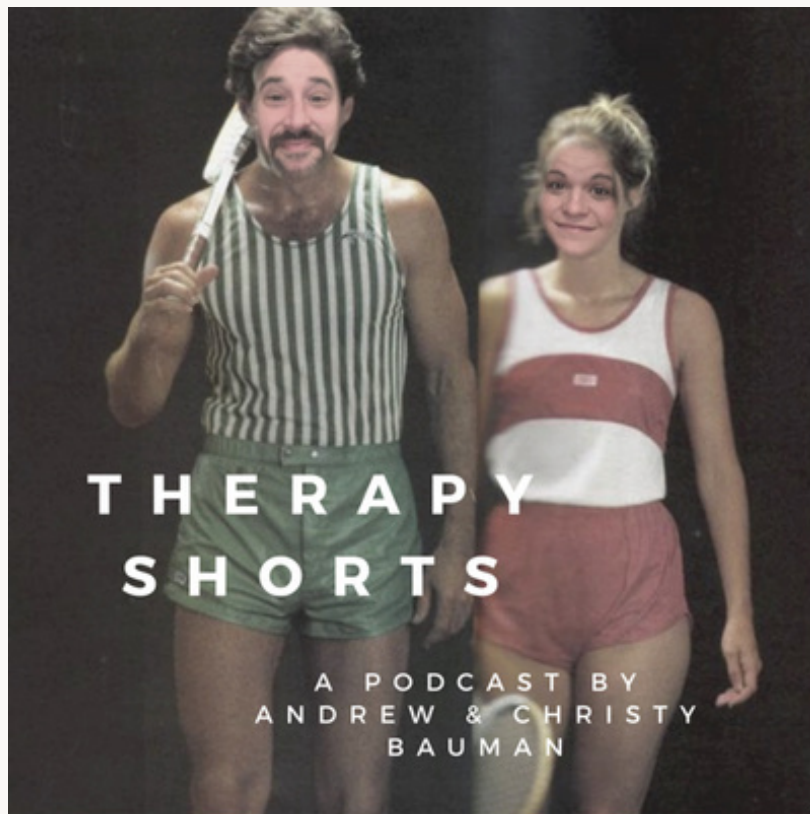
We desire to be transformed, to grow more and more like Christ. But for many of us, our strategies for change don't work. We misperceive God as a judgmental Father, leaving us demoralized and paralyzed by shame. *Stumbling toward Wholeness* offers a new strategy for spiritual growth and life transformation: regularly returning to the arms of a kind and loving Father.

LISTEN TO THE

PODCAST

Therapy Shorts with Andrew & Christy Bauman

Brief conversations about Theology & Psychology



[Listen to all episodes on Spotify.](#)

[Listen to all episodes on Apple Podcasts.](#)