

A Gift of Myself

Living Selfless Love in My Family

Written and Illustrated by Carissa Douglas

John Paul II wrote in *Familiaris Consortium*, "The gift of all humanity passes by way of the family." In her book, *A Gift of Myself*, Carissa Douglas presents his teaching on the Theology of the Body so that children might learn that the total giving of self to the other is discovered first through the gift of the family. It is expressed in the selfless love of parents, in the bringing forth of children, and the support of all human life. In this book the authentic meaning of human love and the gift of self is illustrated through story, rhyme, and pictures so that children might come to know this profound truth in their lives. *A Gift of Myself* can instruct each of us to see in the ordinary circumstances and relationships of family life the opportunity that God offers us daily to express selflessness in our love of others and thus discover our true vocation as human beings.

Bishop William T. McGrattan

Auxiliary Bishop of Toronto

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