

Paula Gooder, *Body. Biblical Spirituality for the Whole Person*. Minneapolis: Fortress Press (www.augsburgfortress.org), 2016. Pages, x + 162. Paper, \$15.99.

British theologian and popular spiritual writer Paula Gooder is concerned here with a Christian spirituality of the body reflected in the writings of Paul the apostle. She notes at the outset how much attention—not all of it sound—is given to the “body” in modern secular Western cultures, with their emphasis on maintaining “beautiful” and physically healthy bodies. Her question is: What do the Scriptures and Christian tradition tell us about our bodies? While some suppose that Paul the apostle would be a strict ascetic and take a dim view of attention to the body, Gooder demonstrates that this is not the case at all. Paul considers the human body as intrinsically good and sacred as created by God, and, through baptism, capable of being graced with God’s own Spirit, enabling it to find joy in God’s service. Written for a lay audience, this is a beautiful, wise, and biblically sound reflection on what a Christian spirituality of the body entails.