**

# Resource List

**Self-Care**

Scarcity: The New Science of Having Less and How It Defines Our Lives by[SendhilMullainathan](http://www.amazon.com/Sendhil-Mullainathan/e/B00DWW4HWU/ref=sr_ntt_srch_lnk_1?qid=1427288110&sr=1-1) and[Eldar Shafir](http://www.amazon.com/Eldar-Shafir/e/B00EZQ8TAS/ref=sr_ntt_srch_lnk_1?qid=1427288110&sr=1-1)**.**

[One Small Step Can Change Your Life: The Kaizen Way](http://www.amazon.com/Small-Step-Change-Your-Life/dp/076118032X/ref=sr_1_1?s=books&ie=UTF8&qid=1427288238&sr=1-1&keywords=one+small+step+can+change+your+life) by Robert Maurer Ph.D.

[The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are](http://www.amazon.com/Gifts-Imperfection-Think-Supposed-Embrace/dp/159285849X/ref=sr_1_1?s=books&ie=UTF8&qid=1427288327&sr=1-1&keywords=gift+of+imperfection" \o "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are)

by Brene Brown

[Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead](http://www.amazon.com/Daring-Greatly-Courage-Vulnerable-Transforms/dp/1592407331/ref=sr_1_7?s=books&ie=UTF8&qid=1427288327&sr=1-7&keywords=gift+of+imperfection" \o "Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead)

by Brene Brown

Rising Strong: The Reckoning. The Rumble. The Revolution by Brene Brown

Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature by Peter Scazzero

Better Than Before: Mastering the Habits of Our Everyday Lives by Gretchen Rubin

Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School by Gregg D. Jacobs

The Dance of Anger: A Woman’s Guide to Changing the Patterns of Intimate Relationships by Harriet Lerner

The Power of TED: The Empowerment Dynamic by David Emerald

Falling Upward: A Spirituality for the Two Halves of Life Hardcover by Richard Rohr

Finding Meaning in the Second Half of Life by James Hollis, Ph.D

Positive Intelligence: Why Only 20% of Teams and Individuals Achieve Their True Potential and How You Can Achieve Yours by Shirzad Chamine

Quiet: The Power of Introverts in a World That Can't Stop Talking by Susan Cain

**Mindfulness**

The Untethered Soul: The Journey Beyond Yourself by Michael A. Singer

[A](http://www.amazon.com/Depression-Cure-6-Step-Program-without/dp/0738213888/ref=sr_1_1?s=books&ie=UTF8&qid=1427288453&sr=1-1&keywords=depression+cure) Permeable Life: Poems & Essays by [Carrie](http://www.amazon.com/Stephen-S.-Ilardi/e/B0033AFAZO/ref=sr_ntt_srch_lnk_1?qid=1427288453&sr=1-1) Newcomer

Here and Now: Living in the Spirit by Henri J.M. Nouwen

Wherever You Go, There You Are by Jon Kabat-Zinn

The Surrender Experiment: My Journey into Life's Perfection by Michael A. Singer

Tattoos on the Heart: The Power of Boundless Compassion by Gregory Boyle

**Depression/Anxiety**

Furiously Happy: A Funny Book About Horrible Things by Jenny Lawson

Dare: The New Way to End Anxiety and Stop Panic Attacks by Barry McDonagh

I Don’t Want to Talk About It by Terrence Real

The Feeling Good Handbook by David D. Burns

A Mind of Your Own: The Truth about Depression and How Women Can Heal their Bodies to Reclaim their Lives by Kelly Brogan, MD.

**Career**

Designing Your Life: How to Build a Well-Lived, Joyful Life by Bill Burnett and Dave Evans

Let Your Life Speak: Listening for the Voice of Vocation by Parker J. Palmer

Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type

by Paul D. Tieger and Barbara Barron

Reboot Your Life: Energize Your Career & Life by Taking a Break by Catherine Allen, Nancy Bearg, Rita Foley, Jaye Smith

**Nutrition/Health**

Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain – for Life by David Perlmutter, MD

The Mindful Diet: How to Transform Your Relationship with Food for Lasting Weight Loss and Vibrant Health

by Ruth Wolever, PhD and Beth Reardon, MS, RD, LDN

[Anticancer: A New Way of Life](http://www.amazon.com/Anticancer-New-Life-David-Servan-Schreiber/dp/0670021644/ref=sr_1_1?s=books&ie=UTF8&qid=1427288506&sr=1-1&keywords=anticancer+a+new+way+of+life+by+david+servan-schreiber" \o "Anticancer: A New Way of Life) by David Servan-Schreiber

Eat What You Love, Love What You Eat: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle

by Michelle May

Eat What You Love, Love What You Eat for Binge Eating: A Mindful Eating Program for Healing Your Relationship with Food and Your Body by Michelle May M.D. and Kari Anderson DBH LPC

Intuitive Eating: A Revolutionary Program that Works by Evelyn Tribole M.S. R.D. and Elyse Resch M.S. R.D.

The Anti-Anxiety Food Solution: How the Foods You Eat Can Healp You Calm Your Anxious Mind, Improve Your Mood & End Cravings by Trudy Scott, CN

Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder by Edward M. Hallowell, M.D. and John J. Tatey, M.D.

**Grief/Loss**

When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron

Option B: Facing Adversity, Building Resilience, and Finding Joy by Sheryl Sandberg and Adam Grant

How to Survive the Loss of a Love by Melba Colgrove, PhD, Harold H. Bloomfield, MD & Peter McWilliams

A Time to Grieve: Meditations for Healing After the Death of a Loved One by Carol Staudacher

A Grace Disguised: How the Soul Grows through Loss by Jerry Sitser

Joy in the Journey: Finding Abundance in the Shadow of Death by Steve & Sharol Hayner

Learning to Walk in the Dark by Barbara Brown Taylor

Healing After Loss: Daily Meditations for Working Through Grief by Martha Whitmore Hickman

**Blogs and TED Talks:**

Kristin Neff: The Space Between Self-Esteem and Self Compassion**:** <http://tedxtalks.ted.com/video/The-Space-Between-Self-Esteem-and> Self-Compassion

Brene Brown: The Power of Vulnerability

<http://www.ted.com/talks/brene_brown_on_vulnerability?language=en>

Brené Brown: Listening to Shame

<https://www.youtube.com/watch?v=L0ifUM1DYKg>

Jill Bolte Taylor: My Stroke of Insight

<http://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight?language=en>

Amy Cuddy: Your body language shapes who you are

[Amy Cuddy](https://www.ted.com/speakers/amy_cuddy)[Your body language shapes who you are](https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are)

Susan Cain: The Power of Introverts

[Susan Cain](https://www.ted.com/speakers/susan_cain)[The power of introverts](https://www.ted.com/talks/susan_cain_the_power_of_introverts)

Tara Brach

<https://www.tarabrach.com/>

**Meditation CDs/Apps:**

Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques  
by Peggy Huddleston

<http://www.healfaster.com/>

Guided Imagery and Meditation

By Belleruth Naparstek

<http://www.healthjourneys.com/>

Insight Timer - The most popular free meditation app | Insight Timer

<https://insighttimer.com/>

Headspace - Meditation made simple

<https://www.headspace.com/>

Calm - Meditation Techniques for Sleep and Stress Reduction

<https://www.calm.com/>

**Daily Devotional:**

Inward Outward: Seeking the Depths

<http://inwardoutward.org/?utm_source=inward%2Foutward+email+subscribers&utm_campaign=2137f8b19f-Daily+Words&utm_medium=email&utm_term=0_791e8aa8ec-2137f8b19f-78449325>

Center for Action and Contemplation: Richard Rohr

<https://cac.org/richard-rohr/richard-rohr-ofm/>