BOOKS TO PONDER

The following is not an exhaustive list by any means. It is simply a resource list to get you started. My hope is that something might catch your attention and give you a place to start your journey . . .

The links provided with each book are affiliate links to Amazon. If you purchase a book using a link I will earn a very small royalty. All royalties earned will be used to purchase additional books to be reviewed for the Pathways Bookshelf.

- Bill, J. Brent. *Life Lesson from A Bad Quaker: A Humble Stumble Toward Simplicity And Grace*. Nashville: Abingdon, Press, 2016.
- Bowen, Sarah. Spiritual Rebel: A Positively Addictive Guide to Finding Deeper Perspective & Higher Purpose. New York: Monkfish Book Publishing, 2019.
- Brantmark, Niki. *Lagom: Not Too Little, Not Too Much: The Swedish Art of Living A Balanced, Happy Life.* New York: Harper Design, 2017.
- Brooks, David. *The Second Mountain: The Quest for a Moral Life.* New York: Random House, 2019.
- Buettner, Dan. *The Blue Zones, Second Edition: 9 Lessons for Living Longer From The People Who've Lived the Longest.* Washington, D.C.: National Geographic, 2012.
- Colier, Nancy. *The Power of Off: The Mindful Way to Stay Sane in a Virtual World.* Boulder: Sounds True, 2016.
- Doyle, Glennon. *Untamed*. New York: the Dail Press, 2020.
- Elgin, Duane. *Voluntary Simplicity: Toward A Way of Life That is Outwardly Simple, Inwardly Rich.* New York: William Morrow, 1993.
- Fallon, Sally, and Mary G. Enig, PhD. <u>Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats</u>. Maryland: New Trends Publishing, 1999.
- Flanagan, Eileen. *Renewable: One Woman's Search for Simplicity, Faithfulness, and Hope.* New York: She Writes Press, 2015.
- Flanagan, Eileen. *The Wisdom to Know the Difference: When to Make a Change—And When to Let Go.* New York: ParcherPerigee Press, 2010.
- Föllmi, Danielle and Oliver. *Offerings: Buddhist Wisdom For Every Day.* New York: Stewart, Tabori & Chang, 2003.
- Francis, Emily. *The Body Heals Itself: How Deeper Awareness of Your Muscles and Their Emotional Connection Can Help You Heal.* Portland: Llewellyn Publications, 2017.
- Hayward, Susan. Begin It Now: A Book of Motivation. Australia: MacArthur Press, 1987.
- Hayward, Susan. A Guide For The Advanced Soul: A Book of Insight. Australia: MacArthur Press, 1984.



- Hayward, Susan. A Baq of Jewels 2nd Edition. Hayward Press, 2000.
- **Lane, Belden C.** *The Great Conversation: Nature and the Care of the Soul.* New York: Oxford University Press, 2019.
- **Leider, Richard J. & David A. Shapiro.** *Repacking Your Bags: Lighten Your Load for the Rest of Your Life.* Oakland: Berrett-Koehler Publishers, 2002.
- Little, Tias. *The Practice Is The Path: Lessons and Reflections on The Transformative Power of Yoga*. Colorado: Shambala Publications, 2020.
- Nestor, James. *Breath: The New Science of a Lost Art*. New York: Riverhead Books, 2020.
- **O'Donohue, John.** *Anam Cara: A Book of Celtic Wisdom.* New York: Harper Collins Publishers, 1997.
- Oliveira, Karla. Tassajara Cookbook: Lunches, Picnics & Appetizers. Layton: Gibbs Smith, 2007.
- Palmer, Parker J. On the Brink of Everything: Grace, Gravity, and Getting Old. Oakland: Berrett-Koehler Publishers, 2018.
- Pollan, Michael. *Food Rules: An Eaters Manual*. New York: Penguin Books, 2009.
- **Powers, William.** *Twelve by Twelve: A One-Room Cabin Off the Grid & Beyond the American Dream.* California: New World Library, 2010.
- **Preston, Marilynn.** *All Is Well: The Art {and Science} of Personal Well-Being.* California: Creators Publishing, 2017.
- Reeve, Susyn. *The Wholehearted Life: Big Changes and Greater Happiness Week by Week.* Hoboken: Viva Editions, 2014.
- **Robbins, Mel.** *The 5 Second Rule: Transform your Life, Work, and Confidence with Everyday Courage.* Savio Republic, 2017.
- **Rohr, Richard.** *What The Mystics Know: Seven Pathways to Your Deeper Self.* New York: The Crossroad Publishing Company, 2015.
- Rubin, Gretchen. <u>The Happiness Project, Tenth Anniversary Edition: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun.</u>
 New York: Harper, 2019.
- Simard, Suzanne. *Finding the Mother Tree: Discovering the Wisdom of the Forest*. New York: Knopf, Borzoi Books, 2021.
- Stevenson, Shawn. *Eat Smarter: Use the Power of Food to Reboot Your Metabolism, Upgrade Your Brain, and Transform Your Life.* New York: Little, Brown Spark, 2020.
- Tippett, Krista. <u>Becoming Wise: An Inquiry into the Mystery and Art of Living</u>. New York: Penguin Press, 2016.
- Trent, J. Dana. *For Sabbath's Sake: Embracing Your Need for Rest, Worship, and Community.* Nashville: Upper Rooms Books, 2017.
- Whyte, David. The House of Belonging. Many Rivers Press, 1997.

