
The Gift Of Being Yourself

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The Gift of Being Yourself

The Sacred Call to Self-Discovery *InterVarsity Press*

Much is said in Christian circles about knowing God. But there cannot be deep knowledge of God without deep knowledge of one's self. In this profound exploration of Christian identity, psychologist and spiritual director David G. Benner illuminates the spirituality of self-discovery. He exposes the false selves that we hide behind and calls us to discover the true self that emerges from our uniqueness in Christ. Genuine self-understanding revitalizes our spiritual life and leads to the fulfillment of our God-given destiny and vocation. - from back of the book.

Surrender to Love

Discovering the Heart of Christian Spirituality *InterVarsity Press*

In this expanded edition of a spiritual formation classic, David G. Benner explores the twin themes of love and surrender as the heart of Christian spirituality. God doesn't want his people to respond to him out of fear or obligation, but invites us to enter into an authentic relationship of intimacy and devotion—by surrendering to love.

Opening to God

Lectio Divina and Life as Prayer *InterVarsity Press*

Most Christians want to experience spiritual transformation. But many are frustrated by the limited progress of our spiritual self-improvement efforts. We find our praying burdened by a sense of obligation and failure. But prayer is not merely something we do; prayer is what God does in us. Prayer is not just communication

with God; it is communion with God. As we open ourselves to him, God does the spiritual work of transformation in us. Spiritual director David Benner invites us to discover openness to God as the essence of prayer, spirituality and the Christian life. Prayer is far more than saying words to God; all of life can be prayer when offered to God in faith and with openness. Using the four movements of lectio divina, Benner explores prayer as attending, pondering, responding and being. Along the way he opens us to a world of possibilities for communion with God: praying with our senses, with imagination, with music and creativity, in contemplation, in service and much more. Learn how prayer can be a way of living your life. Move beyond words to become not merely someone who prays, but someone whose entire life is prayer in union with God.

Soulful Spirituality

Becoming Fully Alive and Deeply Human *Brazos Press*

An internationally respected psychologist and spiritual guide shows how an authentic spiritual journey must be grounded in human development.

Desiring God's Will

Aligning Our Hearts with the Heart of God *InterVarsity Press*

How do we become both willing and able to do what God asks of us? In this expanded edition of a spiritual formation classic, psychologist and spiritual director David G. Benner explores the transformation of the will in Christian spirituality, examining why

our desires are disordered and how we can align our hearts with God's.

Spirituality and the Awakening Self

The Sacred Journey of Transformation *Baker Books*

Being human is a lifelong journey of becoming. This journey defines our humanity, for it is a journey toward our source and our fulfillment, described in Christian theology as union with God. If we remain open to God as our sense of self awakens, we experience a deeper consciousness of being in him. The self that emerges during this process is larger, more enlightened, and whole. David Benner, who has spent thirty-five years integrating psychology and spirituality, presents psychological insights in a readable fashion to offer readers a deeper understanding of the self and its spiritual development. Drawing on a broad range of Christian traditions, Benner shows that the transformation of self is foundational to Christian spirituality. This book will appeal to readers interested in a psychologically grounded, fresh exploration of Christian spirituality; professionals engaged in pastoral care, counseling, and spiritual direction; and students in ministry development and spiritual formation courses. Questions and answers for individual or group use are included at the end of each chapter.

Sacred Companions

The Gift of Spiritual Friendship *Direction InterVarsity Press*

We need companions on our spiritual journey. In this inviting

guide, David G. Benner introduces readers to the riches of spiritual friendship and direction, explaining what they are and how they are practiced. Through prayerful, guided attunement to God's activity, sacred companions provide care for the soul, and Benner models the kind of traveling companion who can move us toward deeper intimacy with God.

Healing Emotional Wounds *Wipf and Stock Publishers*

Though emotional pain constitutes an inevitable part of life, not only can it be healed, it can be the soil out of which we grow into greater wholeness and wellbeing. This book arose not simply out of the author's work with others but out of lessons learned as he worked his way to healing and forgiveness associated with his own emotional wounds as well. In helpful, practical language that is filled with real-life examples, *Healing Emotional Wounds* examines the inner course of events that predictably follows experiences of emotional wounding. This includes a discussion of the ways in which we attempt to cope with hurt, focusing on common but counterproductive coping strategies that actually impede healing. It then examines in detail the emotional, intellectual, and volitional tasks that are involved in healing emotional wounds, each presenting concrete steps that we can take to help ourselves and others experience healing and gain freedom from bondage to our wounds. Such freedom does not involve escape from unpleasant experiences or difficult circumstances, but release from their tyrannizing inner consequences. This also provides the possibility of living a more fulfilling and significant life because of these experiences.

Finish

Give Yourself the Gift of Done *Penguin*

#1 Wall Street Journal bestseller! Jon Acuff, New York Times best-selling author of *Do Over*, *Quitter*, and *Start*, offers strategies for anyone who's ever wondered, "Why can't I finish what I started?" According to studies, 92 percent of New Year's resolutions fail. You've practically got a better shot at getting into Juilliard to become a ballerina than you do at finishing your goals. For years, I thought my problem was that I didn't try hard enough. So I started getting up earlier. I drank enough energy drinks to kill a horse. I hired a life coach and ate more superfoods. Nothing worked, although I did develop a pretty nice eyelid tremor from all the caffeine. It was like my eye was waving at you, very, very quickly. Then, while leading a thirty-day online course to help people work on their goals, I learned something surprising: The most effective exercises were not those that pushed people to work harder. The ones that got people to the finish line did just the opposite— they took the pressure off. Why? Because the sneakiest obstacle to meeting your goals is not laziness, but perfectionism. We're our own worst critics, and if it looks like we're not going to do something right, we prefer not to do it at all. That's why we're most likely to quit on day two, "the day after perfect"—when our results almost always underperform our aspirations. The strategies in this book are counterintuitive and might feel like cheating. But they're based on studies conducted by a university researcher with hundreds of participants. You might not guess that having more fun, eliminating your secret rules, and choosing something to bomb intentionally works. But

the data says otherwise. People who have fun are 43 percent more successful! Imagine if your diet, guitar playing, or small business was 43 percent more successful just by following a few simple principles. If you're tired of being a chronic starter and want to become a consistent finisher, you have two options: You can continue to beat yourself up and try harder, since this time that will work. Or you can give yourself the gift of done.

The Gift of Self-Love

A Workbook to Help You Build Confidence, Recognize Your Worth, and Learn to Finally Love Yourself *Blue Star Press*

If you are struggling to feel comfortable in your own body, then this inspiring and interactive self-love workbook is for you. The Gift of Self-Love is an honest, heartfelt, and relatable book that will guide you on your journey to self-love, self-care, and body positivity. Bestselling author and speaker Mary Jelkovsky's story of battling an eating disorder and conquering her deepest insecurities has been featured in *Teen Vogue*, *Health*, and *Shape* magazine. Now in this empowering book, Mary shares the advice, research, and exercises that she used to build her self-confidence and finally learn how to love herself. Written like a letter to a close friend, this self-improvement book provides practical advice and exercises that will help you finally give yourself the gift of self-love. The Gift of Self-Love includes:

- A mix of the Author's Personal Stories, Research, and Meaningful Advice to help you build self-worth and accept for who you are
- A Self-Esteem and Self-Confidence Quiz to assess how you feel about yourself today and identify areas to give yourself more compassion and love
-

Writing Exercises to help you get in touch with your feelings, rewrite limiting beliefs, and stop pressuring yourself to meet other people's expectations • A Positive Self-Talk Guide to help you reframe your thoughts and silence the negative voice in your head • Recommendations for Loving Your Body and embracing healthy living at any size • ...and more! After recovering from an eating disorder and healing her body, mind, and spirit, Jelkovsky started her online platform Mary's Cup of Tea to inspire women to be confident in their bodies and love themselves unconditionally. Mary is committed to empowering women of all shapes and sizes through her social media, online programs, and worldwide self-love retreats.

Breaking The Habit of Being Yourself

How to Lose Your Mind and Create a New One *Hay House, Inc*

You are not doomed by your genes and hardwired to be a certain way for the rest of your life. A new science is emerging that empowers all human beings to create the reality they choose. In *Breaking the Habit of Being Yourself*, renowned author, speaker, researcher, and chiropractor Dr. Joe Dispenza combines the fields of quantum physics, neuroscience, brain chemistry, biology, and genetics to show you what is truly possible. Not only will you be given the necessary knowledge to change any aspect of yourself, but you will be taught the step-by-step tools to apply what you learn in order to make measurable changes in any area of your life. Dr. Joe demystifies ancient understandings and bridges the gap between science and spirituality. Through his powerful

workshops and lectures, thousands of people in 24 different countries have used these principles to change from the inside out. Once you break the habit of being yourself and truly change your mind, your life will never be the same!

The Gifts of Imperfection

Let Go of Who You Think You're Supposed to Be and Embrace Who You Are *Simon and Schuster*

NEW YORK TIMES BESTSELLER • This tenth-anniversary edition of the game-changing #1 New York Times bestseller features a new foreword and new tools to make the work your own. For over a decade, Brené Brown has found a special place in our hearts as a gifted mapmaker and a fellow traveler. She is both a social scientist and a kitchen-table friend whom you can always count on to tell the truth, make you laugh, and, on occasion, cry with you. And what's now become a movement all started with *The Gifts of Imperfection*, which has sold more than two million copies in thirty-five different languages across the globe. What transforms this book from words on a page to effective daily practices are the ten guideposts to wholehearted living. The guideposts not only help us understand the practices that will allow us to change our lives and families, they also walk us through the unattainable and sabotaging expectations that get in the way. Brené writes, "This book is an invitation to join a wholehearted revolution. A small, quiet, grassroots movement that starts with each of us saying, 'My story matters because I matter.' Revolution might sound a little dramatic, but in this world, choosing authenticity and worthiness is an absolute act of

resistance.”

The Gifts of Compassion

How to understand and overcome suffering *Australian Academic Press*

"In this beautifully written book, esteemed clinical psychologist and therapist Stan Steindl takes us on a personal journey into the ups and downs of what it is to be human and reveals both the challenges and the joys of building one's compassionate mind."

— Professor Paul Gilbert OBE, Founder of Compassion Focused Therapy and bestselling author *Life can be complicated*. And sometimes, really very difficult. We may struggle with many common life challenges: in relationships, parenting, and work, just to name a few. We can end up suffering from stress, anxiety, and depression, or loneliness, isolation or shame. But did you know that a lot of that suffering comes from within? Rumination and self-criticism are uniquely human thought processes, developed over hundreds of thousands of years. Our brains evolved into an impressive and complex organ that helped us to survive a primitive world, and yet today may yell at us with harsh and hostile criticism, sometimes even over the smallest thing! In fact, critical self-talk is very common. And it flies just under the radar of our conscious mind — condemning and undermining us with its inner voice. This book will show you how to do better — to turn anguish into delight through the use of our Compassionate Self. Through a clear series of steps and practices, noted clinical psychologist Dr Stan Steindl explains how compassion evolved as a vital part of our nature and thought,

and the way we look after one another, and even ourselves. He then shows how to use our compassion as a key to a healthier mental life. With personal vignettes illustrating the therapeutic benefits of compassion focused therapy, practical exercises that use mindfulness and imagery to help us develop attention to the present moment, and a wealth of guidance on self-criticism, shame and forgiveness, this book can change your life.

The Power of Being Yourself

A Game Plan for Success -- by Putting Passion into Your Life and Work *Da Capo Lifelong Books*

Everyone imagines top CEOs as larger-than-life figures who do things no one else could. But deep down, a good business leader is an everyman who combines vision and high energy with the ability to connect with and learn from all types of people. In *The Power of Being Yourself*, renowned business leader Joe Plumeri offers simple yet profound guidance on how to stay positive, motivate yourself and others, and achieve success in your life and work. Plumeri's *Game Plan for Success* features eight key principles, from *Everyone Has the Same Plumbing*, in which his fish-out-of-water experience as CEO and chairman of a London-based company reveals how cultural differences can be overcome as people everywhere respond to authenticity, to *You Gotta Have Purpose!*, which explores the transformative ingredient that leads to tangible progress. And because this book is meant to be revisited and consulted whenever you need fresh inspiration or practical advice, *The Power of Being Yourself* also features a final section -- *Applying the Principles* -- imparting

further guidance and checklists. By sharing his own experiences--and candidly exploring high-stakes business decisions along with many personal triumphs and tragedies--Plumeri explains that the secret to success is found not in boardroom strategy or corporate philosophy, but rather in allowing passion, purpose, and true emotions to inform your approach and guide your relationships. His book is a timely wake-up call in a world where heartless electronic communication too often takes precedence over genuine connection. Plumeri reveals that if we can live in the moment and be honest and true in our emotions, the effect carries over into how we live all facets of our lives.

Although Of Course You End Up Becoming Yourself

A Road Trip with David Foster Wallace *Crown*

NOW A MAJOR MOTION PICTURE, STARRING JASON SEGAL AND JESSE EISENBERG, DIRECTED BY JAMES PONSOLDT An indelible portrait of David Foster Wallace, by turns funny and inspiring, based on a five-day trip with award-winning writer David Lipsky during Wallace's *Infinite Jest* tour In David Lipsky's view, David Foster Wallace was the best young writer in America. Wallace's pieces for Harper's magazine in the '90s were, according to Lipsky, "like hearing for the first time the brain voice of everybody I knew: Here was how we all talked, experienced, thought. It was like smelling the damp in the air, seeing the first flash from a storm a mile away. You knew something gigantic was coming." Then Rolling Stone sent Lipsky to join Wallace on the last leg of his book tour for *Infinite Jest*, the novel that made him internationally famous. They lose to each other at chess.

They get iced-in at an airport. They dash to Chicago to catch a make-up flight. They endure a terrible reader's escort in Minneapolis. Wallace does a reading, a signing, an NPR appearance. Wallace gives in and imbibes titanic amounts of hotel television (what he calls an "orgy of spectatorship"). They fly back to Illinois, drive home, walk Wallace's dogs. Amid these everyday events, Wallace tells Lipsky remarkable things—everything he can about his life, how he feels, what he thinks, what terrifies and fascinates and confounds him—in the writing voice Lipsky had come to love. Lipsky took notes, stopped envying him, and came to feel about him—that grateful, awake feeling—the same way he felt about *Infinite Jest*. Then Lipsky heads to the airport, and Wallace goes to a dance at a Baptist church. A biography in five days, *Although Of Course You End Up Becoming Yourself* is David Foster Wallace as few experienced this great American writer. Told in his own words, here is Wallace's own story, and his astonishing, humane, alert way of looking at the world; here are stories of being a young writer—of being young generally—trying to knit together your ideas of who you should be and who other people expect you to be, and of being young in March of 1996. And of what it was like to be with and—as he tells it—what it was like to become David Foster Wallace. "If you can think of times in your life that you've treated people with extraordinary decency and love, and pure uninterested concern, just because they were valuable as human beings. The ability to do that with ourselves. To treat ourselves the way we would treat a really good, precious friend. Or a tiny child of ours that we absolutely loved more than life itself. And I think it's probably possible to achieve that. I think part of the job

we're here for is to learn how to do it. I know that sounds a little pious." —David Foster Wallace

Care of Souls

Revisioning Christian Nurture and Counsel *Baker Books*

A practicing psychologist explores the church's role in "soul care," advocating a counseling method that anchors modern therapy in timeless biblical principles.

Mirror for the Soul

A Christian Guide to the Enneagram *InterVarsity Press*

The Enneagram is like a mirror, reflecting dimensions of ourselves that are sometimes hard to see. In this helpful guide, spiritual director and Enneagram teacher Alice Fryling offers an introduction to each number of the Enneagram, with questions and meditations to lead you into deeper self-awareness and reveal how you can experience God's love more abundantly.

A Friend is a Gift You Give Yourself: A Novel *Simon and Schuster*

Goodfellas meets Thelma and Louise when an unlikely trio of women in New York find themselves banding together to escape the clutches of violent figures from their pasts. After Brooklyn mob widow Rena Ruggiero hits her eighty-year-old neighbor Enzo in the head with an ashtray when he makes an unwanted move on her, she embarks on a bizarre adventure. Taking off in Enzo's '62 Impala, she retreats to the Bronx home of her

estranged daughter, Adrienne, and her granddaughter, Lucia, only to be turned away by Adrienne at the door. Their neighbor, Lacey "Wolfie" Wolfstein, a one-time Golden Age porn star and retired Florida Suncoast grifter, takes Rena in and befriends her. When Lucia discovers that Adrienne is planning to hit the road with her ex-boyfriend Richie, she figures Rena's her only way out of a life on the run with a mother she can't stand. But Richie has massacred a few members of the Brancaccio crime family for a big payday, and he drags even more trouble into the mix in the form of an unhinged enforcer named Crea. The stage is set for an explosion that will propel Rena, Wolfie, and Lucia down a strange path, each woman running from something and unsure what comes next. *A Friend is a Gift You Give Yourself* is a screwball noir about finding friendship and family where you least expect it, in which William Boyle again draws readers into the familiar—and sometimes frightening—world in the shadows at the edges of New York's neighborhoods.

It Feels Good to Be Yourself

A Book About Gender Identity *Henry Holt and Company (BYR)*

Some people are boys. Some people are girls. Some people are both, neither, or somewhere in between. This sweet, straightforward exploration of gender identity will give children a fuller understanding of themselves and others. With child-friendly language and vibrant art, *It Feels Good to Be Yourself* provides young readers and parents alike with the vocabulary to discuss this important topic with sensitivity.

Stop Fixing Yourself

Wake Up, All Is Well *Simon and Schuster*

Can you imagine how liberating it would be to never be disillusioned again, never be disappointed again, never feel let down again? Want to wake up, come alive, and be free? Anthony De Mello's *Stop Fixing Yourself* is the answer you have been looking for. The question Anthony De Mello's *Stop Fixing Yourself* poses and successfully answers is: Can you attain enlightenment without the slightest effort on your part? Spiritual seekers exhausted from years of fruitless striving might well sigh deeply and think, "If only that were true." Well, Anthony De Mello asserts it is true. *Stop Fixing Yourself: Wake Up, All Is Well* provides the simple path to living an enlightened life. De Mello tells us that if you are watchful and awake, all that is false and neurotic within you will drop away and you will begin to live increasingly from moment to moment in a life made whole and happy and transparent through awareness. Awareness transforms you from a seeker to a finder, opening your eyes to the reality of the love, peace, and beauty that has always surrounded you. Awareness will set you free. In *Stop Fixing Yourself*, De Mello's down-to-earth teaching method helps you discover true awareness, releasing the divinity all around you and making your life meaningful, beautiful, and prosperous.

Living Wisdom, Revised and Expanded

Second Edition *Wipf and Stock Publishers*

Much more than knowledge or even understanding, wisdom is

seeing life through the eyes of an awakened heart and transformed consciousness. Rather than being the result of the accumulation of information, wisdom comes from acquiring a new mind. Buddhists speak of this new mind as enlightenment. The Christian name for it is the mind and heart of Christ. This is the basis of wisdom. Wisdom is grounded in a deep awareness of the sacredness and interconnectedness of everything in existence. It is living in alignment with the creative Spirit of Wisdom who inhabits all of creation and is our truest and deepest self. It is learning to participate in God's transformational agenda of cosmic whole-making, this being the way in which everything that exists becomes whole in Christ. This book does not offer gems of wisdom. Instead, it seeks to facilitate the awakening of your heart and transformation of your consciousness that will allow wisdom to flow from depths.

Jamie Is Jamie

A Book About Being Yourself and Playing Your Way *Free Spirit Publishing*

When free-spirited Jamie arrives at a new preschool, all the kids learn that it's okay to play whatever you want. There are so many fun things to play with at Jamie's new preschool— baby dolls to care for, toy cars to drive—and Jamie wants to play with them all! But the other children are confused . . . is Jamie a boy or a girl? Some toys are just for girls and others are just for boys, aren't they? Not according to Jamie! This book challenges gender stereotypes, shows readers that playing is fundamental to learning, and reinforces the idea that all children need the

freedom to play unencumbered. A special section for teachers, parents, and caregivers provides tips on how to make children's playtime learning time.

Torn to Heal

God's Good Purpose in Suffering *Cruciform Press*

How to Succeed at Being Yourself

Finding the Confidence to Fulfill Your Destiny *FaithWords*

At last! The news you've been waiting for! Success, fulfillment, and satisfaction are finally within your reach. In *How to Succeed at Being Yourself*, Joyce Meyer will help you discover that emotional, spiritual, and social transformation are possible as you begin to see yourself in a whole new way. Through understanding who you are, you will find the confidence to take hold of lasting, fulfilling success. Experience today the joy of becoming the unique person God intended you to be!

Presence and Encounter

The Sacramental Possibilities of Everyday Life *Brazos Press*

The most vital and significant moments in life are moments of encounter. Whether we encounter ourselves, others, or God, these moments let us know that life is meaningful. And presence is what makes encounter possible. When we are truly present, everything that has being becomes potentially present to us. In this unique resource, David Benner invites us to live with more

presence so we can know the presence of God more deeply in our lives. Drawing on over thirty-five years of experience integrating psychology and spirituality, Benner examines the transformational possibilities of spiritual presence and encounter in fresh, exciting, and practical ways. He helps readers understand the personal and interpersonal dimensions of presence and encounter, revealing how they mediate Divine Presence and serve as sacraments of everyday life. His rich meditations are presented in a voice that is intelligent, compassionate, and engaging. The book includes end-of-chapter reflection exercises for individual or group use and a foreword by Richard Rohr.

Why Being Yourself Is a Bad Idea

And Other Countercultural Notions *SPCK*

Most people just want to be happy and to make a difference in the world. We're often told we'll achieve this by being ourselves. But when we begin to reflect, that's not quite as simple as it sounds. All sorts of questions and countercultural notions arise. Maybe trying to 'be yourself' is not such a good idea after all? This book dares us to let go of some of the assumptions we make about life. Drawing on current research, contemporary events and ancient wisdom, it offers an invitation to journey to places we may never have imagined before. It vividly reveals how the revolution that Christianity began can still make remarkable sense of our experience of wonder, love, evil, justice, identity and freedom. 'Intriguing and provocative, speaking to our deepest concerns and heaviest questions.' James Mumford, author of

Vexed: Ethics beyond political tribes 'I kept saying "YES!" as I turned the pages of this book.' Pete Greig, author of *How to Pray*

Receiving the Day

Christian Practices for Opening the Gift of Time *Fortress Press*

Embrace time as a gift--not an obstacle *Receiving the Day* invites us to open the gift of time, to dwell in the freedom to rest and worship that God intends for us and for all creatures. In this book, Dorothy C. Bass shows how Christian practices for rest and worship continually welcome us into a way of life attuned to the love of God, neighbor, earth, and self. Bass does not aim to provide clear instructions for creating a schedule that solves all our puzzles about how to live in time. Rather, convinced that Christian faith bears great wisdom about time, Bass offers an account of the weekly practice of keeping sabbath, along with other practices by which Christians have sought to live faithfully in time. These practices have been lived by diverse communities of faith across centuries and cultures. Through them, we can learn to dwell more graciously, attentively, and faithfully within the hours and days we have. We can also learn to share the gift of time gladly and gratefully with others, in and for this world God loves.

The Gift of Friendship

Stories That Celebrate the Beauty of Shared Moments *Revell*

Whether next door or in the next time zone, our friends provide some of our most important relationships. We cherish time spent with them, endure time spent apart, and look forward to the next time we can have coffee or rush to greet them as they walk toward our door. And nothing warms our hearts like reading stories of true friendship. Collecting over fifty true stories from some of today's best writers, Dawn Camp offers readers a chance to sit back and experience the gift of friendship. With its beautiful photographs and poignant prose, this collection is a great gift for a dear friend and the perfect pick-me-up any time you need a boost. Contributors include Crystal Paine, Liz Curtis Higgs, Tsh Oxenreider, Myquillyn Smith, Jennifer Dukes Lee, Lisa-Jo Baker, Jessica Turner, Lysa TerKeurst, Bonnie Gray, Holley Gerth, Renee Swope, and many more.

Through Painted Deserts

Light, God, and Beauty on the Open Road *Thomas Nelson*

Follow Don and Paul as they dive headlong into the deepest of human questions and find answers outside words?answers that have to be experienced to be believed. Day 1: "Trips like ours are greener grass left unknown for fear of believing trite sayings; sayings that are sometimes true. But our friends back home live an existence under the weight and awareness of times; a place we are slowly escaping; a world growing fainter by the hour and the mile." Day 13: "It feels again that we are leaving who we were, moving on into the people we will become, hopefully, people with some kind of answers, some kind of thing to believe tht makes sense of beauty, of romance. Something that would

explain the red glow against Paul's face, the red glow that seems to be coming off the console . . . 'Did you notice the engine light is lit, bud?' I ask . . ." Day 83: "I sit in the van, waiting for her to come out when I notice a window in one of the classrooms open, and a backpack comes falling out, spilling a few books onto the lawn. After the backpack comes Elida, falling atop the pack and laying low, peeking back into the window to see if the teacher noticed. She gathers her books, reaches into the classroom and closes the window, then runs toward the van as though this were a prison break." As you read *Through Painted Deserts*, you'll soon realize this is not just one man's account of finding light, God, and beauty on the open road. Rather, this book maps the journey you're already traveling . . . or soon will be.

Infinite Jest *Back Bay Books*

A gargantuan, mind-altering comedy about the Pursuit of Happiness in America Set in an addicts' halfway house and a tennis academy, and featuring the most endearingly screwed-up family to come along in recent fiction, *Infinite Jest* explores essential questions about what entertainment is and why it has come to so dominate our lives; about how our desire for entertainment affects our need to connect with other people; and about what the pleasures we choose say about who we are. Equal parts philosophical quest and screwball comedy, *Infinite Jest* bends every rule of fiction without sacrificing for a moment its own entertainment value. It is an exuberant, uniquely American exploration of the passions that make us human - and one of those rare books that renew the idea of what a novel can do. "The next step in fiction...Edgy, accurate, and darkly witty...Think

Beckett, think Pynchon, think Gaddis. Think." --Sven Birkerts, *The Atlantic*

Desiring God

Meditations of a Christian Hedonist *Multnomah*

Insightful and heart-warming, this classic book is written for those who seek to know God better. It unfolds life-impacting, biblical truths and has been called a "soul-stirring celebration of the pleasures of knowing God."

Human Being and Becoming

Living the Adventure of Life and Love *Brazos Press*

Becoming fully human is a lifelong journey. It can also be an incredible adventure. Here internationally respected depth psychologist, spiritual guide, and personal transformation coach David Benner explores the mysteries of human being and becoming. Drawing on insights from science, philosophy, and forty years of experience integrating psychology and spirituality, he presents concrete steps for living in ways that move us toward wholeness. He also draws on mysticism, the perennial wisdom tradition, interfaith dialogue, and the contemplative Christian tradition, developing a robust spirituality that reveals how we can align ourselves with God's presence in the world.

Christianity For Dummies *John Wiley & Sons*

Get to know the beliefs and practices inspired by Jesus Christ Discover what it means to be a Christian and follow the gospel

Curious about Christianity? This friendly guide helps you understand the basic teachings of the Christian faith, exploring the common ground that all Christians share, the differences among the major branches, the key events in Christian history, the key theological issues, and the many ways Christians live out their faith in today's world. The Dummies Way * Explanations in plain English * "Get in, get out" information * Icons and other navigational aids * Tear-out cheat sheet * Top ten lists * A dash of humor and fun Discover how to: * Express the core essentials of Christianity * Appreciate the life and teachings of Jesus * Understand why the Bible is central to the faith * Respect the unique roles of the Trinity * Explore controversial issues among the branches

The Power of Understanding Yourself

The Key to Self-Discovery, Personal Development, and Being the Best You *Wiley*

Discover your true self and align your life journey around your core beliefs, values and perspective. Designed as both a companion piece to the author's previous book, *The Power of Understanding People*, and a stand-alone work, *The Power of Understanding Yourself* provides readers with a blueprint for examining their true purpose and approach to life and a map for achieving greater personal happiness, professional success and self-awareness. It explores personal attributes related to interactive style, diving deeper into the concepts from the author's previous book, provides exercises for exploring how to connect your current life status to a desired future state and

encourages readers to engage in a deep exploration of their core values, beliefs, mission and vision to become their best self. • Find the key to self-discovery and personal development • Uncover your true purpose • Use helpful exercises to reveal the best you • Develop strategies to maximize your potential *The Power of Understanding Yourself* is an empowering tool to help you find your best possible self and flourish.

Apprenticeship with Jesus

Learning to Live Like the Master *Baker Books*

Ask a crowd of Christians whether they believe in Jesus as Lord and Savior, and all hands will go up. Ask the same crowd whether they live like Jesus, and most of those same hands will come down. Why is this? Why is it so hard to bridge the gap between belief and real life? Respected author, professor, and psychologist Gary W. Moon thinks it has to do with our hyper-intellectual but non-experiential method of living the Christian life. In this winsome book Moon provides a thirty-day apprenticeship with Jesus, whereby readers will actively practice being with Jesus day in and day out. Each day's reading uses compelling stories and scripture to illustrate a point and closes with a suggested apprenticeship activity.

The Blue Book

A Devotional Guide for Every Season of Your Life *Createspace Independent Publishing Platform*

A year-long devotional guide designed to offer space and

structure, Scripture and prayers, as well as readings and reflections for your daily time with God. The hope is that through using this book you might discover the ancient rhythms that were whispered into you when God breathed you into being.

Be Kind to Yourself

Releasing Frustrations and Embracing Joy *InterVarsity Press*

It's easy to let self-criticism become our default setting. But as we learn to pay attention to what bugs us and identify negative thinking, we can lean into the things that bring us joy. Filled with spiritual practices and creative exercises, this book from spiritual director Cindy Bunch calls us to self-care through greater compassion for ourselves.

The Gift

12 Lessons to Save Your Life *Scribner*

This practical and inspirational guide to healing from the award-winning, New York Times bestselling author of *The Choice* shows us how to stop destructive patterns and imprisoning thoughts to find freedom and enjoy life. Edith Eger's powerful first book *The Choice* told the story of her survival in the concentration camps, her escape, healing, and journey to freedom. Oprah Winfrey says, "I will be forever changed by Dr. Eger's story." Thousands of people around the world have written to Eger to tell her how *The Choice* moved them and inspired them to confront their own past and try to heal their pain; and to ask her to write another, more "how-to" book. Now, in *The Gift*, Eger expands on her message of

healing and provides a hands-on guide that gently encourages us to change the thoughts and behaviors that may be keeping us imprisoned in the past. Eger explains that the worst prison she experienced is not the prison that Nazis put her in but the one she created for herself, the prison within her own mind. She describes the twelve most pervasive imprisoning beliefs she has known—including fear, grief, anger, secrets, stress, guilt, shame, and avoidance—and the tools she has discovered to deal with these universal challenges. Accompanied by stories from Eger's own life and the lives of her patients each chapter includes thought-provoking questions and takeaways, such as: -Would you like to be married to you? -Are you evolving or revolving? -You can't heal what you can't feel. Filled with empathy, insight, and humor, *The Gift* captures the vulnerability and common challenges we all face and provides encouragement and advice for breaking out of our personal prisons to find healing and enjoy life.

The Gift of Being Yourself

The Sacred Call to Self-discovery

The Five Love Languages

In *The 5 Love Languages*, you will discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner starting today.