

Digital Lab - October 8, 2020
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Resource List

Books

Intersection of spiritual and psychological wholeness:

1. *Get Your Life Back* by John Eldredge
2. *Sacred Rhythms* by Ruth Haley Barton

Getting comfortable with your story, pain and emotions:

1. *To Be Told* by Dan Allender
2. *Boundaries for Your Soul* by Alison Cook and Kymberly Miller

Understanding trauma, anxiety and depression:

1. *Try Softer* by Aundi Kolber - Focused more on trauma, but applicable to all of these topics - spoiler alert: we actually have all experienced trauma of some kind, and understanding it is vital to our wholeness. This book has great reflection questions and practical exercises to practice growth and healing.
2. *The Anxious Christian* by Rhett Smith (Focused more on anxiety)
3. *Get Out of Your Head* by Jennie Allen (Mixed focus)
4. *Defiant Joy* by Stasi Eldredge (Focused more on depression)

Healthy Relationships

1. *Boundaries* by Cloud and Townsend - Too many issues in therapy are complicated by a lack of boundaries and understanding what they are/are not.
2. *Love & War* by John & Stasi Eldredge - Focused on marriage and the importance of understanding one another's stories to unite together, rather than battle each other.
3. *How We Love* by Kay & Milan Yerkovich - Focused on understanding your attachment style, which is helpful in marriage or any relationship.
4. *The Relational Soul* by James Cofield and Richard Plass - Focused on why relationships are important and how to do the hard work of inner transformation to help transform our relationships as well.

Self-awareness and Identity growth:

1. *Becoming Myself* by Stasi Eldredge
2. *The Road Back to You* by Ian Morgan Cron and Suzanne Stabile - Any fans of the Enneagram? Unaware of it? Either way, here's a place to start/grow.

Perfectionism:

1. *Present Over Perfect* by Shauna Niequist
2. *The Gifts of Imperfection* by Brené Brown

Podcasts and Websites

1. <https://www.alisoncookphd.com/?fbclid=IwAR0JklwizolvqIP0av8ZgWx7MkuDIlwGVvkVWx94mDwmneK8fH8uNHAaJBM> - Alison Cook, author of *Boundaries For Your Soul*, has a website full of resources.

2. <https://podcasts.apple.com/us/podcast/the-boundaries-me-podcast/id1488880049> - Henry Cloud, Christian psychologist and author of the book *Boundaries*.
3. <https://emilypfreeman.com/podcast/> - Author Emily P. Freeman, author of *The Next Right Thing* about decision-making, with a podcast about “making a life.”
4. <https://www.wildatheart.org/podcast> - John Eldredge’s ministry podcasts with various conversations about spiritual, emotional and psychological wholeness.

Quick Quizzes (to check in on various types of well-being)

1. <https://www.alisoncookphd.com/boundaries-for-your-soul-quiz/> - Focused on your relationship with emotions, found on Alison Cook’s website.
2. <https://howwelove.com/love-style-quiz/> - Focused on your attachment style, found on the website of the authors of *How We Love*.
3. <https://brenebrown.com/wholeheartedinventory> - Focused on wholeness/well-being, found on Brene Brown’s website, author of *The Gifts of Imperfection*.

Ways to search for a therapist (we recommend seeing a licensed professional, whether licensed counselor, psychologist, or social worker):

1. Google Christian therapists in your area and/or ask around for recommendations; so many folks have found our practice by searching online or hearing about us through word of mouth.
2. [Christian Care Connect \(by AACCC\)](#) - The American Association of Christian Counselors listing is found here, where you can search by radius of a specific area and filter the results accordingly. Since this search tool can show you counselors, chaplains, coaches, etc., you will want to make sure the options you consider from the list are licensed counselors.
3. <https://www.psychologytoday.com/us> - You can search in your area to see listings of therapists, which you can also filter in various ways to find a fit (i.e. insurance they accept, issues they treat, etc.). In order to filter for Christian therapists, choose the “community” tab of filters, and you’ll find the option for Christian there.