

**~ CENTERING OURSELVES TO SERVE IN CHALLENGING  
TIMES ©: Finding Health and Wellbeing 2020**

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**RESOURCE List**

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**More:**

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- ~ Van Dernoot Lipsky, Laura (2009) **Trauma Stewardship: An Everyday Guide to**

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## **Books – Physical and Emotional Wellbeing**

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- ~ Braden, Gregg (2015) *Resilience From the Heart*; Carlsbad, Hay House.
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- ~ Crowley, Chris and Lodge, Henry (2005) *Younger Next Year [for Men, also for Women under separate cover]*, New York, Workman Publishing
- ~ Davich, Victor (2004) *8 Minute Meditation: Quiet Your Mind. Change Your Life*, New York, Perigee Publishing
- ~ Goldstein, Joan (1990) *The Joy Within: A Beginner's Guide to Meditation*, New York, Simon and Schuster
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- ~ Hahn, Eades and Eades (2002) *The Slow Burn Fitness Revolution: The Slow Motion Exercise That Will Change Your Body in 30 Minutes a Week*, New York, Crown Archetype
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- ~ Lipton, Bruce H. (2003) *The new biology [videorecording] : Where Mind & Matter Meet*, Memphis, TN : Spirit 2000, Inc.
- ~ Seligman, Martin E.P (2002) *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*, Free Press
- ~ Seligman, Martin E.P. (1998) *Learned Optimism: How to Change Your Mind and Your Life*, New York, Pocket Books.
- ~ Sternberg, Esther M. (2000) *The Balance Within: The Science Connecting Health and Emotions*, New York, W.H. Freeman and Company.
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## **Leadership, Wellness and the Bench –**

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## **Articles**

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