

RECOMMENDED BOOK LIST

RELATIONSHIPS / MARRIAGE

Attached: The New Science of Adult Attachment and How It Can Help You Find - and Keep Love / *Amir Levine*

Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship / *Stan Tatkin*

REST / SABBATH

Rest: Why You Get More Done When You Work Less / *Alex Soojung-Kim Pang*

The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World / *John Mark Comer*

DISCIPLESHIP

Emotionally Healthy Spirituality / *Peter Scazzero*

The One Jesus Loves / *Robert Crosby*

The Good and Beautiful God: Falling in Love with the God Jesus Knows / *James Bryan Smith*

PRAYER

Prayer: 40 Days of Practice / Justin McRoberts, Scott Erickson

The Way of the Heart: Connecting with God Through Prayer, Wisdom, and Silence / Henri J. W. Nouwen