



Removing Barriers: Resources

Relationships

- The Five Love Languages – Gary Chapman
- The Meaning of Marriage – Timothy Keller
- The Seven Principles for Making Marriage Work – John Gottman
- Crazy Love: Dealing with Your Partner's Problem Personality - W. Brad Johnson & Kelly Murray
- When to Walk Away: Finding Freedom from Toxic People – Gary Thomas
- Boundaries and Goodbyes – Lysa Terkeurst
- Emotional Intelligence 2.0 - Travis Bradberry & Jean Greaves

Parenting

- How to Talk So Kids Will Listen & Listen So Kids Will Talk - Adele Faber & Elaine Mazlish
- Boundaries with Kids – Dr. Harry Cloud & Dr. John Townsend

Mindfulness

- Present Perfect: Finding God in the Now – Gregory A. Boyd
- Breath as Prayer – Jennifer Tucker

Purpose

- Man's Search for Meaning – Viktor Frankl
- Riding the Dragon: 10 Lessons for Inner Strength in Challenging Times – Dr. Robert Wicks

Mental Health

- Breaking Through Depression: A Biblical and Medical Approach to Emotional Wholeness – Donald P. Hall
- This is Your Brain on Joy- Dr. Earl Henslin
- Switch on Your Brain – Dr. Caroline Leaf
- Living Simply in an Anxious World – Dr. Robert Wicks
- Feel the Fear . . . and Do It Anyway – Dr. Susan Jeffers
- ADHD: Non-Medication Treatments and Skills for Children and Teens – Debra Burdick

Life Habits

- Procrastinate on Purpose: Multiply Your Time – Rory Vaden