



At Rise and Renew Wellness, we believe healing and growth don't just happen in sessions—they continue as you explore, learn, and practice in your everyday life.

This page is designed to provide encouragement, tools, and guidance to support your journey toward renewal.

Why Resources Matter

Sometimes the smallest encouragement—a book, a podcast episode, a prayer, or a simple practice—can spark big shifts in our journey. These resources are here to remind you that you're not alone, and that hope and transformation are possible, one step at a time.

Check back often as we continue to add new tools, articles, and recommendations to support you on your path to healing and growth.

Recommended Reading

Books that inspire hope, build resilience, and strengthen mind, body, and spirit.

Atomic Habits by James Clear

Altogether You by Jenna Riemersma

Love Does, Everybody Always, and Dream Big by Bob Goff

Ruthless Elimination of Hurry by John Mark Comer

Boundaries by Henry Cloud and John Townsend

Get Out of Your Head by Jennie Allen

Worthy by Jamie Kern Lima

Start with Why by Simon Sinek

The Body Keeps the Score by Bessel van der Kolk

Total Money Makeover by Dave Ramsey

Faith in the Flames by Shawna Foster

Winning the War in your Mind by Craig Grochel

From Me to We: A Premarital Guide for the Bride- And Groom-To-Be by Lucille Williams

The Intimacy You Crave: Straight Talk about Sex and Pancakes by Lucille Williams

Faith & Wellness Tools

Scripture, devotionals, and prayer practices that encourage spiritual renewal alongside emotional healing.

YouVersion Bible App – daily scripture and devotionals

<https://www.youversion.com/>

Pause App

<https://wildatheart.org/apps/one-minute-pause/>

You Version Rest

<https://www.youtube.com/playlist?list=PL579Sc-3XtEdWjcMj97iBaUP8OoDDcaY4>

Life Application Study Bible

https://www.amazon.com/s?k=life+application+study+bible&hvadid=707590101041&hvdev=c&hvexpIn=67&hvlocphy=9030013&hvnetw=g&hvocjjid=16510668055709572356--&hvqmt=e&hvrand=16510668055709572356&hvtargid=kwd-58982586&hydadcr=3590_13758019&mcid=83ef01ae2fcf3381bdfbc790be35f3ed&tag=googhydr-20&ref=pd_sl_71p8oq9002_e_p67

The Bible Project

<https://bibleproject.com/>

Soul Care

<https://www.soulcare.com/>

Into the Garden We Grow

www.intothegardenwegrow.org

Helpful Websites, Support Groups & Hotlines

National Alliance on Mental Illness (NAMI) – education and support for mental health

<https://www.nami.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA) – resources and treatment locator

<https://www.samhsa.gov/>

Mental Health America – tools, screenings, and education

<https://mhanational.org/>

Suicide & Crisis Lifeline – call or text **988** for free, confidential support 24/7

<https://988lifeline.org/>

One Degree Women's Ministry

<https://onedegreeministry.org/>

Iron Sharpens Iron Men's Ministry

<https://isimensministry.com/>

Celebrate Recovery

<https://celebraterecovery.com/>

Psychology Today

<https://www.psychologytoday.com/us>

Disclaimer

*The resources provided here are for **educational and encouragement purposes only**. They are not a substitute for professional medical, mental health, or pastoral care. If you are experiencing a crisis or need immediate support, please call **988** for the Suicide & Crisis Lifeline or contact your local emergency services.*

At Rise and Renew Wellness, we encourage you to seek the guidance of qualified professionals for your unique needs, and we are honored to walk alongside you on your journey of healing and renewal.