

Recommended Resources

Here are a few of the many resources that have inspired my growth and healing over the past few years. I have a personal relationship with some and may have never met others, but every one of them has changed my life, so I say a special thank you to each of them.

Grief Refuge with Reid Peterson, MA

www.griefrefuge.com

Dr. Alan Wolfelt with the Center for Loss & Life Transition

www.centerforloss.com

Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart

Dr. Curt Thompson

Anatomy of the Soul

<https://curtthompsonmd.com/podcast/>

Dr. Ruth Haley

Embracing Rhythms of Work and Rest: From Sabbath to Sabbatical and Back Again

Michael John Cusick *Restoring the Soul* podcast

Alan Fadling

An Unhurried Life: Following Jesus's Rhythms of Work and Rest

Aundi Kolber

Try Softer: A Fresh Approach to Move Us out of Anxiety, Stress, and Survival Mode--and into a Life of Connection and Joy