

Here are six tools to recover from sore muscles.

1. Stretching Strap – This is for hamstrings. Sometimes it hurts so good.
2. Topricin Pain Relief Cream – I use this on my back and calf muscles. It was recommended to me by my massage therapist about 15 years ago.
3. Epsom Bath Salt with Rosemary, Frankincense and Peppermint Essential Oils – This is when you have a little more time to take a bath. You can also use a bucket, plastic tub, sink, or a nice at home foot spa.
4. Ice Packs for Injuries – Sometimes you do need ice to bring down inflammation.
5. Mircowavable Heating Pad for Neck and Shoulders– And sometimes you want heat to soothe.
6. Elevation Leg Pillow – Sometimes, you want to elevate, elevate, elevate to prevent swelling.

Here are a few tools that make cooking easier for those with arthritis or poor fine motor control.

1. Plastic Cutting Boards– Cleaning a wood cutting board is not a good use of energy. Bending over to scrub with lemon juice and salt can lead to spasms and back pain. Plastic ones can go directly into the dishwasher after use.
2. Garlic Roller – This little tool changed my view of using fresh garlic forever. With some pressure (that I already have because of spasticity,) the peel releases like magic.
3. Garlic Slicer – Like the garlic roller, this slicer makes cutting fresh garlic a joy. So much safer than using a knife.
4. Padded Kitchen Mats – Standing up to chop or stir can take a toll on joints and cause muscle pain. We want to enjoy the meal not have to recover from cooking it.
5. Mini Prep Food Processor– When chopping small amounts of herbs, this mini processor is nice to have especially if you want it to be uniform for a party. The full sized one tends to be heavy to move around. For everyday use, the mini is wonderful.
6. Immersion Blender – Did you ever try to transfer hot soup into a blender? Yeah, it's not happening without a huge mess and potential burns. For those who have trouble swallowing, thick creamy soups or smoothies are a good way to get some tougher foods like kale into their diets. This blender is ideal for single serving smoothies. I used this to make an ultra-smooth mashed potato dish. So so good.

The following list of books live on my current bookshelf. They are the first thing I engage with after I shower in the morning and the last before bedtime. These non-fiction books opened my eyes and saved my sanity.

It is my prayer that one of these books opens your eyes so that you can experience full and abundant life.

Joy:

[Be Kind to Yourself: Releasing Frustrations and Embracing Joy by Cindy Bunch](#)

Decision Making:

[The Next Right Thing: A Simple, Soulful Practice for Making Life Decisions by Emily P. Freeman](#)

[The Next Right Thing Guided Journal: A Decision-Making Companion by Emily P. Freeman](#)

[Don't Overthink It by Anne Bogel](#)

Trauma, Shame and Anger:

[The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk](#)

[I Thought It Was Just Me \(but it isn't\): Making the Journey from "What Will People Think?" to "I Am Enough" by Brené Brown](#)

[Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships by Harriet Lerner](#)

On Highly Sensitive People and Introverts:

[The Highly Sensitive Person: How to Thrive When the World Overwhelms You by Elaine N. Aron](#)

[The Secret Lives of Introverts: Inside Our Hidden World by Jenn Granneman](#)

[The Powerful Purpose of Introverts: Why the World Needs You to Be You by Holley Gerth](#)

Longing and Suffering:

[In Want + Plenty: Waking Up to God's Provision in a Land of Longing by Meredith McDaniel](#)

[This Too Shall Last: Finding Grace When Suffering Lingers by K.J. Ramsey](#)

Enneagram:
[The Road Back to You: An Enneagram Journey to Self-Discovery by Ian Morgan Cron and Suzanne Stabile](#)

Modern Liturgy:

[Every Moment Holy by Douglas Kaine McKelvey](#)

Cookbooks:

[Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking by Samin Nosrat](#)
[Modern Comfort Food: A Barefoot Contessa Cookbook by Ina Garten](#)

Home and Routines:

[Cozy Minimalist Home: More Style, Less Stuff by Myquillyn Smith](#)
[Welcome Home: A Cozy Minimalist Guide to Decorating and Hosting All Year Round by Myquillyn Smith](#)
[The Lazy Genius Way: Embrace What Matters, Ditch What Doesn't, and Get Stuff Done by Kendra Adachi](#)

(These are affiliate links so I will get a small portion of the sale if you choose to buy them. I will only recommend books that have helped me in my own life.)