



Books to encourage, inspire, and guide us in love and life

Parenting

How to Talk so Kids will Listen, and Listen so Kids will Talk by Adele Faber, Elaine Mazlish, Kimberley Ann Coe, Elaine Mazlish

This is a classic, and written with illustrated conversations. It's easy to implement any of the suggestions, and encourage independence, problem solving and show faith in your child, respectfully.

The Whole Brain Child by Daniel J. Siegel, Tina Payne Bryson

Ways to help your child thrive emotionally and wholly, by understanding how kids brains work and develop. Written for parents, teachers, people who love children.

Loving Partnership

LoveSense by Dr. Sue Johnson

Enter the worlds of many couples, whose stories may parallel your own, and find prompts for deeper understanding and connection.

Wait for Me by Judith Viorst

In her witty way, Viorst honors the struggles and joys of long marriages.

Self-Care

Radical Acceptance by Tara Brach

For spiritual seekers and people interested in self-compassion, meditation, and wisdom.

Nothing is Worth More than This Day: Finding Joy in Every Moment by Kathryn and Ross Petras.

For those who love inspiring quotes!

Today I will Nourish My Inner Martyr: Affirmations for Cynics by Sarah Wells

Only give this to people who have a great sense of humor and some humility, because many of the quotes are alarmingly close to the bone. But in the right mood, it is achingly funny!

For Children

Moonbeam: A Book of Meditations for Children by Garth Maureen

Meant to be read aloud, these meditations will guide your children is using their imaginations for curiosity and joy, and are especially effective at bed time.

