

# Mental & Spiritual Health

## Recommended Book List

### Emotional Wellness

- Scazzero, Peter. **Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature.** Zondervan, Updated edition. 2017.
- Collins, Tristen K., Collins, Jonathan D., & Binder, Melissa. **Why Emotions Matter: Recognize Your Body Signals. Grow in Emotional Intelligence. Discover an Embodied.** Independently published. 2019.
- Comer, John Mark., & Ortberg, John. **The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World.** Waterbrook. 2019.
- Keller, Timothy. **Forgive: Why Should I and How Can I?** Viking. 2022.

### Grief & Loss

- Stoecklein, Kayla. **Fear Gone Wild: A Story of Mental Illness, Suicide, and Hope Through Loss.** Thomas Nelson. 2020.
- Wright, Norman H. **Recovering from Losses in Life.** Revell. 2006.
- Keller, Timothy. **Walking with God through Pain and Suffering.** Penguin. 2015.

### Relationships

- Parrott, Les., & Parrott, Leslie. **Real Relationships: From Bad to Better and Good to Great.** Zondervan. 2011.

### Stress, Anxiety & Depression

- Nieuwhof, Carey. **At Your Best: How to Get Time, Energy, and Priorities Working in Your Favor.** Waterbrook. 2021.
- Groeschel, Craig. **Winning the War in Your Mind Workbook.** Harper Christian Resources; Workbook edition. 2021.
- Lloyd-Jones, David Martyn. **Spiritual Depression: Its Causes and Its Cure.** Eerdmans. 1965.

### Trauma

- Allender, Dr. Dan B., & Loerzel, Cathy. **Redeeming Heartache: How Past Suffering Reveals Our True Calling.** Zondervan. 2021.
- Van der Kolk, Bessel M.D. **The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma.** Penguin Books. 2015.

### Youth

- Murray, David. **Why Am I Feeling Like This?: A Teen's Guide to Freedom from Anxiety and Depression.** Crossway. 2020.
- Groeschel, Craig, & Mosey, Josh. **Winning the War in Your Mind for Teens.** Zonderkidz. 2023.
- Smith, Laura L. **5-Minute Devotions for Teens: A Guide to God and Mental Health.** Zonderkidz. 2022.