
Personal Growth web catalog

Title 1	Title 2	Author	Publisher	Media	Summary
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BELIEVE IN THE GOD WHO BELIEVES IN YOU

THE TEN COMMANDMENTS: DIVINE DESIGN FOR DIGNITY

Schuller, Robert

Thomas Nelson Publishers

BOOK

The author considers the Ten Commandments as timeless, positive prescriptions for a renewed sense of self-worth that will help you live life to the fullest. He discusses each commandment with examples and stories to illustrate its meaning to help create a positive mental image and a healthy, humble pride.

BUT I DON'T KNOW WHAT TO SAY!

A SPIRITUAL HANDBOOK OF ENCOURAGING WORDS

Wells, Rebecca

Rutledge Books, Inc.

BOOK

An inspirational book that centers on encouragement and offers, in lay person's terms, a series of specific opportunities for offering encouragement--marital difficulties, financial concerns, low self-worth, guilt, fear of death, and being falsely accused. Each situation is followed by specific Scripture, words to say, and words to pray.

FUN IS GOOD

HOW TO CREATE JOY & PASSION IN YOUR WORKPLACE & CAREER

Veeck, Mike & Williams, Pete

Rodale

BOOK

In this book Veeck, son of legendary baseball owner Bill Veeck, shows why an injection of fun, creativity, and passion is so essential to business success. We hear firsthand from people who have benefited professionally and personally from the fun-is-good philosophy and how they have applied it specifically to their own industries and careers.

GIFT OF ANGER: A CALL TO FAITHFUL ACTION

Saussy, Carroll

Westminster/John Knox Press

BOOK

In this resource, the author assists people in learning how to evaluate, understand, and effectively express anger. A helpful three-step technique for evaluating and expressing anger is presented and illustrated.

GOD KNOWS YOU'RE STRESSED

SIMPLE WAYS TO RESTORE YOUR BALANCE

Smollin, Anne

Sorin Books

BOOK

In God Knows You're Stressed, Anne Bryan Smollin explains that the inevitabilities of life do not have to cause stress if we treat ourselves with more kindness, laugh more, play more, breathe more deeply, rest more soundly. Each of the 12 chapters offers proven ways to help maintain a feeling of control over potentially stressful situations. She shows how to relax in mind and body and feel healthier and more peaceful in the process.

GOD MUST HAVE A SENSE OF HUMOR: HE MADE AARDVARKS

& ORANGUTANS & ME!

Steele, David

Illuminations Press

BOOK

What if we learned to read the Bible with a sense of humor? Do we dare approach THE WORD in a lighthearted way? It may be that God's gift of humor could be the key that will help us relax with The Book. We might discover all sorts of things we have missed in our "serious" study. The meditations are the author's response to Biblical passages.

GOD'S BEST FOR YOU: DISCOVERING GOD'S IDEAL PURPOSE

FOR YOUR LIFE

Helleberg, Marilyn Morgan

Macmillan Publishing Company, 1987

BOOK

Learn how to get more control over your life, for being truly open to God's guidance will enable you to take charge of your emotions at last. A purpose-filled life is one of change, open expectation, and movement, not a static, stitched-up existence! Thinking of this helps you let go of things that do not work, and to know that nothing is every wasted in the eyes of God.

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GOOD INTENTIONS: THE NINE UNCONSCIOUS MISTAKES OF NICE PEOPLE

Robinson, Duke

Bridge Resources

BOOK

A discussion guide for small groups, this resource addresses issues critical for the integrity, health, and survival of local churches. We feel compelled to be nice all the time, but how do we deal effectively--and openly--with others and ourselves when we are confronted by strong, negative feelings?

HEALING OUR GRIEF: BIG MEN DO CRY!

EcuFilm

VIDEO

Part of the Healing our Grief with Laughter and Tears series. Annette Goodheart, a psychotherapist, works with a man whose wife of many years died after a long illness. He has been unable to cry. He learns why people should cry when they grieve and how to release anger safely to complete the grieving process.

HEALING OUR GRIEF: IT'S NOT MY FAULT

EcuFilm

VIDEO

Part of the Healing our Grief with Laughter and Tears series. Annette Goodheart, a psychotherapist, talks with a woman about surviving sexual abuse, which she had experienced as a five-year-old child. The victim, stuck for years with the thought that she might have been to blame, finds that laughter can be liberating and very effective in healing her.

HEALING OUR GRIEF: THE CRYING IS THE HEALING

EcuFilm

VIDEO

Part of the Healing Our Grief with Laughter and Tears series. Annette Goodheart, a psychotherapist, talks with a woman whose husband has Parkinson's disease. She explains that crying is not the hurting but is the healing of the hurt that has already happened.

LAST LECTURE

Pausch, Randy

Hyperion, 2008

BOOK

When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give a "final lecture" he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. His lecture was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment. It was about living.

LONELINESS

Elliot, Elisabeth

Thomas Nelson Publishers

BOOK

As a missionary, Elisabeth Elliot found that loneliness is a component of the universal human "predicament." This book is for the married, not-yet-married, used-to-be-married.

MAN CALLED NORMAN

Focus on the Family Films

VIDEO

A humorous, heartwarming family film about love and acceptance. It is a story of an uncommon friendship that develops between two very different men who triumph over their fears. They find unexpected rewards await those who reach out to others.

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MANAGING YOUR EMOTIONS

INSTEAD OF YOUR EMOTIONS MANAGING YOU!

Meyer, Joyce

Life in the Word, Inc., 1997

BOOK

The author reveals powerful truths from God's Word that will help you learn to manage all of your emotions in the right direction. Discover the keys to keeping your emotions in the proper place while allowing the Spirit of God to lead and direct you.

MOURNING INTO DANCING

Wangerin, Walter, Jr.

Zondervan Publishing House

BOOK

In this resource, the author defines the stages of grief, gives names to the many kinds of loss we suffer, offers practical advice on how to help those who grieve, gives the reader a new vision of Christ's own sacrifice, shows how a loving God shares our grief.

POWER OF RESILIENCE: ACHIEVING BALANCE, CONFIDENCE & PERSONAL STRENGTH IN YOUR LIFE

Brooks, Robert and Goldstein, Sam

McGraw-Hill

BOOK

What is the source of the inner peace and selfconfidence that allows some people to see each new challenge as an exciting opportunity, while others see only defeat and stress? Readers get the answers prfound life questions in The Power of Resilience.

RAGMAN AND OTHER CRIES OF FAITH

Wangerin, Walter, Jr.

Harper & Row

BOOK

Shares experiences of a remarkable inner-city pastor so generously we feel our own lives more deeply. In hilarious, difficult, sad, upbeat encounters he relates, we participate in a very special community whose experiences, struggles, and triumphs of the human spirit become our own. Offers healing, hope, and a heartfelt response to Jesus, who is manifest in myriad ways if only we have eyes to see, ears to hear.

REFLECTIONS ON LIFE'S MOST CRUCIAL QUESTIONS

Tournier, Paul

Harper & Row

BOOK

From birth to death, from doubt to faith, this book digests the essential Tournier on the important questions of life. Gathered from the best of Dr. Tournier's works and arranged by theme, these gentle discussions chart life's many perplexities, contradictions, and fulfillments, and quietly lead to a new understanding of the meaning and purpose of life itself.

SACRED STORIES

Trinity Institute

VIDEO

This four-part program presents the speakers of the 21stTrinity Institute Conference (1990) on the subject "God with Us." Frederick Buechner, Maya Angelou, and James Carroll recreate stories from their own lives. Buechner talks of family suffering (suicide and anorexia nervosa); Angelou of a family "hero;" Carroll of family conflict.

SEASONS OF LIFE

Tournier, Paul

John Knox Press

BOOK

Compares the life of man to the seasons of nature: a man in movement, continually undergoing change. a man living a history, unfolding from his birth until his death. The very movement implies meaning in life.

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STRONG AND THE WEAK

Tournier, Paul

Westminster Press

BOOK

The author, a Swiss physician, demonstrates through clinical case histories that psychological roots of anxiety lie in misunderstanding real strength and weakness.

'TIS A GIFT TO BE SIMPLE

EMBRACING THE FREEDOM OF LIVING WITH LESS

DeGrote-Sorensen, Barbara & Sorensen, David Augsburg

BOOK

Often we find ourselves busier than we want to be and buying more than we really need. We long for a more leisurely pace, a life less occupied with material possessions and with more time for our family, friends, and God. This book offers help for all of us who would like to make our lives less complicated but aren't sure how to begin.

WHAT A WONDER!

A COLLECTION OF POEMS FOR AFRICAN-AMERICAN CHRISTIANS

Moffett, Diane L. Givens

Mondre' Publications

BOOK

A collection of four poems, composed by the author for various sermons dealing with the African-American Christian experience.

The poems provide a glimpse of the historical, biblical, and theological perspective that shapes the reality of many African-Americans today.

WHO CARES? SIMPLE WAYS YOU CAN REACH OUT

Heidish, Marcy

Ave Maria Press

BOOK

Practical, simple, and specific ways to practice the art of caring, especially with family, friends, neighbors, and co-workers. She points out the pitfalls of caring that can lead to burnout and reminds us of the joys we discover along the way.

WHY IS EVERYONE SO CRANKY?

THE TEN TRENDS COMPLICATING OUR LIVES

Charles, C. Leslie

Hyperion Book, 2001

BOOK

Filled with positive suggestions for enhancing attitude, lifestyle, and everyday habits, Why Is Everyone So Cranky? will help you ward off the negative effects of a "hurry/worry culture" and rev up your "emotional immune system."

YOU LEARN BY LIVING

Roosevelt, Eleanor

Westminster Press

BOOK

The author, a First Lady, offers advice on how to create a satisfying life with her eleven keys for a more fulfilling life. She leads readers on a path to confidence, education, maturity, and more.

YOUR SORROW IS MY SORROW

HOPE AND STRENGTH IN TIMES OF SUFFERING

Rupp, Joyce

Crossroad Publishing Co.

BOOK

Relates the seven sorrows of Mary to our own sufferings and opens reservoir of courage, strength, and wisdom.