



Recommended Reading - Resilience & Flourishing

Levy, Sandra M. **Imagination and the Journey of Faith**. Grand Rapids: William B. Eerdmans Publishing Company, 2008.

What makes us open to mystery, to glimpses of the Transcendent in our daily lives? The power of the imagination, according to Sandra Levy - a power that has been seriously depleted in today's postmodern culture. To address and redress this situation, Levy first explores how the imagination expresses itself - through ritual, music, poetry, art, and story - and then focuses on specific practices that can exercise and enrich our spiritual capacity, thus opening us up to divine encounter. *Imagination and the Journey of Faith* will speak to both those outside of a religious tradition and those in faith communities who wish to strengthen and deepen the imaginative power of their spiritual lives.*

Levy-Achtemeier, Sandra M. **Flourishing Life: Now and in the Time to Come**. Eugene: Cascade Books, 2012.

Drawing from the fields of evolutionary neuroscience, psychology, and theology, Sandra Levy-Achtemeier considers what it might mean for humans, as embodied and spiritual selves, to flourish now, and how such flourishing can contribute to our final flourishing in the time to come. She shows how such holistic flourishing and growth-filled transformation can occur even--and perhaps especially--in times of darkness and struggle. In this engaging work, she makes complex ideas accessible to all who hunger for deeper spiritual growth over the course of their lives. This book is not only highly readable, but it is also a practical guide to the flourishing life, providing resources for embodied practices--from prayer to dance to storytelling--which can enhance our human flourishing now. In short, she lays out a complete picture of human flourishing, from our evolutionary roots to kingdom living in the life to come.

Wicks, Robert J. **Bounce: Living the Resilient Life**. Oxford: Oxford University Press, 2010.

In *Bounce: Living the Resilient Life*, Robert Wicks shows you not just how to manage stress, but how to transform stressful situations into opportunities to live a more meaningful, self-aware, and compassionate life. Wicks makes available to everyone techniques he has used for over 30 years in helping physicians, nurses, psychotherapists, educators, social workers, ministers, and relief workers not only survive but flourish in highly stressful occupations. You'll learn a wide range of methods--normally reserved for those in helping and healing professions--to help you bounce back from stress and live life to the fullest.

* This and all book descriptions found at www.amazon.com.