

# Vibrant Living Coaching Resource List

The following is a reading list with books related to topics covered in the VLC seminar or your coaching sessions. There are both Christian and non-Christian books included here. Some of the books have good information but also should be evaluated within a theological framework.

## CHRISTIAN BOOKS

### ***Anatomy of the Soul by Curt Thompson***

Join Curt Thompson, M.D., on an amazing journey to discover the surprising pathways for transformation hidden inside your own mind. Integrating new findings in neuroscience and attachment with Christian spirituality, Dr. Thompson reveals how it is possible to rewire your mind, altering your brain patterns and literally making you more like the person God intended you to be.

### ***Breaking Idols of Your Heart: How to Navigate the Temptations in Your Life by Dan Allender and Tremper Longman III***

We all want to know our lives matter. So did the Teacher in Ecclesiastes. He invested time and energy in every activity he could think of that might bring meaning and purpose to his life but found only disappointment, frustration, hopelessness. In our thirst for significance we, like the Teacher, give our lives--our time, talents, strength, heart--to anything we think will give us worth and purpose: Power. Relationships. Money. Pleasure. Work. But worshiping these idols has a high cost--and still doesn't bring the fulfillment we long for. In *Breaking the Idols of Your Heart* Dan Allender and Tremper Longman illuminate for us the Teacher's warnings and, after all his activities, his final radiant conclusion: Meaning and purpose come only when God is truly the center of our life and the object of our hope. Using a compelling fictional narrative at the start of each chapter to encourage reflection on our own life and the lives of family and friends, the authors lead us through Ecclesiastes to help us recognize and exchange cheap pursuits for the only One worth pursuing

### ***Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation by Dan Allender***

With great compassion Allender offers hope for victims of rape, date rape, incest, molestation, sexting, sexual bullying, unwanted advances, pornography, and more, exposing the raw wounds that are left behind and clearing the path toward wholeness and healing. Never minimizing victims' pain or offering pat spiritual answers that

don't truly address the problem, he instead calls evil "evil" and lights the way to renewed joy.

Counselors, pastors, and friends of those who have suffered sexual harm will find in this book the deep spiritual guidance they need to effectively minister to the sexually broken around them. Victims themselves will find here a sympathetic friend to walk alongside them on the road to healing.

***Created for Connection: The "Hold Me Tight" Guide for Christian Couples by Kenneth Sanderfer and Sue Johnson***

Sue Johnson, developer of Emotionally Focused Therapy (EFT) and Kenneth Sanderfer, a leading EFT practitioner in the Christian community, share Johnson's groundbreaking and remarkably successful program for creating stronger, more secure relationships not only between partners, but between us and God.

***Healing Emotional Wounds by David Benner***

Though emotional pain constitutes an inevitable part of life, not only can it be healed, it can be the soil out of which we grow into greater wholeness and wellbeing. This book arose not simply out of the author's work with others but out of lessons learned as he worked his way to healing and forgiveness associated with his own emotional wounds as well. In helpful, practical language that is filled with real-life examples, *Healing Emotional Wounds* examines the inner course of events that predictably follows experiences of emotional wounding.

***Boundaries for Your Soul by Alison Cook and Kimberly Miller***

Do your emotions control you, or do you control your emotions? Many people let guilt, anger, or self-criticism dominate their lives and negatively affect their relationships. *Boundaries for Your Soul* shows you how to calm the chaos within. In *Boundaries for Your Soul*, Christian counselors Kimberly Miller and Alison Cook describe their unique approach for bringing peace to overwhelming emotions and harmony to your inner world.

***Try Softer by Aundi Kolber***

Aundi Kolber believes that we don't have to white-knuckle our way through life. In her debut book, *Try Softer*, she'll show us how God specifically designed our bodies and minds to work together to process our stories and work through obstacles. Through the latest psychology, practical clinical exercises, and her own personal story, Aundi equips and empowers us to connect us to our truest self and truly live. This is the "try softer" life.

## **NON-CHRISTIAN BOOKS**

### ***Mindsight by Dan Siegel***

From a pioneer in the field of mental health comes a groundbreaking book on the healing power of mindsight, the potent skill that allows you to make positive changes in your brain-and in your life. A Harvard-trained physician, Dr. Siegel is one of the revolutionary global innovators in the integration of brain science into the practice of psychotherapy. Using case histories from his practice, he shows how, by following the proper steps, nearly everyone can learn how to focus their attention on the internal world of the mind in a way that will literally change the wiring and architecture of their brain.

### ***The Developing Brain by Dan Siegel***

This book goes beyond the nature and nurture divisions that traditionally have constrained much of our thinking about development, exploring the role of interpersonal relationships in forging key connections in the brain. Daniel J. Siegel presents a groundbreaking new way of thinking about the emergence of the human mind, and the process by which each of us becomes a feeling, thinking, remembering individual. Illuminating how and why neurobiology matters, this book is essential reading for clinicians, educators, researchers, and students interested in human experience and development across the life span.

### ***The Body Keeps Score by Bessel Van der Kolk*** (very scientific in nature)

In *The Body Keeps the Score*, Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity.

### ***Love Sense by Sue Johnson***

Every day, we hear of relationships failing and questions of whether humans are meant to be monogamous. *Love Sense* presents new scientific evidence that tells us that humans are meant to mate for life. Dr. Johnson explains that romantic love is an attachment bond, just like that between mother and child, and shows us how to develop our "love sense" - our ability to develop long-lasting relationships.