



Reading Suggestions

There are many excellent books to help enrich and support your journey. This is a short list of books that we recommend . . . enjoy!

A Book of Angels by Sophie Burnham
A Room of One's Own by Virginia Woolf
A Weekend to Change Your Life by Joan Anderson
A Year by the Sea: Thoughts of an Unfinished Woman by Joan Anderson
Attitudes of Gratitude by M. J. Ryan
Be Here Now by Ram Dass
Broken Open: How Difficult Times Can Help Us Grow by Elizabeth Lesser
Circle of Stones by Judith Duerk
Crossing to Avalon: A Woman's Midlife Quest for the Sacred Feminine by Jean Shinoda Bolen
Daring to Dream: Reflections on the Year I Found Myself by Karen Ely
Dark Nights of the Soul by Thomas Moore
Deep Water Passage by Ann Linnea
Don't Just Do Something, Sit There by Sylvia Boorstein
Drinking the Rain by Alix Kates Shulman
Eat, Pray, Love by Elizabeth Gilbert
Enduring Grace by Carol Lee Flinders
Everyday Zen by Charlotte Joko Beck
Everyday Sacred by Sue Bender
Faith: Trusting Your Own Deepest Experience by Sharon Salzberg
Gift from the Sea by Anne Morrow Lindbergh
I am a Woman Finding My Voice by Janet Quinn
I Sit Listening to the Wind by Judith Duerk
I Will Not Die an Unlived Life by Dawna Markova
I Know Why the Caged Bird Sings by Maya Angelou
Journal of a Solitude by May Sarton
Jubilee Time by Maria Harris
Kitchen Table Wisdom by Rachel Naomi Remen
Life's Companion by Christina Baldwin
Long, Quiet Highway by Natalie Goldberg

Mountains Beyond Mountains by Tracy Kidder
My Grandfather's Blessings by Rachel Naomi Remen
Out of Africa by Isak Dinesen
Peace is Every Step by Thich Nhat Hanh
Pilgrim at Tinker Creek by Annie Dillard
Plain and Simple by Sue Bender
Reflections on the Art of Living: A Joseph Campbell Companion by Diane Osbon
Refuge by Terry Tempest Williams
Simple Abundance by Sarah Ban Breathnach
The Buddhist Path to Simplicity by Christina Feldman
The Color Purple by Alice Walker
The Dance of the Dissident Daughter by Sue Monk Kidd
The Heroine's Journey by Maureen Murdock
The Invitation by Oriah Mountain Dreamer
The Places that Scare You: A Guide to Fearlessness in Difficult Times by Pema Chodron
The Right to Write by Julia Cameron
The Road from Coorain by Jill Ker Conway
The Road Less Traveled by M Scott Peck
The Second Half of Life by Angeles Arrien
The Tao of Leadership: Lao Tsu's Tao Te Ching Adapted for a New Age by John Heider
The Tibetan Book of Living and Dying by Sogyal Rinpoche
The Woman at Otowi Crossing by Frank Waters
The Woman's Retreat Book by Jennifer Louden
Time Shifting by Stephan Rechtschaffen
Traveling Mercies: Some Thoughts on Faith by Anne Lamott
Trusting Yourself by M.J. Ryan
Walking in this World by Julia Cameron
Way of the Peaceful Warrior by Dan Millman
When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron
Wherever You Go There You Are by Jon Kabat-Zinn
West with the Night by Beryl Markham
Women Who Run with the Wolves by Clarissa Pinkola Estes
Writing for Your Life by Deena Metzger