



personality

Quiet: Discover the power of being introvert

Susan Cain

The Myers-Briggs, Enneagram, and Spirituality

Robert J. Thesing

Type and Finding Your Spiritual Path

C. G. Jung

The Myers Briggs Type Indicator

Mindset: Go from fixed to growth perspective

Carol Dweck

The Road Back to You

Cron and Stabile

relationships

Safe People/ Boundaries

Henry Cloud

How to Avoid Falling in Love with a Jerk

John Van Epp

7 Myths of Singleness

Sam Allberry

couple considerations

The Meaning of Marriage

Tim Keller

Whole Hearted Marriage

Gary Smalley and Shawn Stoeber

Sacred Marriage

Gary Thomas



sex & sexuality

When Two Become One

Christopher and Rachel McCluskey

Sheet Music

Kevin Leman

Is God Anti-Gay

Sam Allberry

Gay Girl, Good God

Jackie Hill Perry

Homosexuality and the Christian

Mark Yarhouse

Sexual Identity

Mark Yarhouse

Understanding Gender Dysphoria

Mark Yarhouse

families

No Drama Discipline/ Brainstorm

Daniel Siegel

Winning at Parenting without Beating Your Kids

Barbara Coloroso

Whole Brain Child

Daniel Siegel

Raising an Emotionally Intelligent Child

John Gottman

Get Outta My Face

Rick Horne

Parent Guide to Helping Teens Cope



trauma



The Body Keeps the Score

Bessel van der Kolk M.D.

My Grandmother's Hands

Resmaa Menakem

Running on Empty

Jonice Webb

local counseling centers

Full Life Christian Counseling

Restoration Counseling

Northshore Family Counseling

Leeke Magee Christian Counseling Center

Celebration Hope Center

Refuge182

The Counseling Center