

## FURTHER READING

**Allender, Dan. 2008.** *Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse.* Colorado Springs: NavPress.

An intensely personal and compassionate look at the effects—and hope of healing—from sexual abuse. This book goes beyond the general issues and solutions suggested in other books.

**Allender, Dan. 2016.** *Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation.* Grand Rapids: Baker Books.

For the millions who have suffered abuse in the forms of rape, incest, molestation, sexting, sexual bullying, pornography, and more, hope doesn't come easily—but Allender helps to light the way to renewed joy, one step at a time.

**Benner, David. 2015.** *The Gift of Being Yourself: The Sacred Call to Self-Discovery.* Downers Grove: IVP Books.

Discerning your true self is inextricably related to discerning God's purposes for you. Paradoxically, the more you become like Christ, the more you become authentically yourself. In this exploration of Christian identity, psychologist and spiritual director David G. Benner illuminates the spirituality of self-discovery.

**Brown, Brené. 2012.** *Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead.* New York: Avery.

Vulnerability is the core of difficult emotions like grief, fear, and disappointment, but also the birthplace of love, belonging, joy, empathy, innovation, and creativity. This book is about courage—the courage to “step into the arena” of relationships and life.

**Brown, Sandi. 2021. *A Little More Peace: 100 Devotions to Help Settle Your Soul*. St. Louis: JoyFM.**

This is Sandi’s most recent devotional, and it is easy to take to heart . . . even an anxious one. A perfect way to start your day, hear from God, and find a little more peace.

**Buechner, Frederick. 1991. *Telling Secrets*. San Francisco: Harper.**

A moving autobiography about the destructive power of a childhood secret and how the telling of that secret has brought the author healing, hope, and a graceful experience of love.

**Cloud, Henry, and John Townsend. 2017. *Boundaries: When to Say Yes, How to Say No to Take Control of Your Life*. Grand Rapids: Zondervan.**

People often focus so much on being loving and giving that they forget their own limits. “No” is probably one of the most difficult words in the English language, and this guide provides biblically based answers to setting healthy boundaries.

**James, John W., and Russell Friedman. 2009. *The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses including Health, Career and Faith*. New York: HarperCollins.**

There are many valid losses in addition to the death of a loved one. When the grief process is incomplete, it can have lifelong negative effects on the capacity for happiness and peace. This book offers grievors specific actions needed to move through loss toward integration.

**Muller, Wayne. 1993. *Legacy of the Heart: The Spiritual Advantages of a Painful Childhood*. New York: Touchstone.**

In this book, Muller gives readers a path to heal from past trauma, which might include physical or sexual abuse, loss, or alcoholism.

**Powlison, David. 2016. *Good and Angry: Redeeming Anger, Irritation, Complaining, and Bitterness*. Greensboro: New Growth Press.**

An exploration of God's anger and ours. This book is chock-full of practical help for all who struggle with how to respond when life sparks anger. It answers the question: how can we express anger in a way that is both faithful and fruitful?

**Stevenson, Angus (ed.). 2010. *Oxford Dictionary of English*. Oxford, UK: Oxford University Press.**

**Thompson, Curt. 2015. *The Soul of Shame: Retelling the Stories We Believe About Ourselves*. Downers Grove: InterVarsity Press.**

Whether we see it or not, shame affects every aspect of our personal and professional lives. It seeks to destroy our identity in Jesus Christ. This book includes theological and practical tools necessary to identify shame and dismantle it.

**Van der Kolk, Bessel. 2014. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. New York: Viking.**

In this book, author and researcher van der Kolk transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust.

**Vroegop, Mark. 2019. *Dark Clouds, Deep Mercy: Discovering the Grace of Lament*. Wheaton: Crossway.**

Lament is how you live between the poles of a hard life and trusting God's goodness. This book invites readers to grieve, struggle, and tap into the rich reservoir of grace and mercy that God offers in the darkest moments of life.

**Young, Sarah. 2004. *Jesus Calling: Enjoying Peace in His Presence*. Nashville: Thomas Nelson.**

Spend time with Jesus through this book, and find reassurance, comfort, and gentle guidance. This book will take you on a yearlong journey of connection with Jesus through reflection and meditation based on God's Word.

# WEB RESOURCES

**GoodTherapy: Find the right therapist**

[www.goodtherapy.org](http://www.goodtherapy.org)

**Faithful Counseling: Professional mental health counseling from a biblical perspective**

[www.faithfulcounseling.com](http://www.faithfulcounseling.com)

**Mental Health America: Advocacy and education**

[www.mhanational.org](http://www.mhanational.org)

**National Alliance on Mental Illness:  
Advocacy, group directory, local resources**

[www.nami.org](http://www.nami.org)

**Psychology Today: Therapist directory**

[www.psychologytoday.com/us/therapists](http://www.psychologytoday.com/us/therapists)