

# RECOMMENDED RESOURCES

## BOOKS BY TOPIC

### Stress Relief, Quieting the chaos, Anxiety

- *Resilient* by John Eldridge
- *Get Out of Your Head* by Jennie Allen
- *Anatomy of the Soul* by Curt Thompson

### Marriage, Love, Sex

- *The Naked Marriage* by Willis and Willis
- *Naked and Healthy* by Willis and Willis
- *Cherish* by Gary Thomas
- *The 4 Laws of Love* by Jimmy Evans
- *God, Marriage, and Family* by Andreas J. Kostenberger

### Relationships, Boundaries, Identifying Toxic People

- *When To Walk Away* by Gary Thomas
- *Boundaries* by Cloud and Townsend
- *Safe People* by Cloud and Townsend
- *When Narcissism Comes to Church* by Chuck Degroat
- *Try Softer* by Aundi Kobler
- *Gentle and Lowly: The Heart of Christ for Sinners and Sufferers* by Dane C. Ortlund

### Affairs/Sex Addiction (primarily written to Men)

- *Pure Desire* by Ted Roberts
- *Worthy of Her Trust* by Arterburn and Martin's

### Affairs/Sex Addiction (primarily written to Women)

- *Forgiving What You Can't Forget* by Lisa TerKeurst
- *After Shock* by Joann Condle
- *Hope After Betrayal* by Meg Wilson

## APPS

### *The One Minute Pause*

A simple way to connect with God in the middle of your busy day. From John Eldredge, the New York Times Best Selling Author of *Wild at Heart* and *Captivating*. Based on the One Minute Pause chapter of his new books “*Get Your Life Back*” and “*Resilient*”, this app invites you into the simple practice of releasing everything to God, restoring your union with God and inviting him to fill you.



### *Pray First*

It's simply talking with God. While there is no art to prayer, there are some ways that can help us better connect. Pray First walks you through guided prayer plans and allows you to create personalized prayer lists.



### *Verses*

Verses is an app that helps you memorize and meditate on Scripture. Find the right passages to memorize. Discover is a library of carefully crafted collections of passages curated by great thinkers, pastors, theologians, and leaders throughout the Church.



### *NeuroCycle*

Manage stress, anxiety, depression and toxic thinking with the first ever brain detox app. NeuroCycle uses Dr. Caroline Leaf's scientifically researched and revolutionary 5 Step to help you take back control over your thoughts and life.



### *Faith and Mental Wellness*

Stay up to date with faith and mental health related articles, receive daily inspirational notifications and automatically get printable resources like Bible Study Guides, Anxiety worksheets, and monthly journal prompts.



### *Smiling Mind*

A daily mindfulness and meditation guide at your fingertips. Start practicing mindfulness today to support good mental health, reduce worries, anxiety and distress.



## PODCASTS

### *Being Known - Curt Thompson*

*Conversations on the mind and how we interact with our faith, communities, and ourselves.*

### *Therapy & Theology - Lysa Terkerst*

*Life is not about just getting over hard circumstances but learning how to work through what we have walked through.*

### ***Restoring the Soul - Michael John Cusick***

*Conversations that cultivate freedom, flourishing, and wholeness of heart through Jesus-shaped spirituality.*

### ***Neurofaith - Curt Thompson***

*Have you wondered how the intersection of mental health, science and faith converge? How we can strengthen our relationship with God, ourselves and others?*

### ***Wild at Heart Podcast - John Eldredge***

*The Wild at Heart Podcast is a free resource offered by John Eldredge and the Wild at Heart team. When you subscribe you'll be notified of new podcasts each week.*

### ***Welcome To The Basement - Tim Ross & Michael Todd***

*This Podcast will stretch you, in a good way. This podcast encourages people to come down from the desired high-rise to The Basement. Listeners are encouraged to get real, vulnerable, & honest.*

## **OMAHA ORGANIZATIONS**

### ***Fresh Start For All Nations***

Fresh Start for All Nations, loves to see men, women, and young people become free from the effects of offense, hurt, or loss through the transforming power of forgiveness and freedom in Jesus Christ.

<https://freshstartforallnations.org>

### ***Grief's Journey***

Since 2001, Grief's Journey has been a welcoming, safe place where grieving children, teens, and adults find hope. Research indicates that unresolved grief correlates to issues such as poor school performance and emotional and behavioral concerns, whereas healthy coping leads to long-term success for the child, the family, and the community. As the region's cornerstone for bereavement support, Grief's Journey provides free peer support programs as well as training, education, and consultation throughout Nebraska and Iowa. Grief's Journey relies on charitable contributions, special event income, and volunteerism to support its free programs.

<https://thecollectiveforhope.org>

