

Worker Wellness Bibliography

Grace Place Wellness Ministries

Suggested Reading List for Baptismal Wellness

M. Robert Mulholland, *Deeper Journey*
Paul David Tripp, *Dangerous Calling*
Eugene Peterson, *The Pastor*
Henri J M Nouwen, *The Wounded Healer*
Peter Scazzero, *Emotionally Healthy Spirituality*
Susan Howatch, *Glittering Images*
Roy Oswald, *Clergy Self-Care*
Gary L. Harbaugh, *Pastor as Person*
Craig Groeschel, *Confessions of a Pastor*
Bruce Epperly, *A Center in the Cyclone*

Suggested Reading List for Spiritual Wellness

Philip Krey, ed., *Luther's Spirituality*
Henri Nouwen, *Making All Things New*
M. Robert Mulholland, *Shaped by the Word*
John Dobberstein, ed., *Minister's Prayer Book*
John Baillie, *A Diary of Private Prayer*
Kenneth Boa, *Face to Face: Praying the Scriptures for Intimate Worship*
Philip Yancey, *What's So Amazing about Grace?*
Max Lucado, *In the Grip of Grace*
Donald S. Whitney, *Spiritual Disciplines for the Christian Life*
William Weedon, *Thank, Praise, Serve, and Obey*
Gene Edward Vieth, *The Spirituality of the Cross*
Francis Schaeffer, *True Spirituality*
Eugene Peterson, *Working the Angles*
Eugene Peterson, *A Long Obedience in the Same Direction*
M. Robert Mulholland, *Invitation to a Journey*
Richard J. Foster, *Celebration of Discipline*
Bruce Epperly, *Tending to the Holy*

Suggested Reading List for Relational Wellness

Bruce Hartung, *Building Up the Body of Christ*
Gary Harbaugh, *Pastor as Person*
Gary Harbaugh, *Covenants and Care*
Barna Group, *Restoring Relationships*
Gary Smalley, *If Only He Knew*
Gary Chapman, *The Five Love Languages*

Barnabas Piper, *The Pastor's Kid*
Ben Freudenburg, *The Family Friendly Church*
John Gottman, *The Seven Principles for Making Marriage Work*
Ronald Richardson, *Couples in Conflict*
Melody Beattie, *Codependent No More*
John Eckrich, *Family Wellness*
Susan Howatch, *Ultimate Prizes*
Susan Howatch, *Scandalous Risks*

Suggested Reading List for Intellectual Wellness

Ruth Koch, *Speaking the Truth in Love*
Marshall Rosenberg, *Nonviolent Communication*
Mary Sellon, *Practicing Right Relationship*
David Keirse, *Please Understand Me II*
Kerry Patterson, *Crucial Conversations*
Douglas Stone, *Difficult Conversations*
Douglas Stone, *Thanks for the Feedback*
Robert Alberti, *Your Perfect Right*
Lynne Babb, *The Power of Listening*
John Gottman, *The Seven Principles for Making Marriage Work*
Melody Beattie, *Codependent No More*

Suggested Reading List for Emotional Wellness

Ted Kober, *Built on the Rock*
Ted Kober, *Confession and Forgiveness*
Bruce Hartung, *Building Up the Body of Christ*
John Eckrich, *Fear, Anxiety and Wellness*
Ken Sande, *The Peacemaker*
John Hirsch, *The Process of Reconciliation*
Peter Scazzero, *The Emotionally Healthy Church*
Peter Scazzero, *Emotionally Healthy Spirituality*
Edwin Friedman, *Generation to Generation*
Bob Burns, *Resilient Ministry*
Israel Galindo, *The Hidden Lives of Congregations*
Peter Steinke, *Congregational Leadership in Anxious Times*
G. Lloyd Rediger, *Clergy Killers*
Gary Preston, *Character Forged from Conflict*

Suggested Reading List for Vocational Wellness

C. F. W. Walther "Church and Ministry"
Henri Nouwen, "The Wounded Healer"

David Keck,, “Healthy Churches, Faithful Pastors”
Bob Burns, “Resilient Ministry: What Pastors Told Us about Surviving and Thriving”
Rae Jean Proeschold-Bell, “Faithful and Fractured: Responding to the Clergy Health Crisis”
Clay Werner, “On the Brink: Grace for the Burned-Out Pastor”
Matt Bloom, “Flourishing in Ministry”
Roy M. Oswald, “Clergy Self-Care: Finding a Balance for Effective Ministry”
Jackson W. Carroll, “God’s Potters: Pastoral Leadership and the Shaping of Congregations”
Gary Harbaugh, “Pastor as Person”
Paul David Tripp “Dangerous Calling”
Bob Burns, “Resilient Ministry”
Eugene Peterson, “The Pastor”
Eugene Peterson, “Five Smooth Stones for Pastoral Work”
Eugene Peterson and Marva Dawn, “The Unnecessary Pastor”

Suggested Reading List for Physical Wellness

Garth Ludwig, “Creation Restored”
Rick Warren, “The Daniel Plan”
Dan Buettner, “The Blue Zones”
Dan Buettner, “The Blue Zones Solution”
John Eckrich, “Vocation and Wellness”
Albert Wingfield, “Guidebook for a Healthy Lifestyle”
Gwen Wagstrom Halaas, “The Right Road”
Ragan Sutterfield, “This Is My Body”
Kendra Hotz, “Dust and Breath”
John Eckrich, “Fear, Anxiety and Wellness”
John Eckrich, “Resilient Aging and Wellness”
James Anderson, “For God’s Sake, Rest”
Chris Crowley, “Younger Next Year”

Suggested Reading List for Financial Wellness

Randy Alcorn, “Money, Possessions and Eternity”
Dave Ramsey, “Financial Peace”
Dave Ramsey, “The Total Money Makeover”
Brad Hewitt, “Your Money Mindset”
Kirk Nowery, “Revolutionary Generosity”
Ron Blue, “Raising Money Smart Kids”