

# Book List on Spiritual Health

**The Rest of God**

by Mark Buchanan

**Soul Care: 7 Transformational Principles for a Healthy Soul**

by Dr. Rob Reimer

**Emotional Healthy Spirituality**

by Peter Scazzero

**Emotionally Healthy Leadership**

by Peter Scazzero

**Sacred Pathways: Nine Ways to Connect with God**

by Gary Thomas

**Renovation of the Heart**

by Dallas Willard

**The Spirit of the Disciplines: Understanding How God Changes Lives**

by Dallas Willard

**Celebration of Discipline**

by Richard Foster

**Streams of Living Water**

by Richard Foster

**The Sacred Way**

by Tony Jones, Zondervan

**Sacred Rhythms**

by Ruth Haley Barton

**The Way of the Heart**

by Henri Nouwen Harper Collins

*A very short book looking at the disciplines of silence, solitude and prayer.*

**Can you Drink this Cup?**

by Henri Nouwen

*Reflections on Jesus' question to John and James. We are called to drink the cup God gives us to drink, and drink it to the full.*

**The Only Necessary Thing**

By Henri Nouwen Crossroad 1999

*A collection of Nouwen's thoughts on the topic of prayer*

