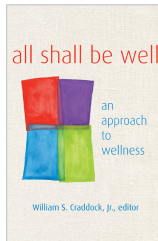


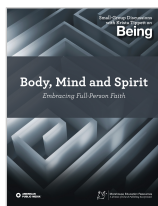
General Resources



All Shall Be Well: An Approach to Wellness

edited by William Craddock

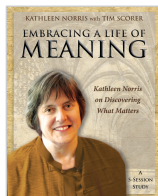
Insight into the theology of wellness and identity, core values, creativity and passion, renewal, emotional health, spiritual practices, balance, transformation, and fitness from CREDO faculty and participants. www.churchpublishing.org/allshallbewell



Body, Mind, and Spirit: Embracing Full-Person Faith

Small Group Discussions with Krista Tippett “On Being”

Explore the connections between our physical, spiritual, mental and social selves in these forays into modern science, faith and healing practice. Topics include yoga, stress and finding balance. www.churchpublishing.org/onbeing



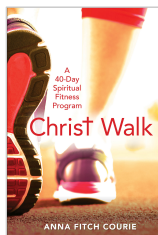
Embracing a Life of Meaning: Kathleen Norris and Discovering What Matters

A Five-Session Study with DVD and participant's book

1. Belief Matters
2. The Bible Matters
3. Community Matters
4. Place Matters
5. We Matter

www.churchpublishing.org/embracing

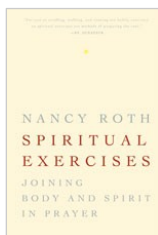
Physical Wellness



Christ Walk: A 40-Day Spiritual Fitness Program

by Anna Fitch Courie

A 40-day program for individuals and groups to focus on improving physical health while engaging in spiritual and mental reflection and growth, with options to select a biblical route completed through walking, running, biking, etc. www.churchpublishing.org/christwalk

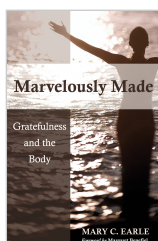


Spiritual Exercises: Joining Body and Spirit in Prayer

by Nancy Roth

To help us in our quest to integrate physical well-being with spiritual practice, Roth introduces and leads us through many different disciplines, including Pilates, Tai Chi, yoga, dance, strength training, and aerobic exercise.

www.churchpublishing.org/products/index.cfm?fuseaction=productDetail&productID=361

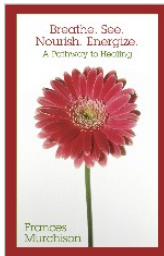


Marvelously Made: Gratefulness and the Body

by Mary C. Earle

Each chapter focuses on a vital part of the body (the heart, the lungs, the brain, the joints) and relates an anecdote from the author's experience—providing reader-friendly information about the wonders of the organ or body part—and offers a prayer and a set of “gratitude practices” as physical and spiritual meditation exercises to deepen the reader's appreciation of the body. www.churchpublishing.org/marvelouslymade

Spiritual Wellness



Breathe. See. Nourish. Energize. A Pathway to Healing

by Frances Murchison

Four key principles—breathe, see, nourish and energize—serve as a daily living practice for readers to begin nurturing themselves both from the outside in, and the inside out, offering techniques to apply these principles that can lead to physical, mental, and spiritual transformation.

www.churchpublishing.org/products/index.cfm?fuseaction=productDetail&productID=3326



Strength for the Journey: A Guide to Spiritual Practice

by Renée Miller

Stretching the boundaries of traditional practice, this collection of thoughtful reflections accented with stirring color photographs, is aimed at evoking mindful attention to the spiritual dimension of life's common activities – from music and moviegoing to reading, writing, and walking. www.churchpublishing.org/strengthforthejourney



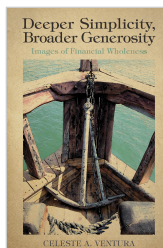
Embracing Forgiveness: Barbara Crafton on "What It Is and What It Isn't"

A 5-Session Study with DVD

1. Seventy Times Seven? Really?
2. You Have Heard It Said
3. Chipping Away
4. More Chipping Away (Sheesh)
5. Why Forgive?

www.churchpublishing.org/embracing

Financial Wellness

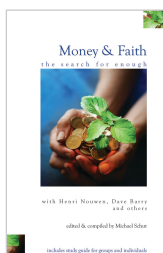


Deeper Simplicity, Broader Generosity: Images of Financial Wholeness

by Celeste A. Ventura

Using images found in agriculture, architecture, and creation—including a trellis, a jackpine, an artichoke, a ballet barre, a stork nest—engage and explore how and why we earn, spend, invest, and share our money. Reflections on these images help to build financial knowledge and engagement that can be transformational for ourselves, our communities, and the world.

www.churchpublishing.org/deepersimplicitybroadergenerosity

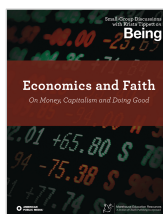


Money & Faith: The Search for Enough

compiled by Michael Schut

For those who wish to connect their values with everyday concerns and discover ways to make a positive difference, this book opens up issues of scarcity and abundance, idolatry and freedom, while inviting exploration of greater equity and sustainability. It empowers individuals to apply their faith's values in practical ways while taking pastoral and prophetic stances.

www.churchpublishing.org/products/index.cfm?fuseaction=productDetail&productID=3615



Economics and Faith: On Money, Capitalism, and Doing Good

Small Group Discussions with Krista Tippett "On Being"

What role does economics play in the life of people of faith? The moral life of a nation? The interaction of a nation like the U.S. on the world stage? Examine these challenging key issues with thinkers like Parker Palmer, Nathan Dungan, Rachael Naomi Remen, Sharon Salzberg, Martin Marty, Paul Zak and Jonathan Greenblatt. www.churchpublishing.org/onbeing