



Suggested Readings

Meditation, Prayer and Spirituality

158 LES – *How to Meditate: A Guide to Self-discovery* by Lawrence LeShan

230 SCH - *Albert Schweitzer: Essential Writings*

230.03 – *Amazing Grace: A Vocabulary of Faith* by Kathleen Norris

242 YAM – *Sacred Pauses: Spiritual Practices for Personal Renewal* by April Yamasaki

248.22 JOH – *Dark Night of the Soul* by Saint John of the Cross

248.4 FREEMAN – *A Million Little Ways* by Emily P. Freeman

248.4 GOFF – *Love Does* by Bob Goff

248.4 LEWIS – *The Screwtape Letters* by C. S. Lewis

255 NOR – *The Cloister Walk* by Kathleen Norris

264.92 D'AM – *40 Days, 40 Ways: A New Look at Lent* by Marcellino D'Ambrosio

289.35 KIM – *The Miracle of Forgiveness* by Spencer W. Kimball

289.351 HAF – *The Broken Heart* by Bruce C. Hafen

289.362 FER – *The Peace Giver: How Christ Offers to Heal Our Hearts and Homes* by James L. Ferrell

291.4 WIL – *Illuminata: A Return to Prayer* by Marianne Williamson

294.3 CHO – *Start Where You Are* by Pema Chodron

294.3 DAL – *The Art of Happiness: A Handbook for Living* by the Dalai Lama

294.3 NHAT – *The Heart of the Buddha's Teaching*

295.82 HYM – *Hymns of Zoroaster: A New Translation of the Most Ancient Sacred Texts of Iran*

297 KOR – *The Koran*

299.51 LAO – *The Tao Te Ching* by Laozi

NEW 264.15 STE – *The Music of Silence: A Sacred Journey Through the Hours of the Day* by David Steindl-Rast

NEW 294.3 BRA – *Kindfulness* by Ajahn Brahm

NEW 294.34 PAR – *Meditation: A Beginner's Guide* by Charlotte Parnell