



BOOK RECOMMENDATIONS BY DR. CARMEN MOHAN

Spiritual

BOOK TITLE: *Life of the Beloved: Spiritual Living in a Secular World*

AUTHOR: Henri J.M. Nouwen

BOOK DESCRIPTION: Initially written for a Jewish friend, *Life of the Beloved* has become Henri Nouwen's greatest legacy to Christians around the world. This sincere testimony of the power and invitation of Christ is indeed a great guide to a truly uplifting spiritual life in today's world.

BOOK TITLE: *Reclaiming Family Time: A Guide to Slowing Down and Savoring the Gift of One Another*

AUTHOR: Tim and Sue Muldoon

BOOK DESCRIPTION: What happens when our lives spin out of control because we are so busy and over-committed? The negative consequences of such a lifestyle are well known, but few of us are able to put on the brakes so that we can truly enjoy the gift of one another.

Tim and Sue Muldoon take both a meditative and practical approach to this issue. They help us experience the peace that only God can give, and they also share what has and hasn't worked in their own family. While there is no magic bullet, the Muldoons show us that when we put God first in our lives, our other priorities fall into line as well. That makes it possible to discern the best ways to spend our time, both individually and collectively, to build a strong foundation of lasting family relationships.



BOOK TITLE: *Breathing Under Water: Spirituality and the Twelve Steps*

AUTHOR: Father Richard Rohr

BOOK DESCRIPTION: We are all addicted in some way. When we learn to identify our addiction, embrace our brokenness, and surrender to God, we begin to bring healing to ourselves and our world. In *Breathing Under Water*, Richard Rohr shows how the gospel principles in the Twelve Steps can free anyone from any addiction—from an obvious dependence on alcohol or drugs to the more common but less visible addiction that we all have to sin.

BOOK TITLE: *Becoming Who You Are: Insights on the True Self from Thomas Merton and Other Saints*

AUTHOR: James Martin, SJ

BOOK DESCRIPTION: By meditating on personal examples from the author's life, as well as reflecting on the inspirational life and writings of Thomas Merton, stories from the Gospels, as well as the lives of other holy men and women (among them, Henri Nouwen, Therese of Lisieux, and Pope John XXIII) the reader will see how becoming who you are, becoming the person God created, is a simple path to happiness, peace of mind, and even sanctity.

BOOK TITLE: *The Sacred Enneagram: Finding Your Unique Path to Spiritual Growth*

AUTHOR: Christopher L. Heuertz

BOOK DESCRIPTION: For all the ways we live unawakened lives, the Enneagram is here to help.

The Sacred Enneagram is a trustworthy, richly insightful guide to finding yourself in the Ennea-

gram's nine type profiles and applying this practical wisdom for a life transformed. Far more than a personality test, author Chris Heuertz writes, the Enneagram is a sacred map to the soul. Lies about who we think we are keep us trapped in loops of self-defeat. But the Enneagram offers a bright path to cutting through the internal clutter and finding our way back to God and to our true identity as God created us.

Chris Heuertz's life was forever changed after he learned about the Enneagram 15 years ago. Today, he leads Enneagram workshops all over the world. Join Chris as he shows you how this ancient tool can help you awaken to the gifts God has given you, find freedom from your personal patterns of sin and fear, and grow in acceptance of your identity as you grow with God.

In conversational style with compelling stories, *The Sacred Enneagram* will show you

- How to understand the “why” behind your type, beyond caricatures and stereotypes
- How to align your type with prayer postures
- How to identify and find freedom from self-destructive patterns
- How to grow in spiritual discernment
- How to face your past wounds and step toward healing
- How to awaken your unique gifts to serve today's broken world

Chris's own journey with the Enneagram is an accessible introduction and exploration of how the Enneagram can change your life, because to the extent that we are transformed, the world will be transformed.

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