

# Resources for Emotional Health

*Let me start by saying I am NOT a counselor, but I am a person. Here are books I've read and podcasts I've found helpful as you move toward emotional health.*

## Books

Emotionally Healthy Spirituality by Peter Scazzero

Emotional Agility by Susan David

Self-Compassion by Kristin Neff

You're Loved No Matter What by Holley Gerth

Good News for Weary Women by Elyse Fitzpatrick

Prodigal God by Timothy Keller

The Listening Life by Adam S. McHugh

Grace for the Good Girl by Emily P. Freeman

## Podcasts

Be Human by Kevin A. Thompson

God Centered Mom with Heather McFadyen

Grit 'n' Grace with Cheri Gregory and Amy Carroll