

Purpose & Meaning Resource List:

Gratefulness.org  
Brenebrown.com  
Selfcompassion.org

Healthjourneys.com  
Melindawelsh.com  
Harmonyhill.org

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4861219/>.

Books:

The Journey Through Cancer: Healing & Transforming the Whole Person  
~ Jeremy Geffen, MD.

Becoming Wise: An Inquiry into the Mystery & Art of Living ~ Krista Tippett  
Why Love Heals ~ Dean Shrock, Ph.D.

My Stroke of Insight: A Brain Scientist's Personal Journey ~ Jill Bolte Taylor  
Storycatcher: Making Sense of Our Lives through the Power & Practice of Story ~  
Christina Baldwin

The Hour of the Tiger: Facing our Fears ~ Megan McKenna

The Art of Living and Dying ~ Osho

Etty Hillesum: An Interrupted Life the Diaries 1941-1943 ~ Etty Hillesum

Getting Well Again ~ O. Carl Simonton & Stephanie Matthews-Simonton

The Anatomy of Hope: How People Prevail in the Face of Illness ~  
Jerome Groopman, MD.

Kitchen Table Wisdom: Stories that Heal ~ Rachel Naomi Remen

Immunity to Change ~ Robert Kegan & Lisa Laskow Lahey

When Breath Becomes Air ~ Paul Kalanithi

The Purpose Driven Life ~ Rick Warren

CD's:

"Beauty: The Invisible Embrace" ~ John O'Donohue

"Your Body is Your Subconscious Mind" ~ Candace Pert

TED Talk

"What Makes Life Worth Living in the Face of Death" ~ Lucy Kalanithi

"My Stroke of Insight: A Brain Scientist's Personal Journey" ~ Jill Bolte Taylor