

# Recommended Reading for Individuals

## PERSONAL WELLNESS

***Love the Life You Live*** by Les Parrott and Neil Clark Warren. This book reveals three time-tested secrets, Parrott and Warren provide you with expert help as you move toward individual wholeness and become a healthier, more complete person in Christ.

***The Purpose Driven Life*** by Rick Warren. This book will help you understand God's purpose and plan for your life so that you can learn to live the life for which you were created.

## FINDING LOVE

***Finding the Love of your Life*** by Neil Clark Warren. This book describes 10 principles for choosing the right marriage partner. The author discusses critical differences that will make or break a relationship, the most important quality to look for, how to form a clear mental image of your "perfect person," and much more.

***Date...or Soul Mate? How to Know if Someone is Worth Pursuing in Two Dates or Less*** by Neil Clark Warren. Clinical psychologist Warren offers principles and guidelines to eliminate the uncertainty and pain of "dead-end dating."

## OVERCOMING PERSONAL STRUGGLES

***Overcoming Depression*** by Neil T. Anderson & Joanne Anderson. This book offers Christ-centered road map to recovery and balances spiritual and physical symptoms, leading those with depression and those in the Church who must help them to both a thorough understanding and a comprehensive treatment.

***The Bible Cure for Depression and Anxiety*** by Dr. Don Colbert. Learn biblical secrets on health and the latest medical research on how to win the war against depression and anxiety.

***Make Anger Your Ally*** by Neil Clark Warren. This book shows how you can harness its energy to cope with pain and resolve problems. It contains positive and constructive ideas for managing and transforming its energy into a dynamic force.

***Co-Dependant No More: How to Stop Controlling Others and Start Caring for Yourself*** by Melody Beattie.

***Boundaries*** by Dr. Henry Cloud and Dr. John Townsend. Dr. Henry Cloud and Dr. John Townsend ways to set healthy boundaries with our parents, spouses, children, friends, co-workers, and even with ourselves.

***New Hope for People with Bi-Polar Disorder*** by Jan Fawcett, Bernard Golden, Nancy Rosenfeld, Frederick Goodwin.