

Staying in the Fray of Life

Select Resources

Au, Wilkie. *The Enduring Heart*. Spirituality for the Long Haul.

Reflections for continuing and deepening our spirituality as we age.



Kubler-Ross and David Kessler. *Life Lessons*: Two Experts on Death and Dying Teach Us About the Mystery of Life and Living.

Essays on various lessons of life, such as love, anger, surrender, peace.

Rolheiser, Ronald. *Sacred Fire*: A Vision for a Deeper Human and Christian Maturity.

Reflections on living a more mature Christian life.

Whitehead, James D. and Evelyn Eaton Whitehead. *The Virtue of Resilience*.

Explores the role of resilience in ourselves, in our faith and civic communities.

Wicks, Robert J. *Prayerfulness*: Awakening to the Fullness of Life. Offers insights from contemplative practice and psychology to experience God and life.

Numerous websites offer information on the practice of Mindfulness. One site, [www:freemindfulness.org](http://www.freemindfulness.org), provides information on the practice as well as guided or timed meditations