



RESOURCES

Trust in God

- Max Lucado, *Begin Again: Your Hope and Renewal Start Today*, Thomas Nelson, Nashville, Tennessee (2020)
- Larry Crabb, *Shattered Dreams*, Waterbrook Press, Colorado Springs, Colorado (2001)
- Dr. Henry Cloud and Dr. John Townsend, *How People Grow*, Zondervan, Grand Rapids, Michigan (2001)

Children and Divorce

- *Helping Your Kids Cope with Divorce the Sandcastles Way*: [Neuman Method](#)

Mindset

- [The Happiness Project](#)
- [GrowthDay](#)
- Brené Brown, *The Gifts of Imperfection*, Hazelden Publishing, Center City, Minnesota (2020)
- Norman Vincent Peale, *The Power of Positive Thinking*, Prentice Hall, New York, New York (1952)

Gratitude

- Max Lucado, *Trade Your Cares for Calm*, Thomas Nelson, Nashville, Tennessee (2017)
- Max Lucado, *Trade Your Cares for Calm Prayer Cards*

Wellness

- [Mayo Clinic Stress Management](#)

Financial

- [Suze Orman](#)
- [Nerd Wallet Free Resources](#)
- [Dave Ramsey](#)
- [Dave's Free Budgeting Tool](#)
- [David Bach](#)
- [Tony Robbins Financial Advice](#)
- [South Carolina Financial Declaration Form](#)

Time Management and Productivity

- [Brendon Burchard Free 1-Page Productivity Planner](#)
- [Brendon Burchard Free Resources](#)
- [GrowthDay](#)
- S.J. Scott, *Habit Stacking: 127 Changes to Improve Your Health, Wealth, and Happiness*, Oldtown Publishing (2017)



Forgiveness

- Archbishop Desmond Tutu & Reverend Mpho Tutu, *The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World*, Harper Collins, New York City, New York (2014)
- Robert Holden on Forgiveness
- [Mayo Clinic Guide on Forgiveness](#)
- Brené Brown, *Rumbling with Forgiveness*, Rising Strong, Random House, New York (2017)
- Max Lucado, *Busted! How Happiness Happens*, Thomas Nelson, Nashville, Tennessee (2019)
- Hopkins Medicine: Forgiveness and Health

Career and Purpose

- Max Lucado, *Cure for the Common Life: Living in Your Sweet Spot*, Thomas Nelson, Nashville, Tennessee (2005)
 - [Dean Graziosi: The Best Year of Your Life](#)
 - [Barbara Corcoran](#)
 - Kerry & Chris Shook, *One Month to Live: 30 Days to a No-Regrets Life*, WaterBrook Press, Colorado Springs, Colorado (2008)
 - Brené Brown, *Daring Greatly*, Penguin Random House, New York, New York (2012)
 - Max Lucado, *Outlive Your Life*, Thomas Nelson, Nashville, Tennessee (2010)
 - Tony Robbins, *Awaken the Giant Within*, Simon & Schuster, New York, New York (1991)
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