



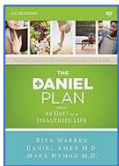
Health and Wholeness resources

available to borrow from the **United Media Resource Center** <http://www.igrc.org/umrc>

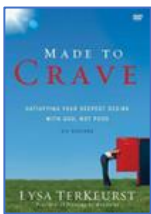
Contact us by e-mail at umrc@igrc.org

or search for and request items using [the online catalog](#)

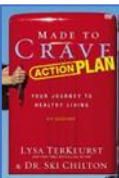
DVDs:



DANIEL PLAN: 40 DAYS TO A HEALTHIER LIFE (104063) Author: Warren, Rick. This six-session DVD study by Rick Warren and The Daniel Plan Team of doctors and fitness experts offers an innovative approach to creating a healthy lifestyle by focusing on five life areas: faith, food, fitness, focus, and friends. Each participant will need a copy of the study guide/workbook. DVD segments are approx. 25 minutes long. Includes sample study guide. 147 Minutes.



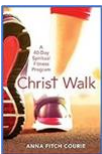
MADE TO CRAVE: SATISFYING YOUR DEEPEST DESIRE WITH GOD, NOT FOOD (113067) Author: Terkeurst, Lysa. This six-session study helps women direct their cravings toward God and live a healthy lifestyle. Sessions: 1) From deprivation to empowerment (20 min.); 2) From desperation to determination (20 min.); 3) From guilt to peace (16 min.); 4) From triggers to truth (23 min.); 5) From permissible to beneficial (26 min.); 6) From consumed to courageous (27 min.); Bonus segment: 12 min. Includes sample participant's guide, paperback book, and devotional book. CLOSED CAPTIONED. 132 Minutes.



MADE TO CRAVE ACTION PLAN: YOUR JOURNEY TO HEALTHY LIVING (113068) Author: Terkeurst, Lysa. Designed as a follow-up to the 'Made to Crave' DVD study (#113067), this six-session DVD study includes practical healthy living tips and personal stories for inspiration. Sessions: 1) Take action (27 min.); 2) Eat smart (26 min.); 3) Embrace the equation (30 min.); 4) Maximize key nutrients (29 min.); 5) Practice the five principles (24 min.); 6) Make a courageous choice (25 min.). Includes sample participant's guide, which has notes for the leader. CLOSED CAPTIONED. 161 Minutes.

SHIBASHI (119048) Author: Kitahata, Stacy. Body-centered prayer with roots in Asian tradition. People of all ages and abilities enjoy and benefit from these 18 simple movements similar to tai-chi. This DVD, and the accompanying guide, provide step-by-step instructions. Appropriate for individual or group use. 20 Minutes.

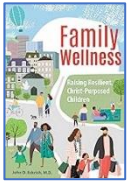
Books:



CHRIST WALK: A 40-DAY SPIRITUAL FITNESS PROGRAM (815004) Author: Courie, Anna Fitch. Designed to help us set mind, body, and spirit goals that help us focus on God, this 40-day journal provides short devotional readings on the topics of creation, sin, judgment, repentance, and redemption which are appropriate for Lent or any time of year. Includes daily reflection questions and the following journal prompts: number of steps taken, miles journeyed, exercise chosen, spiritual thoughts, feelings. 221 Pages.



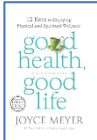
DANGLING: I MAY HAVE CANCER, BUT CANCER DOESN'T HAVE ME! (820146) Author: Carr, Amy. Are you or someone you love facing cancer? Perhaps you are coping with a chronic illness or facing one of the biggest disappointments of your life. Have you ever wondered how such a trial could change your life for the better? This is a personal story about how sometimes God teaches life-changing lessons that we otherwise would not have learned. Includes black and white photos. *2021-2022 UMW Reading Program: Nurturing for Community. 134 Pages.



FAMILY WELLNESS: RAISING RESILIENT, CHRIST-PURPOSED CHILDREN (820086) Author: Eckrich, John. Chapters: Parenting roles and relationships with children; Parenting loving, faith-filled children; Parenting resilient, courageous, less anxious children; Parenting children with integrity; Parenting secure, Christ-purposed children; Parenting compassionate children with servant hearts; Pathways for wellness behavior in both parents and children; Contemporary examples of wellness – the Blue Zones; Parameters of wellness behavior in parents and children; Prenatal wellness; Wellness from birth to 12 months; Early childhood wellness (toddlers and preschoolers); Early elementary wellness (kindergarten–grade 3); Late elementary wellness (grades 4-8); High school wellness; Grandparenting wellness. Includes discussion guides. 241 Pages.



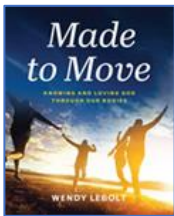
GOD, HEALTH, AND HAPPINESS: DISCOVER WHOLENESS IN BODY AND SPIRIT (814203) Author: Morris, G. Scott. A basic handbook about taking charge of your own physical, emotional, and spiritual wellness. Chapter titles include: Cherish being human; Health care starts with you; Treat yourself the way you want others to treat you; Emotional life -- you're supposed to feel it; Movement -- it's God's design; Faith life -- don't wait for a crisis; and more. 252 Pages.



GOOD HEALTH, GOOD LIFE: 12 KEYS TO ENJOYING PHYSICAL AND SPIRITUAL WELLNESS (817256) Author: Meyer, Joyce. Chapter titles: Get God's help; Learn to love your body; Master your metabolism; Exercise; Eat in balanced ways; Water your life; Be mindful about eating; Curb your spiritual hunger; De-stress; Live with the right vision; Make it easy; Take responsibility. LARGE PRINT. *2018 UMW Reading Program: Nurturing for Community 183 Pages.



HOLY LISTENING WITH BREATH, BODY, AND THE SPIRIT (820026) Author: Simpson, Whitney. A stroke at age 31 forced Whitney Simpson to slow down and listen more deeply to her body. During her journey toward healing and wholeness, she found several ancient practices helpful in listening to God and her body: lectio divina, yoga, breath prayer, essential oils, and reflection. Ultimately she found God's peace. This 40-day prayer book guides us to listen more closely to God with our bodies. Each day includes scripture, yoga postures, breath prayers, essential oils, and reflection questions. 134 Pages.



MADE TO MOVE: KNOWING AND LOVING GOD THROUGH OUR BODIES (819055) Author: LeBolt, Wendy. Made to Move is a six-week study designed to help people of all ages experience God with heart, soul, mind, and strength through activities that engage the body and its senses, as well as the mind and its imagination. Through daily prayer, Scripture reading, reflection, and activities, individuals and groups will discover the masterpiece God created and is continually crafting in their lives. A book will need to be purchased for each adult participant. Includes a leader's guide for use with adults and notes for using the study with children (which could be adapted for use with youth). Weekly topics: 1) Body image; 2) Body of flesh; 3) Body broken; 4) Body bent; 5) Body rebuilt; 6) Body renewed. 128 Pages.



NEW YOU: A GUIDE TO BETTER PHYSICAL, MENTAL, EMOTIONAL, AND SPIRITUAL FITNESS (819028) Author: Searcy, Nelson and Henson, Jennifer Dykes. Chapters: Whose you are - opening up with God about your health; Drop the excuses - shifting focus from difficulties to benefits; Small steps - a simple process for becoming the new you; Your secret sin - the spiritual impact of what you put in your mouth; Eating for life - three small shifts in your diet that will make a big difference; Avoiding common obstacles - how to get ahead of what could hold you back; Drink up - water, weight loss, and how much you need; Made to move - the easy exercise that will change your life; Living the fully engaged life - how to assess your spiritual health; Getting connected - four ways church can help you become your healthiest self; Finding good friends - the health benefits of doing life with others; The power of serving - seven ways to change the world; Managing emotions - what is emotional health and how do you preserve it?; Energy in motion - practices for increasing your productivity, resilience, focus, and endurance; Defeating the deadliest emotion - the necessity of rooting out bitterness; The sleep connection - why sleep is vitally important and how to get more of it; Sidestepping stress - practical steps to lower your anxiety; The voice in your head - how choosing the right thoughts can change your life; Renewing your mind - the powerful effects of prayer and how to do it. 220 Pages.

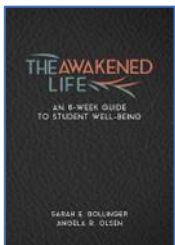


SLEEP, PRAY, HEAL: A PATH TO WHOLENESS AND WELL-BEING (820139) Author: Ivery, Donna Fado. A 200-pound glass partition fell on Donna Fado Ivery's head, resulting in brain injury, disability, and chronic pain. How would she care for her infant, her preschooler, her husband, and herself? How would she continue to serve as pastor? With humor and humility, this inspirational memoir speaks to Donna's struggle and the abiding support of family and the Holy Spirit. Larger than average print. *2021-2022 UMW Reading Program: Spiritual Growth. 335 Pages.

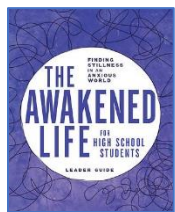


STRETCH OUT YOUR HAND: EXPLORING HEALING PRAYER (852133) Author: Norberg, Tilda & Webber, Robert D. Chapter titles: Stretch out your hand -- stories of healing; Frequently asked questions about healing; Praying for the person God is calling me to be; A simple gift -- praying for another's healing; Social healing -- praying for institutions; The church as a healing community. Includes leader's guide for a six-week study. 141 Pages.

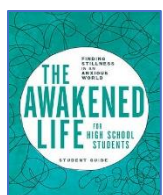
Curriculum samples (two-week preview only):



AWAKENED LIFE: AN 8-WEEK GUIDE TO STUDENT WELL-BEING (919049) Author: Bollinger, Sarah and Olsen, Angelle. This is an eight-week, small group resource designed to teach psychosocial skills and help students build resiliency and foster mental, emotional, and spiritual well-being using mindfulness techniques. Specifically intended to equip chaplains, college ministers, and spiritual leaders, The Awakened Life can help students learn and cultivate spiritual practices that will lead to abundant living despite the anxieties and pressures of college life. Research demonstrates that mindfulness practices contribute to improved mood, concentration, and relationships. The Christian faith tradition has a lot to add to the conversation around mindfulness and draws from a rich contemplative history. With this knowledge in mind, this curriculum teaches students to be more present and navigate emotional disturbance with equanimity by incorporating these mindful practices into their daily lives. The book includes weekly readings, exercises, journal prompts, discussion questions, home practices for the week, and a leader's guide. The study also uses online resources which are available at: www.theawakenedlife.info 151 Pages.



AWAKENED LIFE FOR HIGH SCHOOL STUDENTS: LEADER GUIDE (920035) Authors: Bollinger, Sarah and Olsen, Angelle. This eight-week small-group study empowers teens to awaken to a more abundant life through practices that build resiliency, teach psychosocial skills, and foster emotional and spiritual well-being. It is designed to be led by those who provide spiritual and emotional care to students but who are not professional counselors or therapists. Over the course of this study, students will learn how to connect with their own minds and bodies, expand their understanding of the importance of connection to others, develop connections to nature, and then combine all of these practices to build a resilient, joyful, and awakened life. The curriculum walks participants through eight weeks of practices and reflections. Each weekly session lasts for about an hour and includes a mindfulness or spiritual practice to explore as a group. Many of these practices involve prayer and meditation techniques, coupled with discussion and journaling. Students will be encouraged to do each week's spiritual practice at home, to reflect on the experience in a journal, and to check in with an accountability partner at least once a week. Each week's session follows the same rhythm by revisiting these themes: Awake, Aware, Alive, Abide, and Arise. Through participation in The Awakened Life, high school students can wake up to abundant life; become aware of their worth and belonging; come alive to their senses, thoughts, and emotions; abide in the love and grace of God; and arise to live a life as connected, whole people. Sessions: 1) Introduction to the awakened life; 2) Connecting to self – noticing thoughts; 3) Connecting to self – being present in the body; 4) Connecting to others – working through loneliness; 5) Connecting to others – working through shame; 6) Connecting to creation – experiencing awe of nature; 7) Connecting to creation – sharing a meal of intention; 8) Closing – awakening to joy. Student guide also available (#920036). Supplementary materials are available at <https://upperroombooks.com/theawakenedlife/> 136 Pages.



AWAKENED LIFE FOR HIGH SCHOOL STUDENTS: STUDENT GUIDE (920036) Sessions: 1) Introduction to the awakened life; 2) Connecting to self – noticing thoughts; 3) Connecting to self – being present in the body; 4) Connecting to others – working through loneliness; 5) Connecting to others – working through shame; 6) Connecting to creation – experiencing awe of nature; 7) Connecting to creation – sharing a meal of intention; 8) Closing – awakening to joy. Leader guide also available (#920035). 111 Pages.