

## READING RESOURCES - WOMEN

### **The Woman's Guide to Total Self-Esteem**

By: Stephanie Dillon

This book reveals everything you ever wanted to know about *your* self-esteem. Learn how to uncover and remove the impediments that keep you from the rich and rewarding life you deserve. **20.DILL**

### **The Fascinating Female** **20.DOHE**

By: Dorothy Dohen

### **Elizabeth Ministry - Overview Video**

This video provides an overview of Elizabeth Ministry. **20.ELIZ**

### **Peace Train to Beijing & Beyond**

By: Beth Glick-Rieman

A thrilling adventure story told by a woman who joins a journey she believes in with her heart. She was one of over 200 women from 42 countries who rode the Peace Train from Helsinki, Finland to Beijing, China - through countries where wars rage and people suffer - to find the Hope and Promise of the UN Fourth World Conference on Women. **20.GLICK**

### **The Secret of the Lord**

Dannah Gresh

Thomas Nelson, Inc., 2005

The author reveals the secret of the Lord, gently leading women on a journey from an "I'm so exhausted, depleted, empty" existence to a life that fills you up to the fullest. For women who want to dig deeper and reach higher, who want their souls stirred and their spirits ignited, who want to be called to something greater than the ordinary. **20.GRESH**

### **Dance of the Spirit: The Seven Steps of Women's Spirituality**

Maria Harris

Bantam Books, 1989

Here is a gentle yet provocative book that will help women find - and use - the spiritual steps that can transform their lives. Dr. Harris teaches women how to dance to the music of their own souls - while discovering their unique and authentic female selves. **20.HARR**

### **Women in the Middle**

By: Margot Hover

Facing mid-life challenges with faith. **20.HOVE**

### **MOMStories: Instant Inspiration for Mothers**

By: Vickie Jennett

Mothers everywhere need to share the everyday stresses that leave them feeling frazzled. They need to celebrate the unexpected graces and blessings that fill their lives with delight. **20.JENN**

### **MOMStories: Quiet Contemplations for Mothers**

By: Vickie Jennett

Quiet contemplations soothe the soul and refresh the mind. **20.JENN**

### **MOMStories: Minute Meditations for Mothers**

By: Vickie Jennett

Mom stories combined with Scripture to provide a gentle reminder that your everyday life is holy. **20.JENN**

### **A Prayer Companion for MOMS**

By: Vickie Jennett

This purse size book is for all women who recognize a dimension of their spirituality in the challenges

and joys of motherhood. **20.JENN**

**Pleasers**

Dr. Kevin Leman

Revell Books 2006

A pleaser is someone who tries to keep others happy at her own expense. But what happens when keeping everyone else happy steals your own happiness - or even your health? Dr. Leman can help you break this destructive patten in your life. You can become the person who can assert herself but still keep her pleasing personality. So say good-bye to guilt and say hello to a brand-new you! **20.LEMAN**

**Beloved Daughters**

By: Richard Leonard, SJ

100 Years of Papal teaching on women. This book is essential reading for anyone who wants to understand what the popes have actually said about women and why they say what they do. **20.LEON**

**MOMS**

- What Is It? (Video) 20.MOMS
- Developing A Ministry 20.MOMS
- Facilitator's Guide 20.MOMS
- A Personal Journal 20.MOMS

**Beyond the Image**

National Film Board

A guide to films about Women and Change. **20.NATI**

**The Wisdom of Women: Models for Faith & Action**

NCCB

This publication is designed to motivate diocesan offices, groups, and organizations to deepen their appreciation of the giftedness of women. **20.NCCB**

**A God Who Looks Like Me**

By: Patricia Lynn Reilly

In this book, the personal memories of women of all ages and lifestyles are interwoven with the collective story of women buried in the Hebrew Scriptures and the Christian Bible. Each chapter offers a rich tapestry of poetry, ritual, story and meditation. **20.REILLY**

**Motherhood: A Spiritual Journey**

By: Ellyn Sanna

A wonderful book for mothers with children of any age. The author uses stories and examples from her own life as well as from the saints and spiritual writers, deftly weaving a moving and reflective text about learning the spiritual lessons of motherhood. **20.SANN**

**Life-Cycle Celebrations for Women**

By: Marge Sears

This book weaves a tapestry of female experience using strands of various prayer forms, rich symbols and poetic language that reflect women's emerging and transforming spirituality. **20.SEAR**

**The Woman's Book of Courage**

Sue Patton Thoele

Conari Press, 1996

In this revised collection, loving reflections provide wisdom and encouragement to help overcome anxiety, gain self-esteem, and improve relationships. They may be used over and over for women in transition or recovery and those wishing to enhance personal power. **20.THOE**

**Don't Give It Away!**

Iyanla Vanzant

Simon & Schuster Inc., 1999

The author knows that a young woman's journey can be lonely and hard. She presents a workbook in which one can write her feelings and express her thoughts about the things that matter. Problems at home and at school are a natural part of every young woman's life, but understanding what to do with how you feel about your problems is the key to growing up. She shows you that the love you seek is the love that you are. **20.ZANZ**

**Motherhood in the Balance**

By: Catherine M. Wallace

The author recounts the ordinary, often hilarious struggles of a woman trying to juggle the demands of her career with the needs of her children, and the relationship with her husband. Along the way she encounters a crazy, persistent, witty God, who helps her realize that it is not a matter of career versus kids, but a question of vocation. **20.WALL**

**Go in Peace**

By: Ruthann Williams, OP

The author invites every woman to reflect on her calling as a woman and to understand and accept the gift she is as *woman*. **20.WILL**

## VIDEO RESOURCES

### **SPIRITUALITY FOR TODAY'S WOMAN**

**SPEAKER:** Maria Harris

**PUBLISHED:** Tabor Publishing (1991)

Throughout the church, women are coming together to explore and to integrate the meaning of what it is to be a woman of faith in today's world. New understandings of adulthood are deepening these explorations. Women of faith are often asking themselves this question: "What kind of spirituality is needed today not only for ourselves but for our children, our church, and for the whole world?" This program is one response to this question and to the situations of women today. **GUIDE. LENGTH:** Five 20-min. segments **VID#:** 23.724

### **IN CELEBRATION OF WOMEN'S GIFTS**

**PUBLISHED:** Oblate Media

Women religious and their role in the church as well as the role of lay women.

**Part 1:** Agents of Change

**Part 2:** Mothers and Daughters

**Part 3:** Peacemakers

**Part 4:** Dreamspeakers

**LENGTH:** Four 30-min. parts **VID#:** 24.723 - 24.726

### **THE DEPENDENT WOMAN**

**PRODUCER:** Motivational Media Inc.

**PUBLISHED:** Canadian Learning Company (1989)

Explores the concepts of "supermom", shame, guilt, and women's self hatred as recovery issues, proposing that the recovering woman deserves the same quality of treatment that men receive.

**LENGTH:** 45 min. **VID#:** 24.729