

## A Reading List for the Spirit by Spirituality & Health

When Breath Becomes Air  
by Paul Kalanithi  
Random House

Written with eloquence, insight, and a healthy measure of humor, *When Breath Becomes Air* captures the thoughts and memories of neurosurgeon Kalanithi just before his death from lung cancer in March 2015. Having devoted his previous 10 years to the preservation of life, Kalanithi was in a unique position to reflect on mortality as he faced it himself at age 37. —Damon Orion

Grace without God  
The Search for Meaning, Purpose, and Belonging in a Secular Age  
by Katherine Ozment  
Harper Wave

Ozment went on a quest to find grace without God, and during her exploration, met with everyone from theoretical physicists to grief experts to “agnostic-atheist-humanists,” to see how they and others are creating meaningful rituals and connected lives, sans religion. —Kathryn Drury Wagner

Revelation  
A Search for Faith in a Violent Religious World  
by Dennis Covington  
Little, Brown

Covington interweaves his personal stories into his accounts of travels to violent places, where he searches for signs of faith and hope. What he mostly finds, and describes vividly, is religious strife and brutality, with small moments of grace. —Sam Mowe

The Grace in Living

Recognize It, Trust It, Abide in It  
by Kathleen Dowling Singh  
Wisdom Publications

Singh offers an intriguing how-to on a contemplative exercise: spiritual biography. It has its roots in namtars, a practice used centuries ago in Tibet, and writing one offers us a vantage point from the middle of our life's journey—it's a way to see and acknowledge the times we have already brushed against grace. —KDW

Tears to Triumph  
The Spiritual Journey from Suffering to Enlightenment  
by Marianne Williamson  
HarperOne

When depression is seen as the problem, Williamson believes we are not looking deeply enough at the human condition. She says that depression is, at its heart, a symptom of being disconnected from the divine. —Kalia Kelmenson

Two Dogs and a Parrot  
What Our Animal Friends Can Teach Us About Life  
by Joan Chittister  
BlueBridge

Why do we love pets? Because, through them, we “cling to nature in a world made of glass and steel that has divided us from it,” maintains the author of this deceptively simple set of lessons that our animal companions can teach us about living in this

crowded world. —Anneli Rufus

## In Search of Buddha's Daughters

A Modern Journey Down Ancient Roads

by Christine Toomey

The Experiment

In chapters that trace the author's journey around the world, Toomey tells readers of nuns in Nepal practicing kung fu, a Zen Buddhist nun in Japan who has won literary prizes, and other surprising and inspiring stories that shed light on what is for many the unfamiliar world of Buddhist women. —SM

## Inner Engineering

A Yogi's Guide to Joy

by Sadhguru

Spiegel & Grau

"Fun" isn't usually the first word to spring to mind when it comes to the writings of Indian gurus, but that description applies to the latest in a long list of books by Jaggi Vasudev, better known as Sadhguru. He has honed his ability to communicate mystical concepts in an informal, accessible way, presenting perspectives and practices designed to further the author's stated goal of helping "make joy your constant companion." —DO

## Awake at the Bedside

Contemplative Teachings on Palliative and End-of-Life Care

Edited by Koshin Paley Ellison and Matt Weingast

Wisdom Publications

Through a wide range of voices, *Awake at the Bedside* explores both the personal and social aspects of caregiving at the end of life. Many of the essays, poems, and teachings suggest that, while the process of dying is often difficult and painful, there is something beautiful and true about fully showing up for it. —SM

A Call to Mercy  
Hearts to Love, Hands to Serve  
by Mother Teresa  
Image Books

Blessed Mother Teresa of Kolkata was canonized by Pope Francis on September 4th, coinciding with the conclusion of his Year of Mercy jubilee, honoring those engaged in works of mercy. It's hard to comprehend how she could have such superhuman fortitude; such unbelievable selflessness; such passion for Christ; such an ability to transcend physical disgust. Then you realize, Ah, of course. That's what makes her a saint. —KDW

A Mind of Your Own  
The Truth About Depression and How Women Can Heal Their Bodies to Reclaim their Lives  
by Kelly Brogan, MD  
Harper Collins

Based on extensive research and work with her patients, Dr. Brogan explores the role of inflammation in mental disorders. She emphasizes the importance of healing the body in order to heal the mind. —KK

The Mind-Gut Connection  
How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our

Overall Health  
by Emeran Mayer, MD  
Harper Wave

It's no surprise to the reader that diseases such as irritable bowel syndrome are connected to the delicate balance of flora in the gut. More shocking, though, is the role of microbes in disorders such as anxiety and depression, and our

Cure  
A Journey into the Science of Mind Over Body  
by Jo Marchant  
Crown Publishing Group

New research is revealing the close interaction between our brains and our immune systems, and how this power can be harnessed to heal the body in profound ways.  
—KDW