

## **Mothering Adult Women**

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### **Recommended Resources**

#### Sacred Rhythms: Arranging Our Lives for Spiritual Transformation by Ruth Hayley Barton

*Do you long for a deep, fundamental change in your life with God? Do you desire a greater intimacy with God? Do you wonder how you might truly live your life as God created you to live it? Spiritual disciplines are activities that open us to God's transforming love and the changes that only God can bring about in our lives. Each chapter includes exercises to help you begin the practices--individually and in a group context. The final chapter puts it all together in a way that will help you arrange your life for spiritual transformation. The choice to establish your own sacred rhythm is the most important choice you can make with your life.*

#### Kitchen Table Counseling by Muriel Cook and Shelley Volkhardt

*This lay-ministry counseling guide is a good leader resource for women's ministries or personal use. Learn how to address your own needs so you can effectively help others, take people to Jesus without taking on responsibility for their burdens, and balance a counseling ministry with your other priorities. With Kitchen Table Counseling, you can offer true biblical hope to other women in the face of heartaches.*

*\*\*\*Even though this is written for lay-ministry, it is useful as a tool in pointing yourself and your adult children to becoming independently dependent on Jesus Christ.*

#### Courageous: Being Daughters Rooted in Grace by Terra A Mattson

*The stakes have never been higher as daughters of every age are navigating a world of hyper-sexualization, social media hangover, extreme loneliness, and a flood of confusing messages. Whether readers desire to know more of who they are created to be or are raising daughters who are just beginning their own journeys, Courageous leads women and those they love through transformation as they experience:*

- *confidence in who God made them to be*
- *resiliency regardless of circumstances*
- *faithfulness to God's heartbeat*
- *bold living through faith-filled risk-taking*
- *the joy of finding their voice and then using it for the voiceless*
- *vibrant community with other daughters*

*Crafted with biblical wisdom, professional insights, and personal stories, Courageous explores the core concerns that plague every woman's relationship with God, self, and others. Terra Mattson invites women and girls to join a global movement of Courageous Girls as they discover an empowered sense of purpose and an identity rooted in God's grace so they can love and be loved like never before.*

Parenting with Love & Logic by Foster Kline and Jim Fay

*This parenting book shows you how to raise self-confident, motivated children who are ready for the real world. Learn how to parent effectively while teaching your children responsibility and growing their character. Establish healthy control through easy-to-implement steps without anger, threats, nagging, or power struggles.*

Doing Life with Your Adult Children: Keep Your Mouth Shut and the Welcome Mat Out by Jim Burns

*If you have an adult child, you know that parenting doesn't stop when a child reaches the age of eighteen. In many ways, it gets more complicated. Both your heart and your head are as involved as ever, whether your child lives under your roof or rarely stays in contact. In Doing Life with Your Adult Children, parenting expert Jim Burns helps you navigate the toughest and the most rewarding parts of parenting your grown kids.*

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself by Melody Beattie

*Is someone else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent--and you may find yourself in this book--Codependent No More. With instructive life stories, personal reflections, exercises, and self-tests, Codependent No More is a simple, straightforward, readable map of the perplexing world of codependency--charting the path to freedom and a lifetime of healing, hope, and happiness.*

Boundaries: When to Say Yes, How to Say No to Take Control of Your Life by Henry Cloud and John Townsend

*Does your life feel like it's out of control? Perhaps you feel like you have to say yes to everyone's requests. Maybe you find yourself readily taking responsibility for others' feelings and problems. Or perhaps you focus so much on being loving and unselfish that you've forgotten your own limits and limitations. Or maybe it's all of the above. In the New York Times bestseller, Boundaries, Drs. Henry Cloud and John Townsend help you learn when to say yes and know how to say no in order to take control of your life and set healthy, biblical boundaries with your spouse, children, friends, parents, co-workers, and even yourself.*

Necessary Endings by Henry Cloud

*Henry Cloud, the bestselling author of Integrity and The One-Life Solution, offers this mindset-altering method for proactively correcting the bad and the broken in our businesses and our lives.*

**The Road Back To You: An Enneagram Journey to Self-Discovery** by Ian Morgan Cron and Suzanne Stabile

*Witty and filled with stories, this book allows you to peek inside each of the nine Enneagram types, keeping you turning the pages long after you have read the chapter about your own number. Not only will you learn more about yourself, but you will also start to see the world through other people's eyes, understanding how and why people think, feel, and act the way they do.*

**The Path Between Us: An Enneagram Journey to Healthy Relationships** by Suzanne Stabile

Most of us have no idea how others see or process their experiences. And that can make relationships hard, whether with intimate partners, with friends, or in our professional lives. Understanding the motivations and dynamics of these different personality types can be the key that unlocks sometimes mystifying behavior in others—and in ourselves. This book from Suzanne Stabile on the nine Enneagram types and how they behave and experience relationships will guide readers into deeper insights about themselves, their types, and others' personalities so that they can have healthier, more life-giving relationships.

**Classes & Support Groups**

**Untying the Knots of the Heart: Aphesis Groups**

<https://www.aphesisgroup.com/untying-the-knots-of-the-heart>

**National Alliance on Mental Illness or NAMI**

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

<https://www.nami.org>

**Psychology Today**

Find resources for Mental Health as well as tools for finding a therapist in your area

<https://www.psychologytoday.com>