Books and Resources

Prayer, Meditation, Reflection, Inspirational

*Note: Some books may no longer be available, ask your bookshop or library.*

**Prayer and Reflection…**

101 Ways to Talk to God  *Dandi Daley Mackall*
Book (hardcover) ISBN 1-57071-636-6
Drawing on everyday events, this book inspires us to commune with God.

**Australians at Prayer: personal and community prayers  *Bruce David Prewer***
Book (paperback) ISBN 0-85910-976-3
Bruce Prewer taps into our unique Australian experience to provide Christian prayers that Australians can particularly identify with and appreciate.

**Australian Prayers (revised and expanded)  *Bruce David Prewer***
Book (paperback) ISBN 0-85910-964-1
The thoughts and themes of the prayers relate directly to this land and the spiritual needs and concerns of its people.

**Australian Psalms (revised and expanded)  *Bruce David Prewer***
Book (paperback) ISBN 0-85910-912-7
Used for private reflection, meditation and prayer and also for group devotions and public worship.

**God Calling: a daily devotional  *Edited: A. J. Russell***
Book (paperback) ISBN 0-949925-00-4
An inspirational book used for daily reflection.

**God is With Us: reflections for Sundays (Years A B & C)  *Michael Morwood MSC***
Book (paperback) ISBN 0-86786-342-0
This book presents the richness and the challenges of the Gospel in simple language. Can be used for private or group reflection.

**He Touched Me: my pilgrimage of prayer  *John Powell SJ***
Book (paperback) ISBN 0-913592-47-1
A unique and intimate revelation of John’s personal experience of God in prayer.

**Listen to the Music: poetry, prose and prayer inspired by the Gospel of St Luke  *Elizabeth Brown***
Book (paperback) To order: phone Elizabeth Brown on (02) 4384 3756.

**Listen to the Word: poetry, prose and prayer inspired by the Gospel of St John  *Elizabeth Brown***
Book (paperback) To order: as previous listing.
A way of praying and reflecting on the gospel of John.

**Pope John Paul II: in my own words  *Compiled and edited by Anthony F Chiffolo***
Book (Hardcover) ISBN 0-340-72240-1
A collection of quotations and prayers in the words of Pope John Paul II compiled from material from every area of his work and every international context.

**Prayers at 3 am: poems, songs, chants and prayers for the middle of the night  *Edited by Phil Cousineau***
For those quiet, sleepless times during the night.

**Thankfully  *Helen Steiner Rice***
Book (hardcover) ISBN 0-09-1793599
A collection of poems of faith and prayer.

**The Healing Power of Prayer  *Bridget Meehan SSC***
A wonderful guide to the healing power of prayer. Includes six helpful ways to pray.

**Through Seasons of the Heart: readings for every day of your year  *John Powell SJ***
A book to be tapped into daily for inspiring messages of hope and help.

**Meditation…**

**Each Day a New Beginning: daily meditations for women  *Hazelden Educational Materials***
Book (small paperback) ISBN 0-89486-161-1
365 daily meditations that draw on the common experiences, shared struggles and unique strengths of women.

**Eliminating Stress, Finding Inner Peace  *Brian L Weiss MD***
Book & Meditation CD ISBN 1-4019-0244-8
Great reading guide to understanding and eliminating stress. CD offers a gentle and peaceful meditation.
Meditation: achieving inner peace and tranquillity in your life  
*Brian L Weiss MD*

Book & Meditation CD  ISBN 1-56170-930-1
Great reading guide to meditation. CD offers a gentle and relaxing meditation.

Relaxation for Healing
*Dr Gillian Ross*

CD (ABC Audio)  ISBN 0-642-58995-X
This CD helps you to release stress, revitalise your whole body and let go of tension.

Symphony of Senses: relaxation and meditation
*Deborah Powell (Australian)*

CD (Available at Jopo, Revesby)
Offering a gentle space of reflectiveness.

Personal growth...

**Meditations**  
*Marcus Aurelius – Translated by Maxwell Staniforth*

Book (paperback)  ISBN 0-14-044140-9
Meditations to live by!

**The Art of Living: the classical manual on virtue, happiness and effectiveness**  
*Epictetus A New Interpretation by Sharon Lebell*

A book filled with practical wisdom!

**The Essence of Happiness – A guidebook for living**  
*Dalai Lama and Howard C Cutler*

Book (small paperback)  ISBN 0-7336-1379-9
Inspirational words and spiritual wisdom.

**The Four Agreements: a practical guide to personal freedom**  
*Don Miguel Ruiz*

Book (paperback)  ISBN 1-878424-31-9
A book to enable self-growth and understanding.

**The Little Book of Blessings: for a peaceful world**  
*Roger Cole (Australian)*

A best-selling author and cancer specialist, Roger’s inspirational words will touch your heart, mind and soul.

**The Little Book of Calm**  
*Paul Wilson*

Book (paperback)  ISBN 0-14-026065-X
A pocket-sized book filled with calming thoughts.

**The Path to Inner Peace: inspirational thoughts for everyday living**  
*Compiled by Maggie Pinkney*

Book (hard cover)  ISBN 1-86503-325-1
Filled with profound and inspirational thoughts.

**Inspiring...**

**Australian Stories of Life: over fifty inspirational stories**  
*Book (paperback) ISBN 187-682-5715*
Stories that celebrate and illuminate the endless possibilities of everyday life.

**Australian Stories for the Spirit: sixty inspirational stories**  
*Book (paperback) ISBN 187-682-5103*
Includes heartfelt and humorous stories about faith, hope, courage, love and finding God in everyday life.

**Dying Was the Best Thing That Ever Happened to Me: stories of healing and wisdom along life’s journey**  
*William E Hablitzel MD*

Stories to heal your life – from the heart of a caring physician.

**Seeds of Hope: a Henri Nouwen reader**  
*Edited by Robert Durback*

Book (paperback)  ISBN 0-385-49049-6
Inspirational selections from the full spectrum of Henri Nouwen’s work.

**Too Soon Old, Too Late Smart: thirty true things you need to know now**  
*Gordon Livingston MD*

Dr Livingston, a psychiatrist, offers the reader solace, guidance and hope.

**Tuesdays with Morrie: an old man, a young man and life’s greatest lesson**  
*Mitch Albom*

Mitch rediscovers his old college professor and mentor who is dying. Their final “class”: lessons in how to live.

**Walking One Another Home: moments of grace and possibility in the midst of Alzheimer’s**  
*Rita Bresnahan*

A series of stories that portray day-to-day exchanges with moments of healing grace found even in the midst of this heartrending disease. It shifts the emphasis away from fear and horror to love and possibility.

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