

PIESS Personal Growth Goals Resource List
Dr. Don Lichi
CO7501 Independent Study
By Carmen Beasley

PHYSICAL

Piper, John. *A Hunger for God: Desiring God Through Fasting and Prayer*. Wheaton, Illinois: Crossway, 2013.

Pryor, Matthew. *The Body Tithing Devotional: Spiritual Encouragement for Your Fitness Journey*. Portland, Oregon: Sophros, 2015.

Thomas, Gary. *Every Body Matters: Strengthening Your Body to Strengthen Your Soul*. Grand Rapids, MI: Zondervan, 2011.

MIND/ INTELLECT

Anderson, Dr. Neil. *Victory Over the Darkness: Realizing the Power of Your Identity in Christ*, 3rd edition. Ventura, California: Regency Books, 2013.

Jennings, Timothy. *The God-Shaped Brain: How Changing Your View of God Transforms Your Life*. Downers Grove, Illinois: IVP Books, 2013.

EMOTIONAL

Crabb, Dr. Larry. *The Pressure's Off: Breaking Free from Rules and Performance*. New York, Thomas Nelson, 2012.

Dobbins, Richard D. *Your Feelings: Friend or Foe?* Sisters, Oregon: VMI Publishers, 2003.

Wilson, Dr. Sandra D. *Hurt People Hurt People: Hope and Healing for Yourself and Your Relationships*. Grand Rapids, Michigan: Discovery House, 2001.

SOCIAL

Bonhoeffer, Dietrich. *Life Together: The Classic Exploration of Christian in Community*. New York: Harper and Row Publishers, Inc., 1954.

Crabb, Dr. Larry. *Connecting*. New York: Thomas Nelson, 1997.

DeYoung, Kevin. *Crazy Busy: A (Mercifully) Short Book about a (Really) Big Problem*. Wheaton, Illinois: Crossway, 2013.

McGinnis, Alan Loy. *The Friendship Factor: How to Get Closer to the People You Care for*. Minneapolis, MN: Fortress Press, 2004 (Anniversary Edition).

SPIRITUAL

Crabb, Dr. Larry. *The Papa Prayer: The Prayer You've Never Prayed*. Nashville: Thomas Nelson, 2007.

Fleagle, Arnold & Lichi, Donald. *Broken Windows of the Soul*. Chicago, IL: Moody Press, 2011.

Foster, Richard. *Celebration of Discipline: The Path to Spiritual Growth*. New York, New York: Harper Publishing, 1998.

Foster, Richard. *Prayer: Finding the Heart's True Home*. New York: Harper, 2002.

Chambers, Oswald. *My Utmost for His Highest: An Updated Edition In Today's Language*. Grand Rapids, MI: Discovery House Publications, 1992.

Keller, Timothy. *Prayer: Experiencing Awe and Intimacy with God*. New York: Dutton, 2014.

Muller, George. *Release the Power of Prayer*. New Kensington, PA: Whitaker House, 2000.

Nouwen, Henri. *The Return of the Prodigal Son: A Story of Homecoming*. New York: Doubleday, 1994.

Owen, John. *The Mortification of Sin: Dealing with Sin in Your Life*. Scotland: Christian Focus Publications, Inc., 2006.

Packer, J. I. *Knowing God*. Downers Grove, Illinois: InterVarsity, 1973.

Piper, John. *Battling Unbelief: Defeating Sin with Superior Pleasure*. Portland, Oregon: Multnomah, 2007.

Piper, John. *Living in the Light: Money, Sex and Power*. London: The Good Book Company, 2016.

Scazzero, Peter. *Emotionally Healthy Spirituality*. Nashville, TN: Integrity Publishers, 2006.

Scazzero, Peter. *The Emotionally Healthy Church*. Grand Rapids, MI: Zondervan, 2003.

Schaeffer, Francis. *He Is There and He Is Not Silent*. Tyndale House Publishers, 2001 (3rd edition).

Thomas, Gary. *Sacred Pathways: Discover Your Soul's Path to God*. Grand Rapids, Michigan: Zondervan, 2000.

Tozer, A.W. *The Pursuit of God - Updated Edition*. Abottsford, WI: Aneko Press, 2015.

Willard, Dallas. *The Spirit of the Disciplines: Understanding How God Changes Lives*. New York: Harper Publishing, 1999.

Marriage & Relationships

For women: Authentic Intimacy, <http://authenticintimacy.com/>

For men: Every Man Ministries, <https://www.everymanministries.com/>

Arterburn, Stephen. *Every Man's Battle: Winning the War on Sexual Temptation One Victory at a Time*. Colorado Springs, CO: Waterbrook Press, 2000.

Chan, Francis. *You and Me Forever*. San Francisco: Clare Love Publishing, 2015.

Chapman, Gary. *The 5 Love Languages: The Secret to Love that Lasts*. Chicago, Illinois: Northfield Publishing, 2015 (Reprint).

Dobbins, Dr. Richard. *Invisible Imprint: What Others Feel When In Your Presence*. Camp Sherman, Oregon: Deep River Books, 2002.

Emerson Eggerichs. *The Language of Love & Respect : Cracking the Communication Code With Your Mate*. Nashville: Thomas Nelson, 2009

Fernando, Ajith. *The Family Life of a Christian Leader*. Wheaton, Illinois: Crossway, 2016.

Keller, Timothy. *The Meaning of Marriage: Facing the Complexities of Commitment with the Wisdom of God*. New York: Dutton, 2013 (Reprint).

Perkins, William. *When Good Men Are Tempted*. Grand Rapids, MI: Zondervan, 2007.

Sande, Ken. *The Peacemaker: A Biblical Guide to Resolving Personal Conflict*. Grand Rapids: Baker Books, 2004.

Thomas, Gary. *Sacred Marriage: What If God Designed Marriage to Make Us More Holy Than Happy?* Grand Rapids, MI: Zondervan, 2015 (Reprint).

FINANCE

Crown Financial Ministries: <http://www.crown.org/>

Ron Blue & Company: <https://www.ronblue.com/>

PARENTING

Lehman, Dr. Kevin. *The Birth Order Book: Why You Are the Way You Are*. Ada, Michigan: Revell, 2009.

Lehman, Dr. Kevin. *Have a New Teenager by Friday: From Mouthy and Moody to Respectful and Responsible in 5 Days*. Ada, Michigan: Revell, 2013.

Tripp, Ted. *Shepherding a Child's Heart*. Wapwallopen, PA: Shepherd Press, 1995.