

Reset Study

Women's Ministry

Church of the Resurrection

Click [HERE](#) for complete class materials

Suggested reading list that expands each topic area with links to The Well Bookstore or Amazon:

Relationship & Connection

- [The 5 Love Languages](#)
- [The Road Back To You](#)
- [On Grief and Grieving](#)
- [Finding Meaning](#)

Slowing Down & Letting Go

- [Having a Mary Heart in a Martha World](#)
- [Fierce, Free and Full of Fire by Jen Hatmaker](#)
- [Rhythm of Renewal by Rebekah Lyons](#)
- [Transitions: Making Sense of Life's Changes](#)

Care for Self & Others

- [Right Here Right Now Mindfulness](#)
- [Gifts of Imperfection](#)
- [Maybe You Should Talk to Someone](#)
- [Inspired](#)

Laughter & Fun

- [Of Mess and Moxie: Wrangling Delight Out of This Wild and Glorious Life](#)
- [Everybody Always](#)
- [In Such Good Company: Eleven Years of Laughter, Mayhem, and Fun in the Sandbox](#)
- [Bossypants](#)
- [A Year of Biblical Womanhood](#)