

Inspired Reading Suggestions

There are many excellent books to help enrich and support your journey. This list was compiled from the personal library of Karen Ely, founder/director of the Sedona Women's Institute. They are all books that have touched her in deep and meaningful ways. They've been grouped into categories but many of them belong in all five. Enjoy!

TO INSPIRE YOU

A Year by the Sea: Thoughts of an Unfinished Woman by Joan Anderson

Becoming Fully Human by Joan Chittister

Broken Open: How Difficult Times Can Help Us Grow by Elizabeth Lesser

Daring to Dream: Reflections on the Year I Found Myself by Karen Ely

Deep Water Passage by Ann Linnea

Drinking the Rain by Alix Kates Shulman

Eat, Pray, Love by Elizabeth Gilbert

Floor Sample by Julia Cameron

Gift from the Sea by Anne Morrow Lindbergh

I Will Not Die an Unlived Life by Dawna Markova

I Know Why the Caged Bird Sings by Maya Angelou

Journal of a Solitude by May Sarton

Kitchen Table Wisdom by Rachel Naomi Remen

Let's Take the Long Way Home: A Memoir of Friendship by Gail Caldwell

Long, Quiet Highway by Natalie Goldberg

Mountains Beyond Mountains by Tracy Kidder

My Grandfather's Blessings by Rachel Naomi Remen

Out of Africa by Isak Dinesen

Refuge by Terry Tempest Williams

Spot of Grace: Remarkable Stories of How You Do Make a Difference by Dawna Markova

Steve Jobs by Walter Isaacson

The Color Purple by Alice Walker

The Road from Coorain by Jill Ker Conway

The Woman at Otowi Crossing by Frank Waters

West with the Night by Beryl Markham

Women Who Run with the Wolves by Clarissa Pinkola Estes

TO AWAKEN YOU

A New Earth by Eckhart Tolle

A Woman's Journey to God: Finding the Feminine Path by Joan Borysenko

Be Here Now by Ram Dass

Breathing Space: Mini-retreats For the Heart and Soul by Karen Ely

Crossing to Avalon: A Woman's Midlife Quest for the Sacred Feminine by Jean Shinoda Bolen

Dark Nights of the Soul by Thomas Moore

Don't Just Do Something, Sit There by Sylvia Boorstein

Enduring Lives: Portraits of Women and Faith in Action by Carol Lee Flinders

Everyday Zen by Charlotte Joko Beck

Expecting Adam: A True Story of Birth, Rebirth and Everyday Magic by Martha Beck

Faith: Trusting Your Own Deepest Experience by Sharon Salzberg

Grace (Eventually): Thoughts on Faith by Anne Lamott

Peace is Every Step by Thich Nhat Hanh

Reflections on the Art of Living: A Joseph Campbell Companion by Diane Osbon

Slow Love by Dominique Browning

The Alchemist by Paulo Coelho

The Buddhist Path to Simplicity by Christina Feldman

The Dance of the Dissident Daughter by Sue Monk Kidd

The Seeker's Guide: Making Your Life a Spiritual Adventure by Elizabeth Lesser

The Seven Spiritual Laws of Success by Deepak Chopra

The Tao of Leadership: Lao Tsu's Tao Te Ching Adapted for a New Age by John Heider

The Tibetan Book of Living and Dying by Sogyal Rinpoche

The Untethered Soul: The Journey Beyond Yourself by Michael Singer

Traveling Mercies: Some Thoughts on Faith by Anne Lamott

Way of the Peaceful Warrior by Dan Millman

When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron

Wherever You Go There You Are by Jon Kabat-Zinn

FOR PERSONAL GROWTH

127 Hours: Between a Rock and a Hard Place by Aron Ralston
Attitudes of Gratitude by M. J. Ryan
Born to Run by Christopher McDougall
Drive: The Surprising Truth About What Motivates Us by Daniel Pink
Everyday Sacred by Sue Bender
I am a Woman Finding My Voice by Janet Quinn
Plain and Simple by Sue Bender
Simple Abundance by Sarah Ban Breathnach
The Art of Possibility by Rosamund Stone Zander & Benjamin Zander
The Art of Racing in the Rain by Garth Stein
The Heroine's Journey by Maureen Murdock
The Invitation by Oriah Mountain Dreamer
The Places that Scare You: A Guide to Fearlessness in Difficult Times by Pema Chodron
The Road Less Traveled by M Scott Peck
The Second Half of Life by Angeles Arrien
Time Shifting by Stephan Rechtschaffen
Trusting Yourself by M.J. Ryan

TO TAKE ON RETREAT

A Retreat of My Own by Karen Ely
A Weekend to Change Your Life by Joan Anderson
Breathing Space: Mini-retreats For the Heart and Soul by Karen Ely
Circle of Stones by Judith Duerk
I Sit Listening to the Wind by Judith Duerk
The Woman's Retreat Book by Jennifer Louden

ON CREATIVITY AND WRITING

A Room of One's Own by Virginia Woolf
Bird by Bird: Some Instructions on Writing and Life by Anne Lamott

For Writers Only by Sophy Burnham

Life's Companion: Journal Writing as a Spiritual Practice by Christina Baldwin

My Reading Life by Pat Conroy

One Continuous Mistake: Four Noble Truths for Writers by Gail Sher

The Right to Write by Julia Cameron

Unreliable Truth: On Memoir and Memory by Maureen Murdock

Walking in this World by Julia Cameron

Wild Mind: Living the Writer's Life by Natalie Goldberg

Writing as a Way of Healing by Louise DeSalvo

Writing Down the Bones: Freeing the Writer Within by Natalie Goldberg

Writing for Your Life by Deena Metzger