

Herve Talom

LE 2: Book Reading & critical assessment

CD702: Working With People

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| 1. Designing Your Life | 5. Troubled Minds |
| 2. Difficult Conversations | 6. It's Ok that You're Not Ok |
| 3. Creative Minority | 7. Healing the Wounded Heart |
| 4. The Road That Changed The World | 8. Healing Damaged Emotions |

Why were these chosen?

1- *Designing Your Life*- I choose this book because of the exciting title. However, after reading the book, I learned that it centered around discovering who and where you are. By writing down your thoughts, searching for what brings you joy, and implementing it, you can design your life and other people's life into a life that brings optimum joy.

2- *Difficult Conversations* was chosen because I usually don't handle challenging situations well. I have learned from this book to see my blind spots and to have a better understanding and empathy before forming my opinions. The most important thing is to acknowledge how the other person feels and my feelings and evaluate what is "at stake" in saving the relationship. Even if our friendship is over, at least we can both have a sense of resolution, peace, and clarity.

3- *A Creative Minority* is a book about truly defining how Christians are to be more than just a different member of the body of Christ. They are to work through cultural obstacles and persecution by imitating Jesus to renew the world.

4- *The Road Trip that Changed the World*. I chose the book because I like diversity and inclusion and how culture impacted the church. This book focuses on two paths one can take regarding culture. The author considers the Old Testament story of Abraham to be paradigmatic for articulating what the Christian journey should be. This book allowed reviewing my calling and commitment through the lenses of the Abrahamic Road. In addition, this book "helps us understand how many in our can hold to a fuzzy kind of belief in God, yet also simultaneously act like atheists."

5- *Troubled Minds*. This book was chosen because my mother-in-law wrestled with a mental illness. She claimed she is a Christian, but her lifestyle contradicts her religious identity. The challenges of providing the services she needs are the responsibility of the healthcare professionals, the family, the community, and the church. With the love and support from "these villages," she can not only find her true identity and purpose.

6- ***It is Ok That You are Not Ok.*** This book was chosen because of my grieving. I did not know how to navigate the grieving season when my wife died. It has caused me to lose a friendship and to help discover that love is not always reciprocated, especially in times of brokenness. I have learned that grief is because of love, love that is no longer tangible and felt. The only way to relieve the pain is to live inside to reduce suffering (p. 85).

7- ***Healing the Wounded Heart.*** This book was chosen because I work with the New York School of Urban Ministry; we serve the homeless and heartbroken weekly. I encounter people in their vulnerable states and suffering from various abuse and addictions. I learned that what is needed is “kindness.” Kindness is not only what God uses to open the heart to begin its renovation, but it also disrupts the cycle of one hurting themselves and calls the soul from death to life (pp. 149; 151).

8- ***Healing Damaged Emotions,*** I chose this book because of the death of my wife only six months after our wedding. I wanted to address any unresolved issues from the past. What I thought was an excellent quality to have, like perfectionism, was only an indirect affirmation of my low self-esteem. This book allowed me to see many unresolved issues, which I can now better understand how to address and solve.