

Designing Your Life: How to Build a Well-Lived, Joyful Life by Bill Burnett and Dave Evans. This text encourages the reader to view themselves as Designers of their own lives. It encourages the reader to understand that “life is about designing something that has never existed before” (xxi). The author presents several “mindsets” that assist the reader in visualizing and designing the life that they want.

The Road Trip That Changed The World: The Unlikely Theory that will Change How You View Culture, the Church, and, Most Importantly, Yourself by Sayers, Mark. This text addresses the realities of the desires for freedom and adventures of life while also holding to something sacred and stable. This text will be helpful in my context because as a Chaplain in the Army, many of the Soldiers are of the younger generation and I need to acknowledge the free-spirited desires that come with youth while at the same time helping them ground themselves in something sacred and meaningful to them.

Difficult Conversations: How to Discuss What Matters Most by Stone, Douglas and Patton, Bruce. The author presents a solid step-by-step approach to how to approach the inevitable and difficult conversations in a variety of contexts/situations. As a Chaplain in the Army, I will have to have difficult conversations both with Soldiers and my chain of command which may cause fear and anxiety. This text provides me with tips on how to approach these conversations.

Creative Minority: Influencing Culture Through Redemptive Participation by Tyson, Jon & Grizzle, Heather. The text demonstrates how the church can engage with today’s culture and discusses the importance of the Christian community. This text applies to my context as a Chaplain in that I will be in pluralistic environments and it will help me get a better understanding of how the church needs to both respond and be present in today’s culture.

Shepherding Women in Pain by Bev Hislop. The author introduces many very personal and sensitive issues that women deal with. It suggests what to say to women who come to their Christian church leader for support and how to help them. It gives better insight into the realities that women in the church are dealing with and provided biblical scriptures to support them. In my context as a Chaplain, this text will be a great resource in guiding me on how to comfort women who have experienced trauma.

Boundaries Updated and Expanded: When to Say Yes, and How to Say No to Take Control of Your Life by Henry Cloud and John Townsend. The authors present clear and succinct ways for individuals, particularly Christians, that are very giving of themselves how to identify and define boundaries. It also presents healthy ways to set up boundaries and identifies how to develop healthy boundaries. As a Chaplain Candidate, I have heard several stories of “burnout” caused by always feeling obligated to say “Yes” all of the time because we are Servants. This text is a great resource in teaching me that it is okay to say “No” when I have to.

The Gift of Being Yourself. By David Benner. This text highlights the importance of finding out and discovering who we really are and our identity so we can then fully understand the purpose that God has for each of us. It encourages the reader to embrace individuality and who they really are. This text will

help me reflect on my own identity as I continue to grow in the things of Christ and as a Chaplain Candidate.

***What Happened to You? Conversations on Trauma, Resilience, and Healing.* by Bruce D. Perry.** The author encourages the reader to shift their mindset in understanding why people do the things that they do. It delves into searching for the root issues, often beginning with the wounds of childhood to gain a better understanding of the true causes of their actions and behaviors. As a Chaplain, I will also be a Counselor, this text will help me better understand the real reasons for someone's behavior.