



CHALLENGES, CHOICES, AND CHANGE

Six Picks |

The 3 Choices: Simple Practices to Transform Pain Into Power

By Jorge Cruise

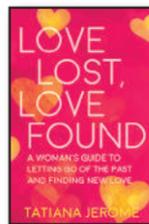
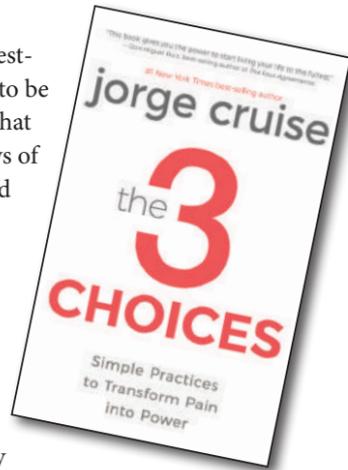
Hay House, 2017, \$19.99

“Life doesn’t just happen; it is sculpted by the choices we make,” writes best-selling author and wellness coach Jorge Cruise. “I don’t mean the choice to be happy or the choice to move on. I’m talking about the everyday choices that can be camouflaged by the chaos of life.” Cruise climbed out of the valleys of his life to higher ground by making three key choices. “The power behind these three choices is that as you continue to make them and commit to them, there will be no detour you can’t find your way out of.”

Choice 1—Be Imperfectly You: Cruise provides guidance for understanding and accepting your true self. He shares his own story of coming out as gay in his 30s, after years of marriage to a woman. The section includes quizzes for understanding your core personality traits and affirmations for loving yourself, flaws and all.

Choice 2—Don’t Hold Your Breath: “Your life is happening in this very moment thanks to the inhale you just took,” Cruise writes. Breathing takes place in the now, but so many of us figuratively hold our breath by living in the past or waiting for the future. Cruise offers techniques for breathing more deeply and mindfully, promoting physical and emotional well-being.

Choice 3—Move to Improve: Cruise, a fitness trainer to celebrities, explains how movement can magnify moods and empower you to take action. He provides routines for starting various fitness regimens, from walking and low-impact aerobics to jogging, hiking, and body-weight workouts.



Love Lost, Love Found: A Woman’s Guide to Letting Go of the Past and Finding New Love

By Tatiana Jerome

New World Library, 2017, \$15.95

When romantic relationships end, rumination begins. *What happened? How? Why?* When Tatiana Jerome was reeling from a breakup, she vented on social media. Her posts resonated with hundreds of thousands of readers, providing her with research to write a book about putting your relationship with God and yourself first, as your broken heart heals.

Jerome spells out the reasons your past relationship didn’t last and tells you what not to do after a breakup. She recommends making a list of nonnegotiable values to seek in a new partner and creating a “no-negativity” zone filled with positive thoughts and people. She provides tips on “getting it together” physically, mentally, and spiritually, and becoming the caliber of person you would like to attract. “When you love as God does, your ‘next’ will feel safe and witness the power of God and the peace in you,” Jerome writes.

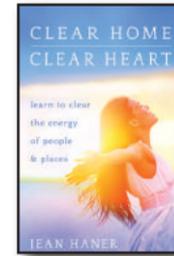


Getting Grit: The Evidence-Based Approach to Cultivating Passion, Perseverance, and Purpose

By Caroline Adams Miller
Sounds True, 2017, \$16.95

Grit has become a buzzword in the self-improvement vernacular. Passion backed with determination and resilience is a characteristic many successful people share. Positive psychology expert Caroline Adams Miller says you don’t have to be born with grit; the quality can be cultivated. She relates her story of developing grit as a young woman struggling with bulimia. “I embraced a passion for living, for finding happiness outside of trying to have a perfect body, and for giving back to others instead of trying to figure out how I could come out the sole winner,” she writes.

Part 1 of *Getting Grit* examines positive and negative grit. Good grit helps people overcome obstacles and change the course of history. Bad grit promotes cheating and cutting corners to get ahead. In Part 2, Miller lays out the steps to getting grit: happiness, goal-setting, self-regulation, risk-taking, humility, perseverance, and patience.



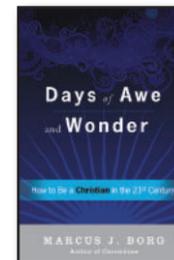
Clear Home, Clear Heart: Learn to Clear the Energy of People & Places

By Jean Haner

Hay House, 2017, \$16.99

Thoughts and feelings don’t just evaporate, says intuitive empath Jean Haner. Instead, they leave deposits of energy in the environment, which gradually accumulate. Repeatedly experiencing positive feelings in one spot can make it a happy place, while recurrent anxiety or negativity can turn a space into a stressor. Similarly, we pick up energy from people. “We are open systems in constant communication with the invisible world around us,” Haner writes.

Just as we routinely shower to clean our bodies, we can regularly use tools and methods to purge energetic debris, Haner says. She explains how to use a pendulum to clear personal energy—your own or others’—and how to use a dowsing rod to clear emotional residue from a space. “With each clearing you receive, tiny aspects of your unloved side are being accepted with ease,” Haner writes. “With each clearing you give, you are learning a new way of being in your own life.”



Days of Awe and Wonder: How to Be a Christian in the 21st Century

By Marcus J. Borg

HarperOne, 2017, \$25.99

Theologian Marcus J. Borg (1942–2015) was renowned for his ability to communicate about Christianity in the context of modern times. *Days of Awe and Wonder* compiles Borg’s most popular essays, along with never-before-published writings and lectures. The topics Borg touches on include:

Faith: Borg explains how his concept of faith changed from accepting a set of beliefs to embarking on a spiritual quest.

Conversion to Mysticism: Borg shares intimate experiences where everything around him became enveloped in golden, shimmering beauty. The sense of oneness he felt changed his comprehension of what is “real.”

Facing Today’s Challenges: “New atheists” attack the common, Western perception of God as a supernatural authority figure, but Borg understands God as an all-encompassing spirit. “Everything is in God, and yet God is more than the sum total of everything,” he writes.



Lovolution

By Katie Wise and Bhakti Explosion
2016, \$15 CD; \$8.99 MP3

Kirtan, a musical genre based on call-and-response chanting of Sanskrit mantras, is gaining popularity in the U.S. Katie Wise, a Colorado-based singer/songwriter, had been singing mantras in yoga classes for years, but she noticed a big shift when she learned the practice of kirtan. “When I chant,” she says, “it feels like pure joy and delight.” Chanting has brought her and countless others relief from anxiety and depression.

On *Lovolution*, Wise and Bhakti Explosion—a musical group that blends Eastern and Western instruments—present a series of musical chants. The tracks lead the listener along a spiritual journey, from clearing the path to finding freedom from suffering. Classic rock lovers will hear familiar refrains in “Mystic Krishna,” which interlaces lines from Van Morrison’s “Into the Mystic,” as well as in “Hallelujah/Ra Ma Da Sa,” which features Leonard Cohen’s folk ballad. Wise and harmony singer Kristin McLean weave their warm, facile vocals into aural entrancement. 🌍



Unity Magazine media reviewer **Julie Rehm** is a writer and editor who lives in Kansas City, Missouri. For many years she worked in the newspaper industry; now she produces publications for a nonprofit organization that serves women educators.



www.listenwell.org

A spoken word website exploring open faith ideas through story and metaphor

Listen Well provides free once monthly, non-dogmatic, faith-based writing, stories that hint at the possibility of the great presence of spirit in our daily lives, without expounding a specific creed.