

## **book recommendations:**

Get Out of Your Head -Jennie Allen

Emotionally Healthy Spirituality - Peter  
Scazzero

Why Do I Do What I Don't Want To Do?  
- Jonathan Pokluda

## **sermon recommendations:**

Becoming Something  
Therapy and Theology.  
Happy and Healthy  
Made For This  
Elevation Church

## **worship playlist:**

my favorite worship songs  
of all time!