

One way to recognize your personal values and life passions is to look at the books on your shelf. What are yours?

Here are some books that have personally made a difference to me:

- *The Magic Mountain*  
Thomas Mann
- *Gift from the Sea*  
Anne Morrow Lindberg
- *The Adult Years: Mastering the Art of Self-Renewal*  
Frederic Hudson
- *The Shelter of Each Other: Rebuilding our Families*  
Mary Pipher
- *Take Time for Your Life*  
Cheryl Richardson
- *Picnic, Lightning*  
Billy Collins
- *New Passages: Mapping Your Life Across Time*  
Gail Sheehy
- *The Fragile Bond: In Search of an Equal, Intimate and Enduring Marriage*  
Augustus Y. Napier
- *Intimate Partners, Patterns in Love and Marriage*  
Maggie Scarf

I'm a real nut for books so I offer these for your consideration (most of which are also on my bookshelf):

## Personal Growth and Development

- *Transitions: Making Sense of Life's Changes*  
William Bridges
- *Feel the Fear and Do It Anyway*  
Susan Jeffers
- *Let your Life Speak: Listening to the Voice of Vocation*  
Parker J. Palmer
- *I'm Not Crazy, I'm Just Not You: The Real Meaning of the 16 Types*  
Roger R. Pearman and Sarah C. Albritton
- *I Could Do Anything If I Only Knew What it Was*  
Barbara Sher
- *Do What You Are: Discovering the Perfect Career through the Secret of Personality Type*  
Paul D. Tieger and Barbara Barron-Tieger
- *The Power of Now*  
Eckhart Tolle
- *Intuitive Eating*  
Evelyn Tribole and Elyse Resch
- *Necessary Losses*  
Judith Viorst

## Time Management/Organization

- *First Things First*  
Stephen Covey
- *Organizing from the Inside Out*  
Julie Morgenstern
- *Time Shifting: Creating More Time to Enjoy Your Life*  
Stephan Rechtschaffen

## Spirituality

- *Spiritual Literacy*  
Frederic and Mary Ann Brussat
- *Wherever You Go There You Are*  
John Kabat-Zinn
- *Finding Your Religion*  
Scotty McLennan
- *Earth Prayers from Around the World*  
edited by Elizabeth Roberts and Elias Amidon
- *The Story of Your Life: Writing A Spiritual Autobiography*  
Dan Wakefield

## Relationships/Couples

- *Couples: Exploring and Understanding the Cycles of Intimate Relationships*  
Barry Dym and Michael Glenn
- *Getting the Love You Want*  
Harville Hendrix
- *If the Buddha Dated*  
Charlotte Kasl
- *Divorce Busting*  
Michelle Weiner-Davis

## Stepfamilies

- *Strengthening Your Stepfamily*  
Elizabeth Einstein and Linda Albert
- *Making Peace with Your Stepfamily*  
Harold Bloomfield
- *52 Ways to Be a Better Stepparent*  
Karen O'Connor and Charles Flowers

## Second Adulthood/Midlife/Adult Development

- *Reinventing Yourself: Life Planning After 50 using the Strong and the MBTI*  
Sandra Davis and Bill Handschin
- *Listening to Midlife: Turning Your Crisis into a Quest*  
Mark Gerzon
- *Secrets of Becoming a Late Bloomer*  
Connie Goldman & Richard Mahler
- *Life Launch: A Passionate Guide to the Rest of Your Life*  
Frederic M. Hudson & Pamela D. McLean
- *Repacking Your Bags: Lighten Your Load for the Rest of Your Life*  
Richard J. Leider and David Shapiro
- *Callings: Finding and Following an Authentic Life*  
Gregg Levoy
- *Another Country: Navigating the Emotional Terrain of our Elders*  
Mary Pipher
- *Passages: Predictable Crises of Adult Life*  
Gail Sheehy
- *Its Only Too Late If You Don't Start Now*  
Barbara Sher

## Retirement

- *Where to Go From Here: Discovering Your Own Life's Wisdom in the Second Half of Your Life*  
James E. Birren and Linda Feldman
- *What Do You Want to Do When You Grow Up?: Starting the Next Chapter of Your Life*  
Dorothy Cantor with Andrea Thompson
- *The Creative Age: Awakening Human Potential in the Second Half of Life*  
Gene D. Cohen, MD
- *Taking Retirement*  
Carl H. Klaus
- *The Healing Journey Through Retirement: Your Journal of Transition and Transformation*  
Phil Rich, Dorothy Sampson, Dale Fetherling
- *Ageing to Sage-ing: A Profound New Vision of Growing Older*  
Zalman Schachter-Shalomi
- *101 Secrets for a Great Retirement*  
Mary Helen and Shuford Smith