

## Supplemental Media

If you are aware of any supplemental media materials that you feel will be beneficial to others, please let me know. This list is not comprehensive and includes both books, audio and video lecture series.

The Great Courses offers various lecture series, typically done by experts in their fields of study. They're pricey, whether you purchase by the series or sign up for a monthly subscription via Great Courses Plus. I looked into it, and they wanted me to pay an *annual fee of \$600.00 per course* for me to share my library. The Austin Public Library carries most of the lecture series and will allow nonresidents to apply for an eCard, which affords access to their entire digital library, for \$22.00 per year (as of 2020). <http://library.austintexas.gov/mylibrarycard>

### For Everyone

Most books by Thích Nhất Hạnh. However, I do recommend the audio books over the written ones. Since English is his second language, the books that directly quote him can be a bit difficult to read. His voice is also quietly commanding. A word of caution, when you choose a book, be careful that it does not have multiple authors or say "Thích Nhất Hạnh with so and so" or "edited by." Those were done in his advancing years and really don't capture his presence or his teachings.

[The Four Agreements: A Practical Guide to Personal Freedom](#) by don Miguel Ruiz

[Man's Search for Meaning](#) by Viktor Frankl

[The Man Who Mistook His Wife For A Hat: And Other Clinical Tales](#) by Oliver Sacks

### For Those Who Are Struggling to Break Out of Their Boxes

[The Mismeasure of Man](#) by Stephen Jay Gould

[The Great Courses](#) Great World Religion Series, Moral Decision Making: How to Approach Everyday Ethics, and Questions of Value

### For Those Struggling With Why Bad Things Happen and How to Move On

[When Bad Things Happen to Good People](#) by Harold S. Kushner

[The Anatomy of Hope](#) by Jerome Groopman

[The Shack: Where Tragedy Confronts Eternity](#) by William P. Young (the book, not the movie)

[A Child Called It](#), [The Lost Boy](#) and [A Man Named Dave](#) by Dave Pelzer

[A Man Called Ove](#) by Fredrik Backman (the book, not the movie)

## **For Those Who Are Unsure How/Where They Fit in the Grand Scheme of Things**

The Overstory by Richard Powers

My Grandmother Asked Me to Tell You She's Sorry by Fredrik Backman

Britt-Marie Was Here by Fredrik Backman (read My Grandmother Asked Me... first)

A Man Called Ove by Fredrik Backman (the book, not the movie)

## **For Those Struggling With Suicidal Thoughts**

Choosing to Live: How to Defeat Suicide With Cognitive Behavioral Therapy by T.E. Ellis & C.F. Newman

## **For Those Struggling With Aging and/or the Concept of Death**

The Great Courses Death, Dying and the Afterlife

Tuesdays with Morrie by Mitch Albom (the book, not the movie)

90 Minutes in Heaven: A True Story of Death and Life by Don Piper with Cecil Murphey

And Every Morning the Way Home Gets Longer and Longer by Fredrik Backman

## **For Those Who Like a Good Mystery and Want to Mess With Their Future Therapist (as in, NOT Me)**

The Silent Patient by Alex Michaelides