

BOOKS FOR LIVING

FAMILY ISSUES:

Sixty Minute Marriage: Rob Parsons. Practical advice on marriage from well-known Care for the Family speaker. £7.99

Sixty Minute Family: Another Rob Parsons book full of practical relationship advice. £7.99

Every Step Counts: Building a Healthy Step Family: Christine & Philip Tufnell. Written from personal and practical counselling experience – highly recommended. £6.99. Lion.

Teenagers! What Every Parent Has to Know: Insightful, practical book by Rob Parsons, speaker, counsellor, lawyer. Recommended for parents struggling with teen issues. £8.99

Highway Code for Marriage, The: Michael & Hilary Perrot. More down-to-earth advice, this time for marrieds or engaged couples. £6.99

DEBT, MONEY

Sixty Minute Debt Buster: Excellent practical advice to those in debt or who advise others. Katie Clarke & Rob Parsons (solicitor). £6.99

Money Secret, The. Rob Parsons reveals many of the strategies shops and other suppliers use to get us further into debt. Amusing, readable, VERY practical. £6.99

GREEN ISSUES

God Doesn't Do Waste: Inspirational autobiography by one of the prime movers in the worldwide 'Green' movement called A Rocha. Rev'd Dave Bookless: £7.99

DEMENTIA:

Insight into Dementia: by Rosemary Huntley £8.99. Excellent practical guide to understanding dementia and helping sufferers. Written from personal and professional experience.

Jinny Come Back – A wife lost to Alzheimers. By local author/pastor Godfrey Miller. Poignant but heartwarming account of a journey with dementia. £3.00.

BEREAVEMENT, DEPRESSION, SELF HARM:

The Path Not Chosen: Beginning the Journey of Loss and Bereavement: Wendy Bray. Concise booklet – very readable insights into bereavement. A useful book to pass on to someone suffering loss. £9.99 (set of 5) -£2 each.

Living with Bereavement: Sue Mayfield. From a Christian viewpoint but with wider appeal. Waverley Abbey book. £7.99

Insight into Depression: Chris Ledger (professional counsellor) & Wendy Bray. Readable, very practical. £7.99

Self Harm (the path to recovery): Kate Middleton (Director of Anorexia & Bulimia Care) & Sara Garvie (Director of Slfharm.co.uk). Very helpful in understanding and overcoming this condition. £7.99. Lion books.

Eating Disorders (the path to recovery): Kate Middleton. £7.99 Another readable but professional book of advice by the author of 'Self Harm- (the path to recovery)' –see above.

GENERAL LIVING

Highway Code for Happiness Michael & Hilary Perrott. Practical down to earth advice on living – surprisingly helpful for a short book. £6.99

FAITH ISSUES:

Case for Faith, The: Journalist Lee Strobel, investigates the Christian faith with scepticism, but goes to experts for explanations. Intelligent, thoughtful. £8.99

Time to Search , A: Joe Boot. A thoughtful explanation of the Christian faith. For seekers, believers wanting more answers, or for anyone wanting to understand this historic faith. £7.99

Life As It Could Be: John Rashbrook, & Phil Brookes. Simplified bible explanation of the Christian life. £7.99

If You Could Ask God One Question Paul Williams, & Barry Cooper. Faith questions addressed in a down-to-earth way.£5.00