

Comfort During Hard Times resource list

Ted Talks:

https://www.ted.com/talks/pico_ayer_the_art_of_stillness – “Iyer takes a look at the incredible insight that comes with taking time for stillness.”

https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes – “Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. (No need for incense or sitting in uncomfortable positions.)”

https://www.ted.com/talks/suleika_jaouad_what_almost_dying_taught_me_about_living – “How do you begin again and find meaning after life is interrupted?”

https://www.ted.com/talks/cleo_wade_want_to_change_the_world_start_by_being_brave_enough_to_care - “Artist and poet Cleo Wade recites a moving poem about being an advocate for love and acceptance in a time when both seem in short supply.”

Links:

https://www.npr.org/2020/08/06/895567657/it-lowers-your-blood-pressure-spend-a-few-moments-with-these-hypnotic-trees?utm_campaign=npr&utm_term=nprnews&utm_source=facebook.com&utm_medium=social&fbclid=IwAR1z0k6o1aNbY67lW8F_XnoyHPCJSeoxlZOSRXQpyFDQxpxO9cYL5FiAs – check out this NPR article with digital artwork of Jennifer Steinkamp that will sooth your soul.

<http://www.pocketmindfulness.com/> - a good place to begin.

<https://www.mindful.org/>

<https://medium.com/day-one/journaling-and-mindfulness-93e835e06f5e> - some thoughts on journaling as part of finding comfort.

Great Courses (available through Phillips Free Library)

Great Courses are classes on DVD from world renowned teachers. You can check these out from the library:

Yoga for a Healthy Mind and Body with certified yoga instructor Heidi Sormaz

Practicing Mindfulness: An introduction to meditation with Professor Mark Muesse from Rhodes College
Essential Tai Chi and Qigong with David Dorian Ross

Books:

Nonfiction:

Finding Comfort During Hard Times by Earl Johnson

Almost Everything: Notes on Hope by Anne Lamott

The Gifts of Imperfection by Brené Brown

Meditation for Fidgety Skeptics by Dan Harris

Learning to Fall: Blessings of an Imperfect Life by Phillip Simmons

Big Magic by Elizabeth Gilbert

Find the Good: Unexpected Life Lessons from a Small-town Obituary Writer by Heather Lende

The Antidote: Happiness for People Who Can't Stand Positive Thinking by Oliver Burkeman

Fiction:

Things that Fall from the Sky by Selja Ahava

Birds in Fall by Brad Kessler

Why are You so Sad? By Jason Porter

The Enlightenment of Bees by Rachel Linden

Rabbit Cake by Annie Hartnett

The Storied Life of A.J. Fikry by Gabrielle Zevin

It's Not all Downhill from Here by Terry McMillan

Angry Housewives Eating Bon Bons by Lorna Landvik

Who Rescued Who by Victoria Schade

Breakfast with Buddha by Roland Merullo

The Unlikely Pilgrimage of Harold Fry by Rachel Joyce

The Humans by Matt Haig

Hitchhiker's Guide to the Galaxy by Douglas Adams

The Rest of Us Just Live Here by Patrick Ness

The Window Opens by Elizabeth Egan

The Book of Second Chances by Katherine Slee

The Library of Lost and Found by Phaedra Patrick

The Ministry of Utmost Happiness by Arundhati Roy

Sad Janet by Lucie Britsch

Summer Hours at the Robbers Library by Sue Halpern