

Learn more about Spiritual health

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Websites

aurora.org Explore *Aurora Health Care's* Website for information on spirituality. Enter "spirituality" in the search box to be linked to information on this topic.

contemplativemind.org The *Center for Contemplative Mind in Society* works to integrate contemplative awareness into contemporary life in order to help create a more just, compassionate and reflective society.

medlineplus.gov This consumer health database of the *National Library of Medicine and the National Institutes of Health* offers latest news and links to information. Enter "spirituality" in the search box

nccam.nih.gov The *National Center for Complementary and Alternative Medicine* website includes an online newsletter and search feature.

spiritualityandpractice.com The *Spirituality and Practice multifaith and interspiritual* website offers resources for spiritual journeys in a wide variety of topics.

Local resources

Explore a wide variety of continuing education classes on spirituality at Alverno College, 3400 S. 43rd Street, Milwaukee, WI 53234. Find additional information at: alverno.edu/telesis/continuingeducationspirituality/

Books

Balm for Gilead: Meditations on Spirituality and the Healing Arts by Daniel Sulmasy, M.D., Georgetown University Press, 2006, ISBN 1589011228, 154 pages, \$16.95. Dr. Sulmasy draws from philosophical and theological sources to illuminate how the art of hearing is integrally tied to a sense of the divine and our ultimate interconnectedness.

Essential Spirituality: The 7 Central Practices to Awaken Heart and Mind by Roger Walsh, Wiley Publishers, 2000, ISBN 047139162, 320 pages, \$15.95. Filled with stories, exercises, meditations, myths, prayers and practical advice, this book shows how you can integrate seven principles into a rewarding way of life.

Measuring the Immeasurable: The Scientific Case for Spirituality by Daniel Goleman (ed.), Sounds True Publishing, 2008, ISBN 1591796547, 552 pages, \$24.95. This book brings together some of the most prominent and informed authorities on the new frontier where science and spirituality intersect.

The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle, New World Library, 2005, ISBN 1577314808, 224 pages, \$14.00. Tolle's clear writing and enthusiasm make this an excellent manual for anyone who's ever wondered what "living in the now" means. He explains complicated concepts in concrete language.

Spiritual Rx: Prescriptions for Living a Meaningful Life by Frederick and Mary Ann Brussat, Hyperion, 2001, ISBN 078688648X, 368 pages, \$19. The authors offer a useful compendium of rich readings, provocative prayers and other resources for spiritual seekers.

Streams of Contentment by Robert J. Wicks, Sorin Books, 2011, ISBN 978-1933495279, 224 pages, \$22.95. The author writes about his experiences as a New York City boy spending summers on his uncle's farm in the Catskills, highlighting the insights of spiritual writers on gratefulness and mindfulness.

Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.