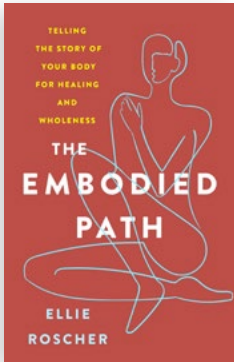


Your October Reset

Panelist Books



The Embodied Path

Telling the Story of Your Body for Healing and Wholeness

Ellie Roscher

Our bodies have a story to tell. *The Embodied Path* weaves inspiring and ordinary body stories together with discussion questions, writing prompts, and breath and body practices to help anyone interested in creating more capacity for compassion for themselves and others by doing the internal work to contend with trauma and privilege.

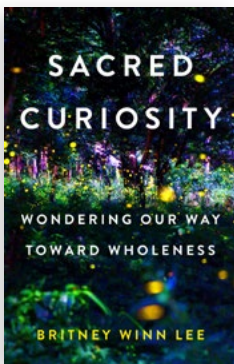


Give Me a Word

The Promise of an Ancient Practice to Guide Your Year

Christine Valters Paintner

Spiritual director, poet, and teacher Christine Valters Paintner invites us on a transformative journey through thirty contemplative and creative practices. Learn to listen and wait and open yourself to deeper sources of wisdom in order to embrace a guiding word that will anchor your life for the coming year.

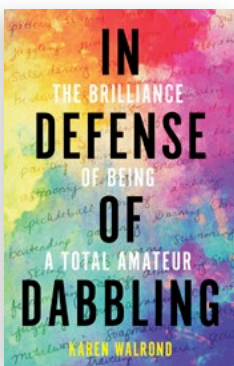


Sacred Curiosity

Wondering Our Way toward Wholeness

Britney Winn Lee

An exploration of how the simple practice of remaining open to wonder can become a powerful force for personal and communal renewal. With reflection questions for individuals or groups, the book invites readers to experience curiosity as both grace and practice, and as an indispensable value for navigating our complex world.



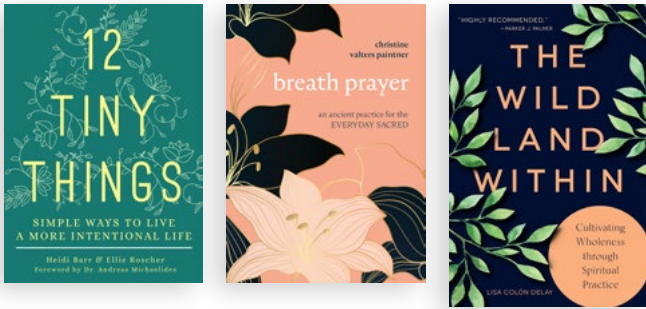
In Defense of Dabbling

The Brilliance of Being a Total Amateur

Karen Walrond

From Karen Walrond, author of *The Lightmaker's Manifesto* and *Radiant Rebellion*, comes a joyful jaunt into doing the things you love even if you're not any good at them. Learn the Seven Attributes of Intentional Amateurism: curiosity, mindfulness, self-compassion, play, zone-stretching, connection, and awe. Resist grind culture and learn to dabble.

Books on spiritual practices



Additional resources from our panelists



Books on building healthy practices



Britney's children's books



Books on managing burnout





Britney's Soft Chocolate Chip Recipe

Makes: 8-12 cookies

Equipment

- Mixer
- Parchment paper
- Baking sheet
- Cooling rack

Ingredients

- 1 stick of unsalted butter, softened
- 6 tbsp granulated sugar
- ½ brown sugar
- 1 egg
- ½ tsp vanilla
- 1 ½ cups flour
- 1 tsp baking soda
- ½ tsp salt
- ¾ cup semi-sweet chocolate chips

Instructions

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
2. Combine flour, salt, and baking soda in a bowl. Set aside.
3. Place butter and sugar in a mixing bowl. Beat until well combined.
4. Add egg and vanilla to butter mixture and beat until just combined. Do not overmix!
5. Set your mixer speed to low and slowly add the flour mixture. Once combined, stop mixing. Again, do not overmix. (Dough should still show the white flour.)
6. Add chocolate chips to dough and mix with hands.
7. Roll cookies into 1.5 inch balls and place on parchment lined baking sheet.
8. Bake for 10 - 13 minutes. (Note: cookies may not look fully cooked when you remove them from the oven. That is okay!)
9. Rest cookies on the baking sheet for 1-2 minutes and then transfer to a cooling rack. Let them set until the chocolate chips are no longer melted.
10. Once cooled, enjoy!