**Short list of resources to help explore the role of the body in spiritual formation.**

Hiestand, Gerald, and Todd A. Wilson. *Tending Soul, Mind, and Body: the Art and Science of Spiritual Formation*. Downers Grove, IL: IVP, 2019. (Specifically, chapter 8 – The Integrated Pastor: Toward an Embodied and Embedded Spiritual Formation, by Todd Wilson.)

Mate, Dr. Gabor. *When the Body Says No: Exploring the Stress -Disease Connection*. Vermilion, 2019.

Menakem, Resmaa. *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*. Las Vegas, NV: Central Recovery Press, 2017.

Morey, Tim, and Eddie Gibbs. Embodying *Our Faith: Becoming a Living, Sharing, Practicing Church*. Downers Grove, IL: IVP Books, 2009.

Moreland, James Porter. *Finding Quiet: My Story of Overcoming Anxiety and the Practices That Brought Peace*. Grand Rapids Michigan: Zondervan, 2019.

Smith, James K. A. *You Are What You Love: the Spiritual Power of Habit*. Grand Rapids, MI: Brazos Press, a division of Baker Publishing Group, 2016.

Stenner, Paul, and Shogo Tanaka. “The Notion of Embodied Knowledge.” Essay. In *Theoretical Psychology: Global Transformations and Challenges*, 149–57. Concord: Cactus University Publications, 2011.

Van der Kolk, Bessel. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. New York: Penguin Books, 2015.

Willard, Dallas. *Renovation of the Heart: Putting on the Character of Christ*. Nottingham: IVP, 2018.

Willard, Dallas, and Don Simpson. *Revolution of Character: Discovering Christ's Pattern for Spiritual Transformation*. Nottingham: Inter-Varsity Press, 2006.

Willard, Dallas. *The Spirit of the Disciplines: Understanding How God Changes Lives*. Grand Rapids, MI: Family Christian Press, 2001.