

# MULTIPLY

Christian Church

## **Mental Health Book List**

Switch on Your Brain by Dr. Caroline Leaf

Emotionally Healthy Spirituality by Peter Scazzero

Victory Over the Darkness by Neil T. Anderson

Overcoming Negative Self-Image by Neil T. Anderson

Boundaries by Dr. Henry Cloud and Dr. John Townsend

Changes That Heal by Dr. Henry Cloud

Forgiving Our Fathers and Mothers by Leslie Leyland Fields and Dr. Jill Hubbard

The Art of Rest by Adam Mabry

Biblical Self-Care Workbook by Amber Lauren (Pastor Dan's wife)  
(available only at [fixyoureyesonhim.com/workbook](http://fixyoureyesonhim.com/workbook))