

# RESOURCES

*'Asking for help does not mean that we are weak or incompetent. It usually indicates an advanced level of honesty and intelligence.'*

ANNE WILSON SCHAEF

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Sometimes WE's journey awakens us to issues that go beyond the scope of this book. Perhaps it's an addiction to something or someone, a trauma you can't move beyond, a need for therapy, a new interest in women's organizations or world issues, a desire to learn more about yoga, meditation, or faith. Read more about these topics here, or visit our website:

[www.wewomeneverywhere.org](http://www.wewomeneverywhere.org).

## Abuse

24-Hour National Domestic Violence Freephone Helpline (run in partnership between Women's Aid and Refuge),  
[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk), tel: 0808 2000 247

The NHS provides an informative page with many useful links at  
[www.nhs.uk/Livewell/abuse/Pages/domestic-violence-help.aspx](http://www.nhs.uk/Livewell/abuse/Pages/domestic-violence-help.aspx)

The Samaritans, [www.samaritans.org](http://www.samaritans.org), tel: 116 123

# Addictions

If you feel your life centres around a substance, person, relationship or pattern of behaviour that's making you unhappy and yet you can't seem to shake it, then the following fellowships may be useful:

Adult Children of Alcoholics (ACOA):

[www.adultchildrenofalcoholics.co.uk](http://www.adultchildrenofalcoholics.co.uk)

AL Anonymous (Al-anon) (for families and friends of alcoholics):

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

Alcoholics Anonymous (AA): [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Chemically Dependent Anonymous (CDA): [www.cdawebsitedev.com](http://www.cdawebsitedev.com)

Co-dependents Anonymous (CoDA): [www.coda-uk.org](http://www.coda-uk.org)

Debtors Anonymous (DA): [www.debtorsanonymous.org.uk](http://www.debtorsanonymous.org.uk)

Emotions Anonymous (EA): [www.emotionsanonymous.org](http://www.emotionsanonymous.org)

Food Addicts Anonymous (FAA): [www.foodaddictsanonymous.org](http://www.foodaddictsanonymous.org)

Gamblers Anonymous (GA): [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

Narcotics Anonymous (NA): [www.ukna.org](http://www.ukna.org)

Nicotine Anonymous (NA): [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Overeaters Anonymous (OA): [www.oagb.org.uk](http://www.oagb.org.uk)

Sex Addicts Anonymous (SAA): [www.saa-recovery.org](http://www.saa-recovery.org)

Sex and Love Addicts Anonymous (SLAA): [www.slaauk.org](http://www.slaauk.org)

Underearners Anonymous (UA): [www.underearnersanonymous.co.uk](http://www.underearnersanonymous.co.uk)

These are anonymous, mutually supportive groups offering help for recovery from addictive, compulsive or mental-health patterns. They are free to attend and open to anyone who has a desire to change their relationship to a substance or behaviour.

Their sites are full of information, support and ways to connect online or via a meeting in your area.

## Other useful resources

In the UK:

- AddAction: [www.addaction.org.uk](http://www.addaction.org.uk)
- Mind: [www.mind.org.uk/information-support/guides-to-support-and-services/addiction-and-dependency](http://www.mind.org.uk/information-support/guides-to-support-and-services/addiction-and-dependency)
- NHS: [www.nhs.uk/livewell/addiction/Pages/addictionhome.aspx](http://www.nhs.uk/livewell/addiction/Pages/addictionhome.aspx)

In the US:

- National Institute on Drug Abuse (NIDA): [www.drugabuse.gov](http://www.drugabuse.gov)
- [www.helpguide.org](http://www.helpguide.org) will help you select treatment programmes
- National Institute on Alcohol Abuse and Alcoholism (NIAAA): [www.niaaa.nih.gov](http://www.niaaa.nih.gov)

In Canada:

- [www.canadiandrugrehabcentres.com](http://www.canadiandrugrehabcentres.com) offers a directory of treatment programmes
- [www.ccsa.ca](http://www.ccsa.ca) offers addiction information centres and helplines

In Australia:

- [www.alcohol.gov.au](http://www.alcohol.gov.au) offers drug and alcohol information services
- [www.lifeline.org.au](http://www.lifeline.org.au) offers addiction information and helplines

## Further reading

Alcoholics Anonymous, *Alcoholics Anonymous* (New York: Alcoholics Anonymous World Services, Inc., 2001).

Augustine Fellowship, *Sex and Love Addicts Anonymous* (Boston: Augustine Fellowship, 1986).

Carnes, P., *A Gentle Path Through the Twelve Principles* (Minnesota: Hazelden, 2012).

Co-dependents Anonymous, *Co-dependents Anonymous* (Dallas: Co-dependent Anonymous, Inc., 1995).

Mellody, P., Miller, A. and Miller, K., *Facing Love Addiction* (New York: Harper San Francisco, 1992).

## Trauma

*'PTSD is a whole-body tragedy, an integral human event of enormous proportions with massive repercussions.'*

SUSAN PEASE BANITT

In the aftermath of a traumatic event (a death, childhood neglect, sexual or physical abuse, disaster or war) it's natural to feel frightened, depressed, anxious, panicked and disconnected. But if these feelings don't fade with time and you feel stuck with thoughts and memories that won't go away, you may be suffering from post-traumatic stress disorder (PTSD). Here are some questions to ask yourself:

- Do you re-experience the event via repeated upsetting memories or dreams?
- Do you feel intense physical and/or emotional distress when exposed to things that remind you of the event?
- Do you try to avoid talking or thinking about it?
- Do you now have a more limited sense of your future options (for example, getting a job you love, getting married, having children or a normal lifespan)?
- Do you have problems sleeping or concentrating?
- Do you feel irrationally angry?
- Have you experienced changes in eating habits?
- More often than not do you feel sad, depressed, disinterested in life, worthless or guilty?

- Have you relied on drugs or alcohol in an attempt to alleviate your pain?

Sometimes we can have a similar response to persistent childhood events that may seem smaller but which can haunt our adult lives. This could be witnessing domestic violence or living with an addicted parent. Either way, you may feel you'll never get over what happened, but there are support systems and approaches that can help:

## Therapy

Talking things over with a qualified therapist is the first thing you can do for yourself. There are different therapists with different approaches. Here are some that have worked for us:

- Counselling: Talking to a trained empathetic professional in a safe and private environment on a short-term basis.
- CBT (Cognitive Behavioural Therapy): Based on the idea that negative thoughts and feelings can trap you in a vicious cycle, affecting your mind, body and actions, CBT is a way to talk through your current issues by breaking overwhelming problems down into smaller parts and examining negative patterns to find practical ways to improve the way you feel.
- Psychotherapy: A deeper, more long-term look at your issues, searching for root causes.
- Psychoanalysis: An examination of early childhood experiences and the unconscious.
- Group therapy: A group that meets regularly to interact, support and heal.

## Eye movement desensitization and reprocessing (EMDR)

A very practical, physical technique for dislodging memories that seem frozen.

## Rewind technique

Working with a trained practitioner to replay disturbing memories as if on rewind or fast-forward modes until the scenes evoke no emotion.

## Emotional Freedom Therapy (EFT, known as ‘tapping’)

Treatment involves tapping specific parts of the body while recalling the event and then experiencing and identifying the nature of the feelings that come up, verbalizing them and accepting or reframing them.

## Body work

Exploring the many techniques that involve working with the whole body to shake trauma. These can include breath work, yoga nidra, Reiki and singing.

## Finding the right therapist or practitioner

The Internet is a great resource, but there are many ways to find someone to help. Ask family and friends. Talk to your medical practitioner. Make a shortlist of potential therapists and call them to chat to see first if you connect over the phone. Research their background. Not all therapists are good, not all will be the right one for you. Don't just take the first option that becomes available to you, and assess your progress to make sure it really is working for you.

If you are working on a tight budget or even an extremely tight budget, it does not mean there is no hope for you to get professional help. There are plenty of therapists and counselling centres that work on a sliding scale and some that even do *pro bono* work. Talking to a therapist can be incredibly helpful when one has a complex past or just needs help getting through a tough period of life. It can become one of the most meaningful, rewarding and even life-changing relationships.

# Women's organizations

*'Feminism is an entire world view or gestalt, not just a laundry list of women's issues.'*

CHARLOTTE BUNCH

There have been feminist campaigns, literature and heroines throughout recorded history, and during the mid-nineteenth century, mass-organized women's movements emerged in the US, the UK, Australia, New Zealand and Scandinavia. These nineteenth-century campaigning nations had certain things in common: Protestant culture, comparatively liberal political systems and early mass moral reform movements (against slavery and alcohol, for international peace) often organized by more marginal Christian groups that encouraged women's activity (Quakers, Unitarians).

The organizations they spawned were largely made up of middle-class women working closely with men (philosophers, radical liberal and socialist Members of Parliament). The first state to give some women the vote was New Zealand in 1893, followed by Australia in 1902 and the UK by 1918. In the US, all states complied by 1919.

Other countries took much longer and women are still unable to vote in Saudi Arabia and Vatican City to this day. The power to vote is only one step in our ongoing struggle for equal power, equal pay and equal rights.

If you want to get more involved, there are plenty of groups. These range from support groups to political movements to development associations, charities, museums, NGOs, online magazines and mentorship schemes. We've arranged them by country and what we outline overleaf are just highlights. Use the Internet or local networks to find more in your area, visit our website ([www.wewomeneverywhere.org](http://www.wewomeneverywhere.org)) to find more recommendations, or create your own group.

## International

Nobel Women's Initiative: [www.nobelwomensinitiative.org](http://www.nobelwomensinitiative.org)

UN Women: [www.unwomen.org](http://www.unwomen.org)

Women's Refugee Commission: [www.womensrefugeecommission.org](http://www.womensrefugeecommission.org)

Women's WorldWide Web (W4): [www.w4.org](http://www.w4.org)

Raging Grannies: [www.raginggrannies.org](http://www.raginggrannies.org)

## US

Big Sisters: [www.bbbs.org](http://www.bbbs.org)

Equal Rights Advocates: [www.equalrights.org](http://www.equalrights.org)

National Organization for Women: [www.now.org](http://www.now.org)

National Women's History Museum: [www.nwhm.org](http://www.nwhm.org)

EMILY's List: [www.emilyslist.org](http://www.emilyslist.org)

Women for Women International: [www.womenforwomen.org](http://www.womenforwomen.org)

## UK

Women's Aid: [www.womensaid.org.uk/](http://www.womensaid.org.uk/)

Women's Institute: [www.thewi.org.uk](http://www.thewi.org.uk)

Southall Black Sisters: [www.southallblacksisters.org.uk/](http://www.southallblacksisters.org.uk/)

The Fawcett Society: [www.fawcettsociety.org.uk](http://www.fawcettsociety.org.uk)

Mumsnet: [www.mumsnet.com](http://www.mumsnet.com)

## Canada

National Council of Women of Canada: [www.ncwc.ca](http://www.ncwc.ca)

Girls Action Foundation: [www.girlsactionfoundation.ca](http://www.girlsactionfoundation.ca)

## Australia

Australian Women's Health Network: [www.awhn.org.au](http://www.awhn.org.au)

EMILY's List: [www.emilyslist.org.au](http://www.emilyslist.org.au)

National Council of Women of Australia: [www.ncwa.org.au](http://www.ncwa.org.au)



# World Issues

*'There comes a time when humanity is called to shift to a new level of consciousness ... that time is now.'*

WANGARI MAATHAI

Our world is in trouble. It would have been impossible to mention all its myriad issues, but if while reading this book one or two struck a chord with you, here is a shortlist of just some of the many organizations and societies that you may want to get in contact with:

## International

Amnesty International: [www.amnesty.org/en/USA](http://www.amnesty.org/en/USA)

GIVING What We Can: [www.givingwhatwecan.org/trust](http://www.givingwhatwecan.org/trust)

Global Fund for Women: [www.globalfundforwomen.org](http://www.globalfundforwomen.org)

Greenpeace: [www.greenpeace.org](http://www.greenpeace.org)

HelpAge International: [www.helpage.org](http://www.helpage.org)

Human Rights Watch: [www.hrw.org](http://www.hrw.org)

International Planned Parenthood Federation (IPPF): [www.ippf.org](http://www.ippf.org)

Liberty: [www.liberty-human-rights.org](http://www.liberty-human-rights.org)

Save the Children: [www.savethechildren.net/](http://www.savethechildren.net/)

The Global Fund for Human Rights: [www.globalhumanrights.org](http://www.globalhumanrights.org)

The Life You Can Save: [www.thelifeyoucansave.org](http://www.thelifeyoucansave.org)

World Bank: [www.worldbank.org](http://www.worldbank.org)

World Wildlife Fund (WWF): [www.panda.org](http://www.panda.org)

## US

American Civil Liberties (ACLU): [www.aclu.org](http://www.aclu.org)

Audubon Society: [www.audubon.org](http://www.audubon.org)

Earth Justice (formerly the Sierra Club Legal Defense Fund):  
[www.earthjustice.org](http://www.earthjustice.org)

Environmental Defense Fund (EDF): [www.edf.org](http://www.edf.org)

National Association for Advancement of Colored People (NAACP):  
[www.naacp.org](http://www.naacp.org)

Natural Resources Defense Council (NRDC): [www.nrdc.org](http://www.nrdc.org)

Poverty USA: [www.povertyusa.org](http://www.povertyusa.org)

Southern Poverty Law Center: [www.splcenter.org](http://www.splcenter.org)

US Human Rights Network (USHR): [www.ushrnetwork.org](http://www.ushrnetwork.org)

## Canada

Dalit Freedom Network Canada: [www.dalitfreedom.ca](http://www.dalitfreedom.ca)

Food for the Hungry: [www.fhcanada.org](http://www.fhcanada.org)

## UK

Child Poverty Action Group (CPAG): [www.cpag.org.uk](http://www.cpag.org.uk)

Show Racism the Red Card: [www.srttc.org](http://www.srttc.org)

## Australia

Anti-poverty Week: [www.antipovertyweek.org.au](http://www.antipovertyweek.org.au)

Gecko: [gecko.org.au](http://gecko.org.au)

Get Up: [www.getup.org.au](http://www.getup.org.au)

Grassroots and environmental groups directory: [www.ecoshout.org.au](http://www.ecoshout.org.au)

## Giving

There are many valuable causes and charities wanting your support and donations – far too many to include in this book. For ideas on ways to ensure that you give to the most cost-effective charities, check out these two websites: [www.thelifeyoucansave.org](http://www.thelifeyoucansave.org) in the US or [www.givingwhatwecan.org](http://www.givingwhatwecan.org) in the UK.

## Acting

If you are looking for inspiration for daily acts of kindness then the following websites might be helpful:

Action for Happiness: [www.actionforhappiness.org](http://www.actionforhappiness.org)

Helping Network: [www.helping.network](http://www.helping.network)

Love This City: [www.lovethiscity.org](http://www.lovethiscity.org)

Random Acts of Kindness Foundation: [www.randomactsofkindness.org](http://www.randomactsofkindness.org)

## Menopause

British Menopause Society: [www.thebms.org.uk](http://www.thebms.org.uk)

International Menopause Society: [www.imsociety.org](http://www.imsociety.org)

North American Menopause Society: [www.menopause.org](http://www.menopause.org)

## Yoga

*'You cannot do yoga. Yoga is your natural state.'*

SHARON GANNON

Yoga is a whole-body exercise with the power to improve physical, mental and emotional health. Flexibility increases, stress reduces, breath work teaches physical techniques to soothe worry and bring you back to a point of calm. It can help you to release the difficult emotions that get trapped in your body. The more you do, the more you learn to connect with what's happening right now. You'll find you sleep more deeply and feel generally better. For us it's led to a more balanced life and a way to access deep peace and harmony.

There are many types of yoga. What we outline below is just a start. Ask people you know, research online, try different options, see what works best for you. Cost-effective ways to practise include shopping around for studio offers. You can also learn by yourself at home, via a book or DVD or online video, although it's good to take a few lessons with a teacher at first. You may find initial 'taster' classes are free or many places offer low-cost classes: Yogability in Glasgow, UK, for example ([www.yogability.org.uk](http://www.yogability.org.uk)).

### Hatha

Gentle, often slower, focusing on the most traditional poses.

### Iyengar

Focus on precision positions and alignments, with use of props (belts, blocks, bolsters) to ensure correct posture.

### Ashtanga

Vigorous, quick moving, athletic. The whole class is one succession of moves flowing into another.

### Mysore style

Ashtanga yoga taught one-to-one in a group setting where you set your own pace.

### Vinyasa flow

Another fast-paced workout style with minimal talk from the teacher.

### Bikram

Set poses (26 of them) done in special heated rooms: lots of sweating and flushing out of toxins.

## Kirtan Chanting

A form of yoga that uses sound.

## Kundalini

Designed to increase spinal energy. Classes involve breathing, chanting and meditation as well as physical exercises.

## Yin

Quieter, seated poses held for up to ten minutes. A way to increase flexibility, release tension and learn the basics of meditation.

## Restorative

Like Yin, but with less focus on flexibility and more on healing and relaxing.

# Meditation

*‘Quiet the mind, and the soul will speak.’*

MA JAYA SATI BHAGAVATI

All you need to meditate is a time and place to sit quietly by yourself – even five minutes in the bathroom is good. If you’re looking for a more structured practice, below we list a few major traditions. You’ll find plenty more online or by asking around.

In essence there are two types of meditation: structured and open. Structured meditation is built around a single thing for your mind to focus on while you meditate. This could be one word (often called a mantra), or a prayer or spiritual text. Open meditation simply invites you to sit (or lie, or stand) quietly, relax and observe what your body and mind are up to. The following may employ either approach:

## Mindfulness

This Western, non-religious technique can employ breath awareness (focusing your attention on inhaling and exhaling) and body scanning (focusing your attention on your physical body, starting from your toes and heading up).

## Zen (also known as Zazen)

This technique comes from Buddhism but can be useful to non-Buddhists. The focus is on sitting still in one position, observing your breath and mind. It sometimes involves ruminating on Buddhist teachings and is often practised with a teacher.

## Transcendental Meditation (TM)

Practitioners are given a mantra (a word or sound) by a teacher to focus on during their meditation. You can also find mantras online.

## Kundalini Yoga

This type of yoga can fuse with meditation to create an all-body practice, tailored to help with specific issues (stress, anxiety, depression, addiction, etc.), and is best done with a teacher.

## Faith

*'Religion is for people who are scared to go to hell. Spirituality is for people who have already been there.'*

BONNIE RAITT

Some of us find a faith through conventional religion; others through less formal faith-based paths and even secular or atheist groups that remove divinity but retain a sense of connection to an underlying truth.

## Buddhism

More of a philosophy than a conventional religion, Buddhism focuses on personal spiritual development and uncovering deep truths about the nature of reality.

## Christianity

Based on the teachings of Jesus, Christianity teaches that we should follow his life story, believe in his divinity, and emulate his self-sacrifice and service to humanity. It's the largest religion in the world, split into three major traditions: Orthodox, Catholic and Protestant.

## Hinduism

A group of faiths based around many different Indian beliefs and scriptures, which may be the oldest religion in the world.

## Islam

Islam means 'submission to the will of God'. Believers are called Muslims and follow the teachings of the Koran as revealed to the prophet Muhammad, who also venerated Abraham, Moses and Jesus as prophets. It has three major traditions: Sunni, Shi'ite and Sufism.

## Judaism

One of the oldest monotheistic religions in the world. Jews believe they must follow a wide range of laws set for them by God governing almost every aspect of life.

## Taoism

An ancient Chinese religious and philosophical tradition with worldwide popularity due to its manifestations in the Tao Ti Ching, Tai Chi, the I Ching and Qigong.

## Unitarianism

An open, inclusive and tolerant approach to religion, developing out of Protestantism and incorporating teachings from many different faiths. Individuals are asked to create their own practice and answers.

## Humanism

Religion without a god: an approach to life centred on human action and behaviour and looking to science rather than religion.

## Paganism

Recognizes the rich diversity of spiritual traditions and is typically a poly-theistic or pantheistic, nature-worshipping religion.

## Atheism

Lack, or an absence, of belief in deities.

## Contemporary Female Spiritual Teachers

The Living Spiritual Teachers Project is an ongoing charitable project that provides biographical details of some of the most eminent spiritual teachers alive today. Here you can find biographical details, contact information, useful links, as well as a list of their publications:

[www.spiritualityandpractice.com](http://www.spiritualityandpractice.com)

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## Starting WE communities

This is a *WE*, not a *me*, way of living. The more support you can gather around you, the easier you will find it to grow, heal and stay on the path. Look for others who are making the same journey or are keen to talk about the things that really matter. Gather them around you. Try working through the chapters in this book with others; share your experiences, your challenges and your insights. Together you will have support when you need it and have maximum impact when you take action. Find ways to become an active part of the movement away from *me* and towards *WE*. Here are some ideas. Come up with your own and let us know how you get on:

- Start a WE community by meeting in person regularly at a local school, church or community centre. Support each other in using the principles in your daily lives.
- Start a WE community online – break down the walls of geography by connecting with women across the globe.
- Start a fundraising drive or other action for one of your chosen charities and invite people in the WE community to donate or join you.
- Look online to find other members of the WE community who might want help or encouragement.
- Check out WE's website: [wewomeneverywhere.org](http://wewomeneverywhere.org) for ideas and inspiration.
- Look out for sister travellers in your community who might have health- or age-related issues that keep them housebound or could do with a visit over a cup of tea.
- Find creative and fun ways to take WE's simple manifesto of compassion out into the world.
- Wherever you spot suffering in the world, if you team up with others you'll find it easier to BE the love that you know is at your core.

## Further reading

The wisdom in this book comes from many teachers, texts and sources. If you want to go deeper and further into the ideas behind WE's principles, these are some of the books we've found helpful along the way:

### Principle 1 – Honesty

Brown, C., *The Gifts of Imperfection* (Center City, Minnesota: Hazelden, 2010).

Hay, L., *You Can Heal Your Life* (San Diego: Hay House, 1984).

Ferrucci, P., *What We May Be* (Los Angeles: J.P. Tarcher, 1982).

Lamott, A. and Lamott, S., *Some Assembly Required* (New York: Penguin Group, 2012).

Rosen, T., *Recovery 2.0* (London: Hay House, 2014).

Wolf, N., *The Beauty Myth* (London: Vintage, 1991).

### Principle 2 – Acceptance

Fruehwirth, G., *Words for Silence* (London: SPCK, 2008).

Harris, T., *I'm OK – You're OK* (London: Pan Books Ltd, 1973).

Kipp, M., *Daily Love* (London: Hay House, 2014).

Kurtz, E. and Ketcham, K., *The Spirituality of Imperfection* (New York: Bantam Books, 1992).

Linn, D., *Four Acts of Personal Power* (London: Hay House, 2007).

Moore, T., *Care of the Soul* (London: Piatkus, 1992).

Sogyal, R., Gaffney, P. and Harvey, A., *The Tibetan Book of Living and Dying* (London: Rider, 2002).

### Principle 3 – Courage

Bernstein, G., *May Cause Miracles* (London: Hay House, 2013).

Cantacuzino, M., *The Forgiveness Project* (London: Jessica Kingsley Publishers, 2015).

Myss, C., *Anatomy of the Spirit* (New York: Three Rivers Press, 1996).

Penny, L., *Unspeakable Things* (London: Bloomsbury, 2014).

## Principle 4 – Trust

Carlson, R., *Don't Sweat the Small Stuff ... and it's all small stuff* (London: Hodder Mobius, 2008).

Jeffers, S., *Feel the Fear and Do It Anyway* (London: Vermilion, 2007).

Lerner, R., *Living in the Comfort Zone* (Florida: Health Communications Inc., 1995).

## Principle 5 – Humility

Bill, P. and Todd, W., *Drop the Rock* (Center City, Minnesota: Hazelden, 2005).

Epstein, M., *Going to Pieces Without Falling Apart* (New York: Broadway Books, 1998).

Peck, M., *Further Along the Road Less Travelled* (London: Simon & Schuster, 1993).

Silverton, S., *The Mindfulness Breakthrough* (London: Watkins, 2012).

## Principle 6 – Peace

De Mello, A., *Sadhana, A Way to God* (New York: Doubleday, 1978).

Hawkins, D., *Transcending the Levels of Consciousness* (W. Sedona, AZ: Veritas Publishing, 2006).

Holden, M., *Boundless Love* (London: Rider, 2002).

Hyde, L. and Ladinsky, D., *The Gift* (New York: Vintage Books, 2007).

Idliby, R., Oliver, S. and Warner, P., *The Faith Club* (New York: Free Press, 2007).

Johnston, W., *The Cloud of Unknowing and the Book of Privy Counseling* (New York: Image Books, 1973).

Keating, T., *Intimacy with God* (New York: Crossroad, 1996).

Myss, C., *Entering the Castle* (London: Simon & Schuster, 2007).

Nhat Hanh, T., *Happiness* (Berkeley, CA: Parallax Press, 2009).

Nhat Hanh, T., *Peace is Every Step* (Bantam/AJP, 2013).

[www.theforgivenessproject.com](http://www.theforgivenessproject.com)

Tolle, E., *The Power of Now* (London: Hodder & Stoughton, 2001).

Trans. Barks, C., *The Essential Rumi* (London: Penguin, 1999).

## Principle 7 – Love

Augustine Fellowship, *Sex and Love Addicts Anonymous* (Boston: Augustine Fellowship, 1986).

Co-dependents Anonymous, *Co-dependents Anonymous* (Dallas: Co-dependents Anonymous, Inc., 1995).

Hendrix, H., *Getting the Love You Want* (London: Simon & Schuster, 2005).

Jackson, L., *The Light Between Us* (London: Century, 2015).

Mellody, P., Miller, A. and Miller, K., *Facing Love Addiction* (New York: Harper San Francisco, 1992).

Norwood, R., *Women Who Love Too Much* (London: Arrow Books, 1986).

Olds, S., *Stag's Leap* (London: Jonathan Cape, 2012).

Richo, D., *How To be an Adult in Relationships* (Boston: Shambhala, 2002).

Yalom, I., *Love's Executioner* (London: Penguin, 1991).

## Principle 8 – Joy

Cameron, J., *The Artist's Way* (London: Pan, 1995).

Campbell, R., *Light is the New Black* (London: Hay House, 2015).

Csikszentmihalyi, M., *Flow: The Psychology of Happiness* (London: Rider, 2002).

De Mello, A. and Galache, G., *Walking on Water* (Dublin: Columba Press, 1998).

Donius, W., *Thought Revolution* (New York: Atria Books, 2014).

Ferrucci, P., *Inevitable Grace* (Los Angeles: J. P. Tarcher, 1990).

Huffington, A., *Thrive* (London: W. H. Allen, 2014).

Kingston, K., *Clear your Clutter with Feng Shui* (London: Piatkus, 1998).

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