

# Suggested Readings and Trainings

From OnCourse International

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## Transition Readings

**Aspirations of Greatness: Mapping the Midlife Leader's Reconnection to Self and Soul**

Warner, Jim (New York: Wiley; February 2002; www.oncourseinternational.com)

*(based on Warner's retreat experiences with over 1,000 YPOers, WPOers and their spouses)*

**When Having It All Isn't Enough: Resolving the Top Ten Dilemmas of High Achievers**

Warner, Jim (Nightingale-Conant: Chicago; November 2002; www.oncourseinternational.com)

*(audio program based on Warner's retreat experiences with over 1,000 YPOers, WPOers and their spouses)*

**Listening to Mid-Life:** Gerzon, Mark

*(Highly recommended; covers all areas of midlife transition)*

**Finding a Job You Can Love** Ralph T. Mattson, Arthur F. Miller

*(excellent book for ardent job seekers; finding your giftedness and a career to match)*

**Living an Extraordinary Life: Unlocking Your Potential for Success, Joy and Fulfillment**

White, Robert (ARC Worldwide: Hong Kong, 2000)

*(based on White's experiences with over 500,000 participants at his seminars)*

**What Color Is Your Parachute: A Practical Manual for Job-Hunters and Career Changers** Richard Bolles

*(Top rated book for finding your next career)*

**The Path** *Creating Your Mission Statement for Work and for Life* by Laurie Beth Jones

**Half Time** Buford, Bob *(moving from success to significance)*

**Game Plan** Buford, Bob *(how to assemble a second half plan)*

**Transitions** Bridges, William *(Good coverage of "transition" issues)*

**The Paradox of Success: When Winning at Work Means Losing at Life** John R. O'Neil

*(Vignettes on supposedly successful people who yearned for more; the pitfalls of "success")*

## Personal Aliveness / Awareness Readings

**Awareness** De-Mello, Anthony *(Contemplative; hard hitting; lots of little stories on "waking up")*

**Song of the Bird** De-Mello, Anthony *(outstanding short stories)*

**Wellsprings** De-Mello, Anthony *(Daily meditations)*

**King, Warrior, Magician, Lover** Moore and Gillette

*(Understanding the "adult / mature" parts of us and the "shadow" parts of us. More theory and history than Warner's book, which covers the same topics)*

**Owning Your Own Shadow** Johnson (*Easy to read book on the human shadow*)

**The Heart Aroused** *Poetry and the Preservation of the Soul in Corporate America*  
By David Whyte

**Synchronicity** *The Inner Path of Leadership* by Joseph Jaworski

**The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire** by David Deida

**Conscious Loving: The Journey to Co-Commitment** by Gay Hendricks, Ph.D. & Kathlyn Hendricks, Ph.D.

**Wherever You Go There You Are** *Mindfulness Meditation in Everyday Life*

## Spiritual Readings

**Everything Belongs** Richard Rohr (*excellent book on contemplative prayer*)

**Quest for the Grail** Richard Rohr (*Shadow concepts linked to spirituality*)

**Radical Grace** Richard Rohr (*Daily Meditations*)

**Will and Spirit** (Gerald May)

*{A profound discussion of good, evil, fear, love, energy, willfulness, surrender, psychology, religion and contemplation. Superb reading for a spiritual pilgrim.}*

**Care of Mind – Care of Spirit: A Psychiatrist Explores Spiritual Direction** (Gerald May)

*{Excellent description of the distinctions between traditional psycho-therapy and spiritual direction}*

**After the Ecstasy, the Laundry: How the Heart Grows Wise on the Spiritual Path**

Kornfield, Jack (New York: Bantam, 2000)

*(Gifted writer; blends eastern and western approaches to contemplation / meditation)*

**Leading with Soul – An Uncommon Journey of the Spirit** (Bolman and Deal)

*{Spiritual Guidance for people in leadership}*

**A Hunger for Healing** by J. Keith Miller

**The Return of the Prodigal Son: Meditation on Fathers and Sons**

**Intimacy with God** (Keating, Thomas)

**Open Mind, Open Heart: The Contemplative Dimension of the Gospel** (Keating, Thomas)

**Invitation to Love: The Way of Christian Contemplation** (Keating, Thomas)

**The Tao of Leadership (Leadership Strategies for a New Age)** John Heider

**Life of the Beloved: Spiritual Living in a Secular World** (Nouwen, Henri)

**The Wounded Healer** (Nouwen, Henri)

**Can You Drink This Cup** (Nouwen, Henri)

**Here and Now** (Nouwen, Henri)

**The Sacred Romance: Drawing Closer to the Heart of God** (Curtis, Brent and Eldredge, John)

**The Journey of Desire: Searching for the Life We've Only Dreamed Of** (Eldredge, John)

## Other Readings

**Compelled to Control** J. Keith Miller (*on the control addiction*)

**The New Science of Management: Quantum Physics in the Workplace** by Margaret Wheatley

**Intimate Communion, Awakening Your Sexual Essence** by David Deida

**Getting the Love You Want – A Guide for Couples** Harville Hendrix)  
{Guidance for couples who desire a mature relationship The theory and practice of becoming passionate friends..  
How our relational behaviors are replays of patterns developed in youth.}

## Other Recommended Trainings

**The New Warrior Training Adventure** Sponsored by The Mankind Project. {A three-day men's rite of passage training, with follow-on Integration Group. Go to [www.mkp.org](http://www.mkp.org) for complete details.}

**A Couples Weekend** Sponsored by Tosi and Associates. {A profound weekend experience for couples who wish to reach deeper levels of love, Intimacy, acceptance and trust. Visit [www.tosi.biz](http://www.tosi.biz) for details}  
. Go to [www.mkp.org](http://www.mkp.org) for complete details.}

**Shadow Work Trainings** Sponsored by Shadow Work Seminars. {Based on Cliff Barry's unique synthesis of ancient and modern tools, Shadow Work® uses a four-directional "map of the mind" to identify and process your "shadows." Go to [www.shadowwork.com](http://www.shadowwork.com) for details.}