

# Additional Resources for the Theme of Abundance

## Books

### **The Paradox of Choice: Why More Is Less**

*Barry Schwartz*

<https://www.amazon.com/Paradox-Choice-Why-More-Less/dp/149151423X>

### **The Tao of Abundance: Eight Ancient Principles for Abundant Living**

*By Laurence Boldt*

<http://a.co/f6McdaS>

### **A Simple Act of Gratitude: How Learning to Say Thank You Changed My Life**

*John Kralik*

[https://www.amazon.com/Simple-Act-Gratitude-Learning-Changed/dp/1401310710/ref=pd\\_sim\\_14\\_1?encoding=UTF8&psc=1&refRID=1WNZ8BH9KQ603ME91DMF](https://www.amazon.com/Simple-Act-Gratitude-Learning-Changed/dp/1401310710/ref=pd_sim_14_1?encoding=UTF8&psc=1&refRID=1WNZ8BH9KQ603ME91DMF)

“At age 53, John Kralik found his life at a terrible, frightening low: his small law firm was failing; he was struggling through a painful second divorce; he had grown distant from his two older children and was afraid he might lose contact with his young daughter; he was living in a tiny apartment where he froze in the winter and baked in the summer; he was 40 pounds overweight; his girlfriend had just broken up with him. Then, during a desperate walk in the hills on New Year's Day, John was struck by the belief that his life might become at least tolerable if, instead of focusing on what he didn't have, he could find some way to be grateful for what he had...”

### **My Life with the Saints**

*James Martin*

Both accessible and inspiring, Martin shares how church saints have served personal companions for him throughout his life's journey. He is “engaging and specific about the help and companionship he has received. When his pride proves trouble-some, he seeks help from Thomas Merton, the monk and writer who struggled with egotism. In sickness he turns to Thérèse of Lisieux, who knew about the boredom and self-pity that come with illness. Joan of Arc shores up his flagging courage. Aloysius Gonzaga deepens his compassion...”

### **From Age-ing to Sage-ing: A Revolutionary Approach to Growing Older** (the abundance of aging)

*Zalman Schachter-Shalomi, Ronald S. Mille*

[https://www.goodreads.com/book/show/598133.From\\_Age\\_ing\\_to\\_Sage\\_ing?from\\_search=true](https://www.goodreads.com/book/show/598133.From_Age_ing_to_Sage_ing?from_search=true)

Over two decades ago, beloved and respected rabbi Zalman Schachter-Shalomi felt an uneasiness. He was growing older, and fears about death and infirmity were haunting him. So he decided to embark on mission to get to the bottom of his fears. Through a series of events that included a vision quest in a secluded cabin and studying with Sufi masters, Buddhist teachers and Native-American shamans, Reb Zalman found a way to turn aging into the most meaningful and joyous time in his life.

# Movies

## **The Curious Case of Benjamin Button**

[https://www.rottentomatoes.com/m/curious\\_case\\_of\\_benjamin\\_button](https://www.rottentomatoes.com/m/curious_case_of_benjamin_button)

Sometimes it takes living our lives in reverse to notice how abundant our lives really are!

## **It's A Wonderful Life**

It is not too early to watch this holiday classic about noticing the abundant gifts right in front of us!

## **Smoke Signals** *(Native American Heritage Month)*

Smoke Signals is a humorous yet serious story about Victor, a young man who Director Chris Eyre describes as "trying to forgive his father." The movie gives us a glimpse into the contemporary Native American world.

[http://www.imdb.com/title/tt0120321/?ref=nm\\_sr\\_4](http://www.imdb.com/title/tt0120321/?ref=nm_sr_4)

*For Transgender Day of Remembrance (Nov.20)*

## **Ma vie en rose/My Life in Pink ()**

[https://www.rottentomatoes.com/m/ma\\_vie\\_en\\_rose](https://www.rottentomatoes.com/m/ma_vie_en_rose)

## **Transamerica**

<https://www.rottentomatoes.com/m/transamerica>

## **Boys Don't Cry**

[https://www.rottentomatoes.com/m/boys\\_dont\\_cry](https://www.rottentomatoes.com/m/boys_dont_cry)