

AIR Resources, Fall 2023

Books

The Gifts of Imperfection by Brené Brown

The book teaches us not to change ourselves to adapt to expectations, instead, we should embrace and engage with our imperfections. The core insights center on empathy, understanding, and adopting "wholehearted living," so that we start living for ourselves, and not for other people. (from briefer.com)

Being Mortal: Illness, Medicine, and What Matters in the End by Atul Gawande

The book addresses end-of-life care, hospice care, and also contains Gawande's reflections and personal stories. He suggests that medical care should focus on well-being rather than survival. (from Wikipedia.com)

When Breath Becomes Air by Paul Kalanithi

The memoir of Paul Kalanithi, a neurosurgeon at Stanford University, who is diagnosed with terminal lung cancer in his mid-thirties. Kalanithi uses the pages in this book to not only tell his story, but also share his ideas on how to approach death with grace and what it means to be fully alive. (from jamesclear.com)

The Things You Can See Only When You Slow Down by Haemin Sunim

In this timely guide to mindfulness, Haemin Sunim, a Buddhist monk born in Korea and educated in the United States, offers advice on everything from handling setbacks to dealing with rest and relationships. (from hillofcontentbookshop.com)

Wood Solace, or A Return to Belonging by Lisa Lundeen

Debut poetry collection by healthcare chaplain Lisa Lundeen "models meditation through creativity, encouraging the reader-beholder to savor each pairing in contemplative, restorative stillness and celebration." (from lisa-lundeen.com)

The Art of Conversation Through Serious Illness: Lessons for Caregivers by Richard McQuellon

In this book, the authors consider how to best listen to and speak with one facing life-threatening illness, with lessons on being a primary conversation partner, becoming properly empathic and receiving empathy, maintaining everyday conversation, using platitudes appropriately, understanding healthy denial, and talking about dying. (from barnesandnoble.com)

Cancer and Death: A Love Story in Two Voices by Leah Vande Berg and Nick Trujillo

In this autoethnographic book, married couple Leah Vande Berg and Nick Trujillo give an insider's view of a couple as they navigate Leah's cancer diagnosis.

Articles

[A Marriage of Arts and Wellness: At Healing Arts Group, Cancer Doesn't Control the Conversation](#)

September 17, 2023 front page News & Record article about Hirsch.

[Art therapies in cancer — A non-negligible beauty and benefit from Journal of Oncological Sciences](#)

While this article does look specifically at art therapy, which we will not be providing, it's a good overview of why it matters. You'll make obvious connections to our work as you read.

[Outcomes of Therapeutic Artmaking in Patients Undergoing Radiation Oncology Treatment: A Mixed-Methods Pilot Study from Integrative Cancer Therapies](#)

An overview of an NIH study showing the physiological impact of art making on cancer patients.

Video clips

[The Last Lecture: Achieving your Childhood Dreams by Randy Pausch](#)

Carnegie Mellon Professor Randy Pausch (Oct. 23, 1960 - July 25, 2008) gave his last lecture at the university Sept. 18, 2007, before a packed McComomy Auditorium. In his moving presentation, "Really Achieving Your Childhood Dreams," Pausch talked about his lessons learned and gave advice to students on how to achieve their own career and personal goals. (from YouTube.com)

[Brené Brown on Empathy vs Sympathy](#)

What is the best way to ease someone's pain and suffering? In this beautifully animated RSA Short, Dr Brené Brown reminds us that we can only create a genuine empathic connection if we are brave enough to really get in touch with our own fragilities. (from YouTube.com)

Apps

The Plum Village App

Free Mindfulness app that provides short teachings on the basic practices (where to start), guided meditations, short teachings, chants and songs, podcasts (The Way Out is In) and much more.

Insight Timer

Free mindfulness app that provides meditation bells, dharma talks by a variety of meditation/mindfulness practitioner, community connections, if desired

Person to Person Opportunities

Deep River Sangha: Sunday 3:00-4:30 pm at the UUC-G, and Wednesday 6:30-8:00 pm

New at Garden Friends Meeting

Hybrid practices

By computer, tablet, or smartphone click on this link:

<https://zoom.us/j/795195302?pwd=VE91d09NWXUwU2lla0JIM3RudWh3UT09>

Meeting ID: 795 195 302

Password: 4t15P++!

Winston Salem Community of Mindful Living Tuesday/Thursday 7 am sits

<https://us02web.zoom.us/j/82703691204?pwd=YmNEVFNQWXNzQTIPQk44cnliRzRTZz09>

Online only

Meeting ID: 82703691204

Password: 010101

Hirsch Wellness weekly meditation with Ash Poirier via zoom with registration through Hirsch Wellness class website

Monday 7:15 - 8:00pm

1st and 3rd Thursday - Awakened Heart, Awakened Mind 6:00 - 7:30pm

2nd and 4th Thursday - A Still Forest Pool 6:00 - 7:00pm

Monasteries' websites -- there are online practice sessions with the monastic communities that you can sign up for, as well as wonderful readings, teachings, and short videos about practice:

[Plum Village](#) (France)

[Blue Cliff Monastery](#) (New York)

[Magnolia Grove Monastery](#) (Mississippi)

[Deer Park Monastery](#) (California)

Websites

The Raft

<https://mailchi.mp/179e17a805db/the-raft-mindfulness-and-your-health?e=69865c>

The Raft is a free compilation of resources assembled by the Thich Nhat Hanh Foundation, Plum Village Monastery, Parallax Press, and the Plum Village App team to help keep you grounded and connected during these challenging times, and to inspire your mindfulness practice. Each issue includes a Dharma talk, guided meditation, upcoming online events, and other resources for your mindfulness practice, such as toolkits for kids, reflections by monastics, poetry and visual art, and more!