

Poem: For One Who Is Exhausted by John O'Donohue. This poem is available in his book [*To Bless The Space Between Us: A Book of Blessings*](#). Learn more about John O'Donohue at www.johnodonohue.com

BOOKS RECOMMENDED

[*The Body Keeps the Score* by Bessel van der Kolk M.D.](#)

[*Conjectures of a Guilty Bystander* by Thomas Merton](#)

[*Building Below the Waterline: Shoring Up the Foundations of Leadership* by Gordon MacDonald](#)