



Resource List: Healthy Living

(General Health and Nutrition, Holidays, Work/Life Balance,
Time Management, Family Dynamics, Interpersonal Relationships)

The resources listed here align with Focus on the Family's philosophy and mission. Call us at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (Information is regularly updated, but it's still possible that an item originally available from Focus on the Family is now unavailable.) You might also be interested in content posted on our website at focusonthefamily.com.

Included

[Books](#)
[Broadcasts](#)
[Resource Lists and Q&As](#)
[Referrals](#)

Books

Addicted to Busy: Recovery for the Rushed Soul by Brady Boyd (2014) • 9780781410342 •

It's tempting to match the hectic pace around us, even when our only reason is to avoid dealing with deeper soul issues. Learn to embrace the Lord's peace and rest.

Becoming a Family That Heals by Drs. Tom and Beverly Rodgers (2009) • 9781589975750 •

"How to Resolve Past Issues and Free Your Future"

Beyond Boundaries by Dr. John Townsend (2012) • 9780310330769 •

Townsend takes you beyond the pain of hurtful relationships and offers tools to help you recognize true change, move past relational hurts, and create a safe environment. Re-establish closeness with those who've wronged you.

The Birth Order Book by Dr. Kevin Leman (2015) • 9780800723842 •

"Why You Are the Way You Are"

Boundaries by Dr. Henry Cloud and Dr. John Townsend (1992) • 9780310350231 •

Cloud and Townsend help readers set mental, physical, emotional, and spiritual boundaries. Appropriately distinguish personal responsibility in relationships.

Busy Mom's Guide to Family Nutrition by Paul C. Reisser, M.D. (2012) • 9781414364605 • (not currently available through Focus on the Family)

"How do I get my family to eat healthy foods? Which weight loss plan is right for me? How do I help my overweight child? How do I cut through the hype about health and nutrition?"

Clutter Free by Kathi Lipp (2015) • 9780736959131 •

"Quick and Easy Steps to Simplifying Your Space"

Come to the Family Table by Ted and Amy Cunningham (2016) • 9781631463662 •

"Slow Down to Enjoy Food, Each Other, and Jesus"

- Connected: Curing the Pandemic of Everyone Feeling Alone Together** by Erin Davis (2014) • 9781433682582 •
Davis explores the roots of loneliness, its effect on our lives, and the solution God offers.
- The Digital Invasion** by Dr. Archibald Hart and Dr. Sylvia Hart Frejd (2013) • 9780801015298 •
“How Technology Is Shaping You and Your Relationships”
- The Emotionally Destructive Relationship** by Leslie Vernick (2007) • 9780736918978 •
“Seeing It, Stopping It, Surviving It”
- The Entitlement Cure** by Dr. John Townsend (2015) • 9780310330523 •
“Finding Success in Doing Hard Things the Right Way”
- Every Body Matters: Strengthening Your Body to Strengthen Your Soul** by Gary Thomas (2011) • 9780310290810 •
Healthy eating and exercise isn’t about appearance. It’s about building a strong, well-nourished body that can become “a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work” (2 Timothy 2:21).
- Exploring the Joy of Christmas** by Phil and Kay Robertson (2015) • 9781621574811 •
“Stories, Recipes, Carols & More From the Stars of Duck Dynasty”
- The Family You’ve Always Wanted** by Gary Chapman (2008) • 9780802472984 •
“Five Ways You Can Make It Happen”
- Forgiving Our Fathers and Mothers: Finding Freedom From Hurt & Hate** by Leslie Leyland Fields (2013) • 9780849964725 •
“If our families are to flourish, we will need to learn and practice ways of forgiving those who have had the greatest impact upon us: our mothers and fathers.”
- Get Yourself Organized for Christmas** by Kathi Lipp (2015) • 9780736959292 •
“Simple Steps to Enjoying the Season”
- Hands Free Life** by Rachel Macy Stafford (2015) • 9780310338154 •
“9 Habits for Overcoming Distraction, Living Better, & Loving More”
- Have a Happy Family by Friday** by Dr. Kevin Leman (2014) • 9780800732189 •
Leman explains how to improve communication, respect, and teamwork in your family.
- Have a New You by Friday** by Kevin Leman (2011) • 9780800720872 •
“How to Accept Yourself, Boost Your Confidence, & Change Your Life in 5 Days”
- Helpful Hints for Holiday Struggles** by Focus on the Family • online booklet
Whether you’re dealing with challenging family relationships, parenting through separation or divorce, struggling with singleness, grieving loss, or navigating financial hardship, we’ve gathered resources to offer advice and hope.
- The Hour That Matters Most: The Surprising Power of the Family Meal** by Drs. Les and Leslie Parrott (2011) • 9781414337449 •
(not currently available through Focus on the Family)
Bring love and laughter into your home, and raise healthier, happier kids. Filled with recipes, conversation starters, and other information, this book can help you make one hour a day the most important hour of your family’s schedule.
- In Search of Balance** by Dr. Richard Swenson (2010) • 9781600066986 •
Learn the difference between daily urgencies and long-term priorities. Discover why balance is necessary for spiritual, emotional, and physical health.
- Just Too Busy: Taking Your Family on a Radical Sabbatical** by Joanne Kraft (2011) • 9780834126091 •
Kraft’s family chose to take a year off from all extracurricular activities. Their journey can help *you* find the courage to guard your family against the temptation of constant distraction.
- The Kindness Challenge** by Shaunti Feldhahn (2016) • 9781601421227 •
“Thirty Days to Improve Any Relationship”
- The Law of Happiness** by Dr. Henry Cloud (2011) • 9781439182468 •
“How Spiritual Wisdom and Modern Science Can Change Your Life”
- A Life That Says Welcome** by Karen Ehman (2006) • 9780800731397 •
“Simple Ways to Open Your Heart & Home to Others”
- Made to Crave** by Lysa TerKeurst (2010) • 9780310293262 •
“Satisfying Your Deepest Desire With God, Not Food”

The More of Less by Joshua Becker (2016) • 9781601427960 •

“Finding the Life You Want Under Everything You Own”

Never Go Back: 10 Things You'll Never Do Again by Dr. Henry Cloud (2015) • 9781451669312 •

Take steps toward a more confident, joyful life with principles such as “You can’t please everyone,” and “Avoiding short-term discomfort is not worth losing long-term benefit.”

Once-A-Month Cooking by Mimi Wilson and Mary Beth Lagerborg (2009) • 9780312366254 •

“A Proven System for Spending Less Time in the Kitchen and Enjoying Delicious, Homemade Meals Every Day”

Once-A-Month Cooking: Family Favorites by Mimi Wilson and Mary Beth Lagerborg (2009) • 9780312534042 •

“More Great Recipes That Save You Time and Money From the Inventors of the Ultimate Do-Ahead Dinnertime Method”

The One Day Way by Chantel Hobbs (2011) • 9780307458957 •

“Today Is All the Time You Need to Lose All the Weight You Want”

Peacemaking for Families by Ken Sande (2002) • 9781589970069 •

“A Biblical Guide to Managing Conflict in Your Home”

People Can't Drive You Crazy If You Don't Give Them the Keys by Mike Bechtle (2012) • 9780800721114 •

“You Don't Have to Be Controlled by Difficult People”

The Power of One Thing: How to Intentionally Change Your Life by Dr. Randy Carlson (2009) • 9780842382229 •

By breaking the journey toward improvement into smaller pieces and tackling one thing at a time, we can overcome challenges and build healthy habits for life.

Squanto by Eric Metaxas (2012) • 9781400320394 • children's book

“And the Miracle of Thanksgiving”

Take Your Life Back by Stephen Arterburn and David Stoop (2016) • 9781496413673 •

“How to Stop Letting the Past and Other People Control You”

UnTrapped by Daniel Nehrbass, Ph.D. (2017) • 9781620205860 •

“Nine Secrets to Getting Along”

The Way of the Wise: Simple Truths for Living Well by Dr. Kevin Leman (2015) • 9780800722425 •

Based on the wisdom of King Solomon, Leman offers ten principles to help you realize God's care and guidance—and make Him *Lord* of your life.

When Work & Family Collide by Andy Stanley (2011) • 9781601423795 •

“Keeping Your Job From Cheating Your Family”

Winning With People by John Maxwell (2007) • 9780785288749 •

“Discover the People Principles That Work for You Every Time”

Broadcasts

Applying Business Principles to Your Family Life (Louis Upkins Jr.) • 9781624714771 •

Timeless business principles can help us reorder our priorities so our primary focus is on our families: Turn off technology, follow through with promises, create a family mission statement, and deliver a quality product.

Becoming Friends With Your In-Laws (Dr. Gary Chapman) • 9781624719172 •

Several principles can help you build and strengthen your connection with your spouse's parents and siblings.

Becoming the Family You Want to Be (Dr. Gary Chapman) • 9781683320081 •

Chapman discusses the importance of families who serve together, spouses who relate intimately, parents who guide their children, children who obey and honor parents, husbands who love and lead, and wives who encourage their husbands.

Bite-Sized Insights Into Family Nutrition (Dr. Paul Reisser) • 9781624714832 •

Learn to provide your family with nutritious meals and help your children make healthy food choices. Common challenges of picky eaters and a lack of time or money don't have to derail your plans for well-balanced eating.

Breaking the Busyness Habit (Pastor Brady Boyd) • 9781624717987 •

Sharing his personal story of heart surgery and forced rest, Boyd shares the dangers and effects of living a lifestyle that's too busy and overcommitted.

Bringing Laughter to Everyday Life (Tim Hawkins) • 235000009595 •

Comedian and singer-songwriter Hawkins shares his humorous, unique perspective on aspects of everyday life.

Building a Healthy Life One Day at a Time (Chantel Hobbs) • 9781624716881 •

The prospect of dieting can be daunting. Instead of fixating on the end result, focus on what you can do *today* to get closer to your objective. Hobbs offers advice and encouragement from her book *The One Day Way*.

Celebrating God's Blessings on Thanksgiving (various) • 2350000011581 •

Segments include interviews with Dr. R.T. Kendell on the importance of thanking God, Susie Larson on how to be thankful in all circumstances, Bill Federer on the history of Thanksgiving, and Joni Eareckson Tada on the need for gratitude even in tragedy.

Celebrating the Miracle of Thanksgiving (Eric Metaxas) • 2350000010140 •

Metaxas tells the history of Thanksgiving, focusing on Squanto, a Native American man of faith called by God to help the Pilgrims.

Celebrating Your Family Throughout the Year (Karen Ehman, Glynnis Whitwer) • 9781624716515 •

Ehman and Whitwer share ideas, tips, and tricks for celebrating with your family throughout the year. They discuss the importance of traditions and how they help forge a family identity.

Changing Your Relationships Through the Power of Kindness (Shaunti Feldhahn) • 2350000010287 •

Feldhahn challenges listeners to practice small acts of kindness and see the difference it can make in their relationships.

Choosing to Be Joyful (Luci Swindoll) • 9781624718823 •

Swindoll shares a story likening the meaning of life to a piece of mirror that reflects light to the world with truth, humor, and joy. She recounts several family stories and urges listeners to find joy and spread it to others.

Clearing Out the Clutter (Kathi Lipp) • 2350000008796 •

Lipp explains how extra stuff can cause stress and conflict, and how to find freedom in letting it go.

Coming Together As a Community at Christmas (pre-produced) • 2350000010249 •

This is a dramatic reading of the charming story "When Christmas Came to Thorn Creek Bridge." It also includes lighthearted Christmas stories from Focus listeners and staff.

Common Medical Questions About Your Kids (Dr. Walt Larimore) • 9781624714115 •

Larimore answers common questions parents have about the health of their children. He advises parents to be their child's health-care "quarterback."

Enjoying Mealtimes As a Family (Pastor Ted Cunningham) • 2350000010720 •

Cunningham shares how to make family mealtimes more meaningful in a discussion based on his book *Come to the Family Table: Slowing Down to Enjoy Food, Each Other, and Jesus*.

Family Dynamics During the Holidays (Dr. Greg and Mrs. Erin Smalley) • 9781624719851 •

The Smalleys offer ways to navigate common sources of holiday tension: allocating time between families, establishing traditions for your own family, reducing tension in blended family situations, addressing gift-giving expectations, and more.

Filling Your Love Tanks (Dr. Dennis Swanberg) • 2350000010812 •

With his trademark mix of impressions, stories, and homespun wisdom, Swanberg delivers a touching and humorous message about recognizing what encourages our loved ones so we can love them better.

Finding Freedom From Destructive Relationships (Leslie Vernick) • 9781624711893 •

Vernick shares about her own difficult relationship with her mother and offers insights from her book *The Emotionally Destructive Relationship*. Learn to recognize and deal with abusive relationships.

Finding Rest for Your Hurried Home (Dr. Tim and Mrs. Darcy Kimmel) • 9781624713705 •

The Kimmels share insights about how to reduce stress. They offer principles for finding joy and contentment, and they suggest ways couples can maintain intimacy and use grace-based parenting to raise godly children.

Finding True Connection in a Disconnected World (Erin Davis) • 9781624718953 •

Davis shares about wrestling through loneliness. She describes the impact technology has on our relationships and ways we can alleviate feelings of loneliness: be vulnerable, find our identity in God, and get plugged into a local church community.

Finding True Joy at Christmas (Phil and Kay Robertson) • 2350000011659 •

The Robertsons reminisce over Christmas memories from the *Duck Dynasty* family. Miss Kay talks about learning to cook, and Phil shares how he almost burned down their home. They reflect on the true meaning of the season.

Five Things I Know About People (Dr. John Maxwell) • 2350000009861 •

Maxwell shares effective principles that demonstrate genuine love and affirmation toward others.

Forgiving Your Parents (Leslie Leyland Fields) • 9781624719806 •

Leyland Fields shares about her childhood with a frequently absent and abusive father. She talks about forgiveness and how to have love and mercy towards our parents—even when it's not reciprocated.

Game Plan for Having a Happier Family (Dr. Kevin Leman) • 9781624718120 •

Leman offers five ways parents can improve family dynamics: 1) Respond to your kids rather than react; 2) Prioritize time and activities; 3) Maintain a good relationship with your teens; 4) Prioritize your marriage; and 5) Build a strong legacy of love.

Getting Organized for Christmas (Kathi Lipp) • 9781624719769 •

Lipp shares ways you and your household can get organized for end-of-the-year festivities. From budgeting and planning ahead to gift-giving guidelines, learn how to have a more peaceful and sacred holiday.

Getting Unstuck in Your Relationships (Dr. Daniel Nehrbass) • 2350000011123 •

Nehrbass offers advice for those who feel trapped in a relationship where another person's undesirable or harmful behavior is putting them in a bind. With God's strength, you always have options.

Giving Your Family a Year-Long Break (Joanne Kraft) • 2350000005207 •

Tired of "one-upping" with other moms about their frantic schedules, Kraft decided to take a break from all outside activities requiring mom or dad to drive the kids. She shares how her family pulled it off—and the long-term positive impact it had on her marriage and children.

Godly Wisdom for Leading Your Family (Dr. Ken Blanchard, Tricia Goyer, Phil Hodges) • 9781624712708 •

Guests explore how Jesus lived and how that model can apply to our lives, too: He was a servant; He never compared Himself to others; He spent time alone with God; He praised others for good effort; and He corrected His disciples when necessary.

Homemade Meals for Busy Families (Mary Beth Lagerborg) • 2350000004217 •

The once-a-month cooking method can help you prioritize healthy eating and help your family benefit from spending dinnertime together.

How to Stop the Past From Controlling Your Future (Stephen Arterburn and Dr. David Stoop) • 2350000011543 •

Wounds from the past can make us prisoners within ourselves unless we seek healing through Christ. Learn to acknowledge and understand your scars so you can find freedom in being the person God made you to be.

Improving Your Life Through Small Changes (Dr. Randy Carlson) • 9781624711084 •

Making one simple change every day—reduce distractions, battle busyness, make time for devotions, and improve family relationships—can lead to a more fulfilled and productive life for Christ. Learn how to take that first step.

Insightful Wisdom for Living Well (Dr. Kevin Leman) • 9781624712494 •

Offering thoughts from his book *The Way of the Wise*, based on Proverbs 3, Leman shares about his personal journey of faith and presents some of the guiding principles that can lead to a life of integrity and meaning.

Inspiring Others to Change Their Lives (Michelle Aguilar) • 9781624714269 •

When Aguilar was 18, her mother left and took Aguilar's two sisters. She and her mother were estranged for several years and had just gotten back in touch when Aguilar had the opportunity to compete in *The Biggest Loser: Family Edition*. When her father couldn't take time away to be her partner, she reluctantly asked her mother to participate in the TV reality show. She shares the lessons God taught her as she grew closer to Him and to her mother through the challenging experience.

Learning to Trust Again (Dr. John Townsend) • 9781624712227 •

Using biblical principles, Townsend talks about the importance of setting boundaries in *all* relationships (marriage, friendships, and workplace)—and how to rebuild trust after it's been damaged.

Living in Peace With People Who Drive You Crazy (Dr. Mike Bechtel) • 2350000011574 •

We don't have to let others control our emotions. We need to understand their perspective, set appropriate boundaries, and care about them with Christ's love.

Making Meal Planning Simple (Kathi Lipp) • 9781624711664 •

Learn to plan ahead and use your pantry, freezer, and Crock-Pot, so mealtime can be about connecting with your family instead figuring out what to make.

The Medicine of Laughter (Dennis Swanberg) • 9781624718427 •

“A joyful heart is good medicine” (Proverbs 17:22). Swanberg shares hilarious stories from his childhood and his days as a pastor, and he delivers impersonations of classic media personalities like Howard Cosell and Jimmy Stewart.

Overcoming Distractions to Connect With Your Family (Rachel Macy Stafford) • 9781624719998 •

Life is busy, and it’s easy to get distracted by technology and never-ending to-do lists. Hands Free Mama blogger Stafford tells her story of focusing on the people and things in her life that really matter.

Passing on a Blessing to Your Family (Dr. John Trent, Dr. Tony Wheeler) • 9781624714085 •

Trent and Wheeler talk about the importance of blessing your children and spouse. Even if you didn’t personally receive a blessing from your parents, learn to successfully break this cycle and begin blessing your family.

Protecting Your Family From the Digital Invasion (Dr. Arch Hart, Dr. Sylvia Hart Frejd) • 235000005993 •

A father-daughter team, the Harts delve into the science behind the wiring of our brains and how we learn. They coach parents about online relationships, cyberbullying, and videogame addictions—and they share how we can rediscover the calm of spiritual discipline through journaling, prayer, solitude, and mindfulness about how we use our time.

Pursuing Healthy and Authentic Relationships (Donald Miller) • 9781624719134 •

Miller candidly describes his past cycle of destructive relationships and his journey toward healing—how he learned to identify and deal with past shame and let people see his flaws.

Restoring Balance to Your Life (Dr. Richard Swenson) • 9781624717550 •

More than one-third of Americans describe themselves as feeling constantly rushed. Swenson discusses how our society has increased in speed, complexity, and stress, and he offers advice on fighting overload and achieving healthy balance in life.

Revitalizing Your Family Through Sleep (Dr. Archibald Hart) • 9781624714931 •

Hart reminds us of the importance of sleep for adults and children, and he outlines its impact on our physical, emotional, and spiritual lives. He offers relaxation techniques and describes how those with busy lifestyles can maintain a healthy balance.

Setting Your Family As Your Highest Priority (Pastor Andy Stanley) • 9781624711572 •

Stanley acknowledges the common challenges we face in balancing work commitments with time at home. But he urges potential workaholics to figure out how to cut back on their jobs for the sake of their family, rather than sacrifice their family for the sake of a career.

Simplifying and De-Stressing Your Holidays (Karen Ehman, Glynnis Whitwer) • 9781624718236 •

Ehman and Whitwer share ideas for reducing the stress in your family around the holiday season, for celebrating and creating family traditions, and for finding ways to enrich others’ live.

Simplifying Life, Living More Fully (Joshua Becker) • 2350000010713 •

More isn’t always better, and *stuff* doesn’t lead to happiness. Becker shares suggestions for de-cluttering your life and defeating consumerism through generosity and gratitude.

Sound Advice on Healthy Eating (Mr. David Mainz) • 9781624716744 •

A nutritionist, Mainz explains how the Bible offers guidance for nutrition, and he shares helpful information about healthy eating and appropriate weight.

The Spiritual Impact of Healthy Living (Gary Thomas) • 235000005221 •

We don’t always make the connection, but for Christians, health and fitness are important spiritual values—because our soul is housed in a body God has called us to steward, and because we need to be fit for the Lord’s service.

Starting Off the New Year Right (Dr. Kevin Leman) • 9781624719875 •

Leman encourages listeners to pursue spiritual goals: Love God with all your heart, surrender to His plan, and don’t believe lies from your past.

Successfully Managing Family Conflict (Ken Sande) • 9781624712562 •

Sande talks about the inevitability of disagreements and how you can successfully work through them. He shares suggestions about how to be a peacemaker in your home, especially when it comes to modeling these principles for your children.

Taking the Lead, Changing the World (Dr. Al Mohler) • 9781624712616 •

Mohler shares about the importance of biblical leadership and leading from conviction—relying on principles every Christian can use to impact the world for Christ. He also speaks to parents about their influence in developing future Christian leaders.

Taming Your Family Schedule (Bill and Kathy Peel) • 9781624714139 •

The Peels discuss how husbands and wives can share parenting and household duties and grow closer through teamwork.

Thanksgiving Stories From Our Listeners (call-in) • 9781624719844 •

Callers express their thankfulness for their parents, God's provision and working in their lives, and our nation and its foundation on godly principles.

Thanksgiving Stories of Gratefulness (call-in) • 9781624715440 •

Focus on the Family listeners share Thanksgiving traditions and memories, people who've inspired them to give thanks, and how God saw them through difficult times.

Your Attitude: The Key to Success (Dr. John Maxwell) • 9781624716652 •

Based on Paul's statement in Philippians 2:5, Maxwell explores the attitude Christ displayed: He had nothing to prove, nothing to lose, and nothing to hide. Maxwell discusses principles behind a healthy attitude and how to handle difficulties.

**Focus on the Family
Resource Lists and Q&As**

Resource Lists

- FocusOnTheFamily.com/ResourceLists

Find recommended resources and referrals listed by topic, including the following:

Chronic or Terminal Illness • RL059 •

Eating Disorders • RL055 •

Eldercare • RL061 •

Female Health • RL056 •

Midlife & Aging • RL023 •

Stress • RL015 •

Q&As

- FocusOnTheFamily.com/FamilyQuestions

Browse our Q&As for advice and encouragement.

Referrals

Focus on the Family Counseling Consultation Line

If you need someone to talk to, [Focus on the Family offers a free phone counseling consultation with a licensed counselor](#). Call 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they'd love to speak with you.

Focus on the Family's Christian Counselor Network

Search for licensed Christian counselors in your area: FocusOnTheFamily.com/FindACounselor

American Heart Association

National Center
7272 Greenville Avenue
Dallas, TX 75231
800/242-8721

heart.org

- This organization offers a variety of public education materials on health, nutrition, and other facts related to stroke, the heart, and keeping healthy.

Christian Medical Association

P.O. Box 7500

Bristol, TN 37621

888/230-2637

cmda.org

- This group of physicians, dentists, medical missionaries, and medical and dental students commit to living out their faith through their professions by bringing biblical understanding to the pressures and ethical challenges they face.

Referrals to secular organizations dealing with specialized areas of knowledge shouldn't be read as an indication that their stances necessarily align with Focus on the Family's perspective in all areas.