



## Resources for Liberated Single People

\* Please note: This list is not exhaustive. Nor should the presence of any item on this list be considered an endorsement. The books, articles, and videos contained herein are meant as conversation starters. \*

### Books:

[\*Singled Out\*](#) by Bella DePaulo - social psychology  
[\*All the Single Ladies\*](#) by Rebecca Traister - history, political science  
[\*Spinster\*](#) by Kate Bolick – memoir  
[\*Party of One\*](#) by Beth M. Knobbe - rooted in a Christian faith perspective  
[\*God's Call to the Single Adult\*](#) by Michael P. Cavanaugh - rooted in a Christian faith perspective  
[\*Damaged Goods\*](#) by Dianna Anderson - sexual ethics rooted in a Christian faith perspective  
[\*Good Christian Sex\*](#) by Bromleigh McCleneghan - sexual ethics rooted in a Christian faith perspective

Audio recordings of Christena's talks at the [Singleness 2016](#) event at Fuller in Arizona

### Christena's blog posts on singleness:

[\*A Liberation Theology for Single People\*](#)  
[\*Singled Out: How Churches Can Embrace Unmarried Adults\*](#)  
[\*Social Justice for Single People\*](#)

### Other blogs to follow:

[Tina Schermer Sellers](#)  
[Beth M. Knobbe](#)

### Radical Self-Care:

[Mindful Self-Compassion Meditations](#)  
[Mujerista Theology](#) by Ada Maria Isasi-Diaz  
[The Interior Castle](#) by Teresa of Avila  
[Too Heavy A Yoke](#) by Chanequa Walker-Barnes  
[I'm Kind of Awesome journal](#)  
Gratitude journaling - list thirty things each day for which I am grateful