ADDITIONAL RESOURCES

Books:
Original Love: Experiencing Peace, Meaning and Harmony through Sabbath Rest, by Des Cummings, Jr.
Sabbath: Restoring the Sacred Rhythm of Rest, by Wayne Muller

Websites:
www.bettersleep.org (Great website all about sleep and rest)

Other Resources:
Get a massage in order to help you relax
Eye covers (for traveling to keep out the light when trying to rest)
Travel pillows
Bubble bath “kit” to help you relax
Aroma therapy – get some scents specifically designed to enhance sleep.

Songs to Inspire Rest:
It is Well With My Soul (Hymn)
Nearer Still Nearer (Hymn)
I Will Rest in You (Cindy Morgan)
His Sheep Am I (Praise)
REFERENCES


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