

Five Spiritual and Inspirational Women Writers to Read During Challenging Times



Anne Lamott

Anne Lamott had been writing novels since 1979, but in 1999 her first memoir was published called *Traveling Mercies*. In her book, she reflects on her addiction, an unexpected pregnancy, and how passing by a church where the singing was escaping through the doors, saved her life. Her story will have the reader shedding a few tears, but mainly laughing as her writing is filled with comical moments, and her never-ending experiences with divine intervention. With the success of this first biography, Lamott went on to pen 2 additional memoirs and several spiritual and inspirational books about walking through our daily lives with grace and faith.

Traveling Mercies: [book](#), [Large Print](#), [Overdrive e-audio](#)



Kate Braestrup

In 2007, Kate Braestrup penned her first memoir about her life as a wife to a police officer, while living in Maine and raising her 4 children. *Here If You Need Me* is an account of her husband's sudden passing in a car accident just before retirement, and Kate's decision to take on his life dream of becoming a chaplain. The craziest part of her endeavor to both her, and her seminary teachers, is that she was essentially an agnostic; a "nature is god" kind of person. We will joyfully follow her early years as the Unitarian chaplain for the Maine Fishing and Game Department, and see both the dark side and happier side of her challenging job. She has written 3 additional inspirational memoir books since this first one.

Here If You Need Me : [book](#), [Large Print](#), [CD audiobook](#), [Overdrive e-book](#)



Katrina Kenison

In 2011, the book *The Gift of an Ordinary Day* by Katrina Kenison was published, and became instantly popular among mothers and women searching for affirmation and inspiration in their journey to raise their children. This tiny book was rich in the sentiments of a mother who was grappling with her sons growing up, and how she uprooted them to a new home mid-childhood, and her anxieties about the choices she made along the way. She was fortunate to have a solid marriage, with a supportive husband to be a partner in the parenting business. Utilizing inspirational quotes from spiritual guides and religious texts, Kenison allows us to feel okay about our own journeys and our choices. She has several insightful books written before and after this one, which will delight and enlighten the reader.

The Gift of an Ordinary Day : [book](#)





Brene Brown

Brene Brown, who is a PhD social worker within the Texas State University system, is most famous for her Ted Talk on the power of vulnerability. A few of her most recent books are *Rising Strong*, *Braving the Wilderness*, and *Dare to Lead*. If you choose to listen to these inspirational books, they are read by the author, which is a treat. Recently, Dr. Brown has developed a podcast to help us all cope and work through our struggles as human beings. Her insight and experience come from years of research in psychology and sociology. She is funny and interesting and a poignant voice for today's women.

Braving the Wilderness : [book](#), [Large Print](#), [CD audiobook](#), [Overdrive e-book](#), [Overdrive e-audio](#)

Dare to Lead : [book](#), [Large Print](#), [CD audiobook](#), [Overdrive e-book](#), [Overdrive e-audio](#)

Rising Strong : [book](#), [CD audiobook](#), [Overdrive e-book](#), [Overdrive e-audio](#)



Glennon Doyle

The youngest of the five women authors detailed here, at 44, Glennon Doyle came to fame when her former book, *Love Warrior* was chosen by Oprah Winfrey as one of her book club picks. Her latest book, *Untamed*, is # 1 on the New York Times bestseller list. A combination of memoir and inspirational tips, this current book shows how women have been programmed to behave and live as society has instructed them to. A fascinating story about addiction, parenting, divorce, and a subsequent same sex marriage, become the background for how the author came to find her true self, and how we, the reader, can work towards some of the same discoveries. Her first book was titled *Carry On, Warrior*.

Carry On, Warrior : [book](#), [CD audiobook](#), [Overdrive e-book](#)

Love Warrior : [book](#), [Large Print](#), [CD audiobook](#), [Overdrive e-book](#), [Overdrive e-audio](#)

