

ENHANCING LIFE BIBLIOGRAPHY

Monique B. Mitchell
Social Work

1. **Brown, B. (2010). *The gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are*. Minnesota: Hazeldon.**

As Brené Brown states, "How much we know and understand ourselves is critically important, but there is something that is even more essential to living a Wholehearted [enhanced] life: loving ourselves." This book addresses the power of embracing imperfection and vulnerability and learning how to enhance life by loving oneself.

2. **Frankl, V. E. (1984). *Man's Search for Meaning*. New York: Washington Square Press.**

Drawing upon his experiences in concentration camps, Frankl discusses how to enhance life and transcend suffering by discovering meaning in work, in love, and in courage during challenging times.

3. **Freire, P. (1997). *Pedagogy of the Oppressed*. New York: Continuum.**

To enhance life, humanity needs to be liberated by informed action and humanization through the co-creation of knowledge in fellowship with one another.

4. **Lipsky, L. v. D., & Burk, C. (2009). *Trauma stewardship: An everyday guide to caring for self while caring for others*. San Francisco, CA: Berrett-Koehler Publishers.**

An authentic approach is needed when working with others, especially when the work involves exposure to trauma or suffering. The art of enhancing life involves not only learning how to care for others but also learning how to care for oneself.

5. **National Association of Social Workers (1999). *Code of ethics of the National Association of Social Workers*. Washington, DC. NASW Press.**

The NASW Code of Ethics addresses the social work profession's mission and core values, ethical issues or dilemmas in social work practice, ethical principles and core values, and ethical standards to guide social workers' conduct and adjudication. By embracing the core values of service, social justice, the dignity and worth of the person, the importance of human relationships, integrity, and competence, social workers enhance life and help to meet the basic needs of all people, with particular attention to the needs and empowerment of people who are vulnerable, oppressed, and living in poverty.