

Course Reading List

DEI400: DEI Practicum & Online Retreat

Week 1

Four Pillars 2

Reading Review: Chapter 6, Empaths at Home, in *The Art of Empathy*

Chapters 1 and 3 from *Wishcraft*, focusing on:

- Exercise 2: *Your Original Self*
- Exercise 5: *The Private Eye Game*
- Exercise 8: *Your Ideal Environment*
- Exercise 9: *Your Ideal Day*

Week 2

Practice & Art 1

Reading re-review (if you need it):

Chapter 10 in *The Language of Emotions*

Chapters 5 and 8 in *The Art of Empathy*, focusing on the Empathic Mindfulness practices and the communication skills.

Chapter 5, Hard Times, from *Wishcraft*

Practice & Art 2

Reading Re-review: Chapter 6, Empaths at Home, in *The Art of Empathy*