



## 16 Powerful Books About Courage For Adults

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This article showcases our top picks for the Books About Courage For Adults. We reached out to industry leaders and experts who have contributed the suggestions within this article (they have been credited for their contributions below). We are keen to hear your feedback on all of our content and our comment section is a moderated space to express your thoughts and feelings related (or not) to this article **This list is in no particular order.**

### Behind the Mask by Kate Walter

This product was recommended by **Jennifer Maguire** from [Heliotrope Books](#)



Kate Walter's memoir *Behind the Mask* (Heliotrope Books) about life during the lockdown is an inspiration for how to make the most of things. As her neighborhood turned into a ghost town, Kate's carefully constructed social life crashed. Suddenly, she was trapped at home, living in the pandemic epicenter. She took comfort watching worship services streamed every Sunday. Then the unimaginable happened. Her church burned down in a six-alarm fire. Now there literally would be no sanctuary left to return to after the pandemic – whenever that would be. Kate was lonely and scared. The isolation was hard on everyone, but for cultural creators like herself, perhaps an extra degree of hard. She melted down in lockdown. She dreamed the city was on fire. She hit the wall. But she picked herself up and called upon her resilience and spiritual practices to stay safe and get through the isolation. She turned to journaling. Writing became her salvation and gave her courage. It worked so well, Kate provides journaling prompts and blank pages at the end of *Behind the Mask* for others to learn how.

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