

## **Book List**

### For Health and Healing

- Dr. Gabor Mate: *When the Body Says No. The Cost of Hidden Stress*
- Eckhart Tolle: *The Power of Now. A Guide to Spiritual Enlightenment*
- Eckhart Tolle: *A New Earth. Awakening to Your Life's Purpose*
- Jon Kabat Zinn: *Full Catastrophe Living. Using the wisdom of your Body and Mind to face stress, pain and illness.*
- Michael A Singer. *The Untethered Soul: The Journey Beyond Yourself.*
- The Foundation for Inner Peace, *A Course In Miracles*
- Brene Brown, PhD. *The gifts of Imperfection.*
- Louise Hay: *You Can Heal Your Life*
- David R. Hawkins, MD, PhD. *Transcending the Levels of Consciousness.*
- David R Hawkins, MD, PhD: *Truth vs Falsehood. The Hidden Determinants of Human Behaviour*
- David R Hawkins, MD, PhD: *Power vs Force*
- Dr. Carolyn Myss: *Why people don't heal and how they can*
- Dr. Carolyn Myss: *Anatomy of the Spirit*
- Dr. Carolyn Myss: *The Creation of Health*
- Dr Carolyn Myss: *Defy Gravity: Healing Beyond the Bounds of Reason*
- Byron Katie: *I Need Your Love - Is That True? How to Stop Seeking Love, Approval, &...*
- Byron Katie: *Loving What Is: Four Questions That Can Change Your Life*
- Dr. Wayne W. Dyer: *There's a Spiritual Solution to Every Problem*
- Dr. Wayne W. Dyer: *The Power of Intention: Learning to Co-Creat Your World*
- Dr. Wayne W. Dyer: *Manifest your Destiny*
- Dr. Wayne W. Dyer: *Inspiration: Your Ultimate Calling*
- Dr. Wayne W. Dyer: *Your Sacred Self*
- Marianne Williamson: *A Return to Love. Reflections on the Principles of ACIM*
- Marianne Williamson: *Illuminata. A Return to Prayer.*
- Marian Woodman: *Coming Home to Myself*
- Elizabeth Lesser: *Broken Open. How difficult times can help us grow*
- Dr. Susan Jeffers: *Feel the Fear and Do it Anyway*
- Deepak Chopra, Debbie Ford, Marianne Williamson. *The Shadow Effect: Illuminating the hidden power of your true Self.*

### **Audiobooks**

- Marianne Williamson: *Meditations for a Miraculous Life (audiobook)*
- Dr. Wayne W. Dyer: *Getting in the Gap Through Meditation*
- A Course In Miracles: 365 Workbook Lessons for each day of the year.  
<https://acim.org/Lessons/lesson.html>
- Georg Eifert, John P. Forsyth, *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy-* Meditation CD included in book