



## Books recommend by *Dr. G* to start your own automagic library

### MINDFULNESS

- Mindfulness for Beginners- Jon Kabat-Zinn
- Wherever you go, there you are – Jon Kabat-Zinn
- Miracles at Work- Emily Bennington

### SPIRITUALITY

- The Universe has your back – Gabrielle Bernstein
- Judgment Detox – Gabrielle Bernstein
- The Four Agreements – Don Miguel Ruiz

### NEUROSCIENCE & SPIRITUALITY

- Breaking the habit of being yourself – Dr. Joe Dispenza
- Becoming Super Natural – Dr. Joe Dispenza
- Buddha's Brain – Rick Hanson & Richard Mendius

### BOOSTING PRODUCTIVITY

- High Performance Habits- Brendon Burchard
- The Motivation Manifesto – Brendon Burchard
- Playing the Matrix – Mike Dooley