



RECOMMENDED BOOKS & VIDEOS

None of this is required for your retreat, but if you would like to begin your spiritual journey early you might enjoy some of these. Self-development books and videos work best when you treat them like textbooks. Take your time, take notes, practice one piece at a time until you feel comfortable understanding the lesson before moving on to the next. *Reach out if you have any questions! See you soon, Samantha*

BOOKS

7 Spiritual Laws of Success by Dr. Deepak Chopra
Buddha by Dr. Deepak Chopra
Muhammad by Dr. Deepak Chopra
Jesus by Dr. Deepak Chopra
God by Dr. Deepak Chopra
The Spontaneous Fulfillment of Desire by Dr. Deepak Chopra

The Four Agreements by Don Miguel Ruiz
The Shark and the Goldfish by Jon Gordon
The Language of Letting Go Journal by Melody Beattie

Don't Bite the Hook by Pema Chodron
The Places That Scare You by Pema Chodron
When Things Fall Apart by Pema Chodron
The Wisdom of No Escape by Pema Chodron

Earthen Lamps by OSHO
The Invisible Gorilla by Christopher Chabris
The Power of Habit by Charles Duhigg
Religions of the World by Lewis Hopfe
Downward Dogs and Warriors by Zo Newell

The Bhagavad-Gita
Yoga Sutras of Patanjali Books I, II, and III
The Upanishads
... and so many more

VIDEOS

Mythic Journeys (2012, available on Amazon Prime Video)
The Buddha (2010, available on Amazon Prime Video, narrated by Richard Gere)
The Secret (2007, available on Amazon Prime Video)
What the Bleep Do We Know? (2005, available on Amazon Prime Video)

Dr. Quantum videos on YouTube
Double Split Experiment
Entanglement
Flatland