



Books That Inspired My Journey

Mind-Body & Self-Healing

Brogan, Kelly. *A Mind of Your Own: What Women Can Do About Depression That Big Pharma Can't*. Harper Wave, 2016.

Siegel, Bernie S. *Love, Medicine and Miracles: Lessons Learned about Self-Healing from a Surgeon's Experience with Exceptional Patients*. Harper Perennial, 1986.

Young, Jeffrey, and Janet Klosko. *Reinventing Your Life: The Breakthrough Program to End Negative Behavior and Feel Great Again*. Plume, 1994.

Lipton, Bruce H. *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles*. Hay House, 2005.

Wentz, Izabella. *Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause*. Truth About Thyroid, 2013.

Cohen, Suzy. *Thyroid Healthy: Lose Weight, Look Beautiful and Live the Life You Imagine*. Legacy Publishing, 2014.

Hay, Louise. *You Can Heal Your Life*. Hay House, 1984.

Mindfulness, Regulation & Emotional Wellbeing

Kabat-Zinn, Jon. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Bantam, 1990.

Kabat-Zinn, Jon. *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. Hachette Books, 2005.

Kumar, Sameet M. *The Mindful Path Through Worry and Rumination: Letting Go of Anxious and Depressive Thoughts*. New Harbinger Publications, 2010.

Childre, Doc, and Deborah Rozman. *Transforming Anxiety: The HeartMath Solution for Overcoming Fear and Worry and Creating Serenity*. HeartMath, 2004.

Ricard, Matthieu. *Why Meditate? Working with Thoughts and Emotions*. Hay House, 2010.

Books That Inspired My Journey (Cont.)

Consciousness, Quantum Healing & Subtle Energy

Talbot, Michael. *The Holographic Universe*. Harper Perennial, 1991.

Farrell, Joseph Pierce. *Manifesting Michelangelo: The Story of a Modern-Day Miracle—That May Make All Change Possible*. Atria Books/Beyond Words, 2011.

Myss, Caroline. *Anatomy of the Spirit: The Seven Stages of Power and Healing*. Harmony Books, 1996.

Soul, Reincarnation & Spiritual Healing

Weiss, Brian L. *Many Lives, Many Masters: The True Story of a Prominent Psychiatrist, His Young Patient, and the Past-Life Therapy That Changed Both Their Lives*. Fireside, 1988.

Moorjani, Anita. *Dying to Be Me: My Journey from Cancer, to Near Death, to True Healing*. Hay House, 2012.

Eadie, Betty J. *Embraced by the Light*. Bantam, 1992.

Moody, Raymond. *Life After Life: The Investigation of a Phenomenon—Survival of Bodily Death*. HarperOne, 1975.

Cerminara, Gina. *Many Mansions: The Edgar Cayce Story on Reincarnation*. Signet, 1991.

Spalding, Baird T. *Life and Teaching of the Masters of the Far East*. DeVorss & Company, 1924.

Channeled Wisdom & Higher Consciousness

Cannon, Dolores. *All books by the author*. Ozark Mountain Publishing.

Roberts, Jane. *The Seth Material*. Amber-Allen Publishing, 1970.

Roberts, Jane. *Seth Speaks: The Eternal Validity of the Soul*. Amber-Allen Publishing, 1972.

Roberts, Jane. *The Nature of Personal Reality: A Seth Book*. Amber-Allen Publishing, 1974.