

# Bookshelf...

## PERSONAL GROWTH

- A Return To Love, Marianne Williamson
- Boundaries, Dr. Henry Cloud & Dr. John Townsend
- Change Your Questions Change Your Life, Marilee Adams, PhD
- Fear, Thich Nhat Hanh
- Find Your WHY, Simon Sinek
- Get Out of Your Own Way, Robert K Cooper
- Hardwiring Happiness, Rick Hanson, PhD
- Notes from A Friend, Anthony Robbins
- Strengthsfinder, Tom Rath
- The Alchemist, Paulo Coelho
- The Happiness Advantage, Shawn Achor
- The Tapping Solutions, Nick Ortner
- The War of Art, Steven Pressfield

## PRODUCTIVITY

- Atomic Habits, James Clear
- Organize Tomorrow Today, Dr. Jason Selk & Tom Bartow
- The 7 Habits of Highly Effective People, Stephen R. Covey
- The Miracle Morning, Hal Elrod
- The ONE Thing, Gary Keller & Jay Papasan
- The Power of Full Engagement, Jim Loehr & Tony Schwartz
- Keeping It Simple for Busy Women, Emilie Barnes
- More Hours in My Day, Emilie Barnes
- Sink Reflections, Marla Cilley

## **ELEVATE CONSCIOUSNESS**

- A New Earth, Eckhart Tolle
- Awaken the Spirit Within, Rebecca Rosen
- Aware Awake Alive, Dr. Elliott S. Dacher
- Discovering Your Soul Signature, Panache Desai
- Falling into Grace, Adyashanti
- Personal Power Through Awareness, Sanaya Roman
- Seven Cups of Consciousness, Aleya Dao
- The Power of Now, Eckhart Tolle
- The Seat of the Soul, Gary Zukav

## **MINDFULNESS/MEDITATION**

- Calm Kids, Lorraine E. Murray
- The Mindful Child, Susan Kaiser Greenland
- Mindfulness for Beginners, Jon Kabat-Zinn
- Wherever You Go, There You Are, Jon Kabat-Zinn

## **BRAIN HEALTH**

- 30-Second Brain, Anil Seth
- Brainstorm, Daniel J. Siegel
- Change Your Brain Change Your Life, Dr. Daniel Amen
- The Mind That Changes Everything, Ian Gawler
- Reboot Your Brain, Dr. Gary Null

## **LIFE TRANSITIONS**

- Who Moved My Cheese, Dr. Spencer Johnson
- The Power of Positive Thinking, Norman Vincent Peale
- Option B, Sheryl Sandberg & Adam Grant



## **RELATIONSHIPS**

- The 5 Love Languages, Gary D Chapman
- How to Make Love All the Time, Barbara DeAngelis, PhD
- Men are from Mars Women are from Venus, John Gray PhD

## **LEADERSHIP**

- Strengths Based Leadership, Tom Rath
- The Tom Peters Seminar, Tom Peters
- Together is Better, Simon Sinek
- The Power of Who: You already know everyone you need to know, Bob Beaudine

## **PARENT SUPPORT**

- The Conscious Parent, Dr. Shefali Tsabary
- The Grown-Up's Guide to Teenage Humans, Josh Shipp
- The Awakened Family, Dr. Shefali Tsabary
- Marching off the Map, Dr. Tim Elmore
- Parenting with Fire, Shmuley Boteach
- Protecting the Gift, Gavin De Becker

## **STUDENT SUCCESS**

- Don't Sweat The Small Stuff for Teens, Richard Carlson, PhD
- Guardians of Being, Eckhart Tolle & Patrick McDonnell
- Life Strategies for Teens, Jay McGraw
- Mind Coach, Dr. Daniel Amen
- The 7 Habits of Highly Effective Teens, Sean Covey
- The Secrets of Successful Students, Dr. Daniel Amen
- Value Up, Mike Donahue

## **CHILDREN - PERSONAL DEVELOPMENT**

- Incredible You, Dr. Wayne W. Dyer
- I Like Myself, Karen Beaumont
- It's Not What You've Got, Dr. Wayne W. Dyer
- Gorilla Thumps & Bear Hugs, Alex Ortner
- The North Star, Peter H. Reynolds
- Unstoppable Me, Dr. Wayne W. Dyer