

Lee's Recommended Book List - 2010

Loving What Is by Byron Katie

A Thousand Names for Joy by Byron Katie

You Can Heal Your Life by Louise Hay

The Joy Diet by Martha Beck

Joan Borysenko:

Inner Peace for Busy Women

Minding the Body, Mending the Mind

The Body Knows How to Stay Young by Caroline Sutherland

Inspiration: Your Ultimate Calling by Dr. Wayne Dyer

Power VS Force by David R. Hawkins

The Art of Extreme Self-Care by Cheryl Richardson

Why People Don't Heal & How They Can by Caroline Myss

A New Earth by Eckhart Tolle

The Relaxation Response by Herbert Benson

Taming Your Gremlin by Rick Carson

And for Fabulous Humour & Stress Management Tips ... [Loretta LaRoche](#)

4 Audio CD Set (\$25.00 on Amazon.ca): The Best Of Loretta Laroche: As Seen on Public Television, Live Lecture

Her new (2009) book: LIGHTEN UP!: The Authentic and Fun Way to Lose Your Weight and Your Worries.

