

Lee's Recommended Book List - 2011

10 Mindful Minutes by Goldie Hawn (with Wendy Holden)

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, PhD:

Inner Peace for Busy Women

Minding the Body, Mending the Mind

Women, Food and God by Geneen Roth

The Gift of Change by Marianne Williamson

The Body Knows How to Stay Young by Caroline Sutherland

Broken Open by Elizabeth Lesser

The Power of Intention by Dr. Wayne Dyer

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 Wonderful Humour & Stress Management Tips ... Loretta LaRoche's Four Audio CD Set (\$25.00 on Amazon.ca): *The Best Of Loretta LaRoche: As Seen on Public Television, Live Lecture*