



## Recommended Staple Readings

The Artist's Way by Julia Cameron

The Gift of Fear by Gavin de Becker

Finding Your Own North Star by Martha Beck

The Places that Scare You by Pema Chodron

A New Earth by Eckhart Tolle

Self Reliance by Ralph Waldo Emerson

The Art of Happiness: A Handbook for Living by The Dalai Lama and Howard Cutler

The Power of Now by Eckhart Tolle

Women Who Run with the Wolves by Clarissa Pinkola Estes

Creative Visualization by Shakti Gawain

Tao Te Ching by Lao-Tzu

The Power of Positive Thinking by Norman Vincent Peale

Learned Optimism by Martin Seligman

## Other Recommended Readings

Food and Mood by Elizabeth Somer

The Little Book of Calm by Peter Wilson

The 7 Habits of Highly Effective People by Stephen Covey