



Resource List

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BOOKS

Michael Bernard Beckwith

Life Visioning: A Transformative Process For Activating Your Unique Gifts And Highest Potential. Published by Sounds True

Brené Brown

The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

The Power of Vulnerability: Teachings of Authenticity, Connection, and Courage

Pema Chödrön

Any book by Pema Chödrön is great. Here are a few suggestions.

When Things Fall Apart: Heart Advice for Difficult Times

Welcoming the Unwelcome: Wholehearted Living in a Brokenhearted World

Deepak Chopra

Published by New World Library

The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams

Creating Affluence

Esther and Jerry Hicks

The Law Of Attraction: The Basics Of The Teachings Of Abraham. Published by Hay House, Inc.

The Vortex: Where The Law Of Attraction Assembles All Cooperative Relationships. Published by Hay House, Inc.

Ask And It Is Given: Learning To Manifest Your Desires. Published by Hay House, Inc.

The Astonishing Power Of Emotions: Let Your Feelings Be Your Guide.

Lao Tzu : Tao Te Ching

There are many translations of this classic of Taoism. This is my favorite. (See also Dr. Wayne Dyer above)

William Martin

A Path and a Practice: Using Lao-tzu's Tao Te Ching as a Guide to an Awakened Spiritual Life

Published by Marlowe & Company

Parker Palmer

A Hidden Wholeness: The Journey Toward An Undivided Life. Published by Jossey-Bass; josseybass.com

Don Miguel Ruiz

Amber-Allen Publishing

The Four Agreements: A Practical Guide to Personal Freedom

The Fifth Agreement: A Practical Guide to Self-Mastery

Videos

There are many videos on YouTube with the following thought leaders. Just search their name.

Abraham Hicks

Abraham is non-physical energy channeled by Esther Hicks and is based on understanding the Law of Attraction. Many people find these videos inspiring and life changing.

Byron Katie

Founder of the program called *The Work* (<https://thework.com/>), a powerful approach to questioning our thoughts and freeing us from their negative influences.

Eckhart Tolle and Oprah Winfrey

A 10-part video series book club on Tolle's *A New Earth*. Search for Oprah A New Earth on YouTube.

Podcasts/Apps

Insights At The Edge

With Tami Simon, founder of Sounds True. Conversations about all aspects of spirituality. Sounds True also has an app where you can find many talks, teaching, meditation music.

Insight Timer

Great app to assist with meditation. Includes a timer you can program as well as many thousands of guided meditations to listen to. Free. A paid subscription gets you access to all the courses.

The Inspire Life Podcast

Hosts Michael and Mel Krug. Showcases healing stories, health strategies and beyond.