



Mindfulness + Holistic Living Recommended Reading List

Part 3

Recommended Reading:

- Eat Right for Your Type
- The Magic by Rhonda Byrne
- The Power of Now by Eckhart Tolle
- The Four Agreements by Don Miguel Ruiz
- The Zero Point bay Joe Vitale
- What to Say When You Talk to Yourself by Shad Helmstetter
- The Healing Power of Trees by Sharlyn Hidalgo
- The Healing Power of Water by Dr. Masaru Emoto
- The Earth Speaks by Steve Van Matre and Bill Weiler
- Simple Living Guide by Janet Luhrs
- Your Body Speaks Your Body Heals by Humbart “Smokey” Santillo, N.D.
- Ask and It is Given by Abraham-Hicks. This is the teachings of The Law of Attraction. The teachings of Abraham by Esther and Jerry Hicks. Audible has this as a 2 part book called The Processes.
- Thich Nhat Hanh, many many teachings and books available.
- The ONE Thing: The Surprisingly Simple Truth Behind Extraordinary by Gary Keller
- Ayurveda, The Science of Self Healing by Dr. Vasant Lad

Recommended Viewing:



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- Walk with Me Documentary on Thich Nhat Hanh
- The Secret
- Eat, Pray, Love

MINDFULNESS CLASS RESOURCE RECOMMENDATIONS

Patron Recommendations from the attendees of Lisa Ware's Lecture series held at City of Arlington Library Arlington, Texas February 2018, compiled by Lisa Smart.

Available through APL *

Available through APL in Spanish +

- MICHAEL GREGER, M.D. ****MUST READ FOR EVERYONE**** How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease (healing through nutrition – over 2,000 5-star reviews on Amazon)
- The How Not to Die Cookbook
- DONNA EDEN WITH DAVID FEINSTEIN: Energy Medicine
- Amazing Power of Deliberate Intent: Living the Art of Allowing
- BENTINHO MASSARO: Super Accelerated Living: How to Manifest an Epic Life
- GERALD EPSTEIN: audio courses available through Nightingale-Conant, Amazon, and Audible



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- Healing Visualizations: Creating Health Through Imagery
- Emotional Mastery: Life Transformation Through Higher Consciousness
- The Phoenix Process: One Minute a Day to Health, Longevity, and Well-Being
- CHRISTIE MARIE SHELDON: audio courses available through MindValley (These are more expensive, but they do have a 30 day money back guarantee if they don't appeal to you. Try her videos on YouTube first for free to see if you like her.)
- Unlimited Abundance
- Love and Above
- Free Law of Attraction books of Beau Norton; they are short and easy to understand with great exercises.
- ANYTHING BY...
 - TONY ROBBINS
 - WAYNE DYER
 - DEEPAK CHOPRA
 - JOE VITALE

YOU TUBE

All of recommended authors have lots of videos available on YouTube. Listen when your cooking or cleaning around the house.

AMAZON KINDLE FREE BOOKS



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If you don't have a kindle, they have apps for smartphones and computers so you can read kindle books. Then use the app or kindle and search "(subject matter) free books". (Example: search Law of Attraction free books or Meditation free books)

There are a lot of great resources for free.
Enjoy!