

## **Suggested Reading**

Richard Bandler	Use your Brain for a Change
William Bloom	The Endorphin Effect Feeling Safe
Deepak Chopra	Ageless Body, Timeless Mind
Pete Cohen	Habit Busting
Diane Cooper	Transform Your Life
Norman Cousins	Anatomy of an Illness
Wayne Dyer	Manifest Your Destiny Real Magic
Shakti Gawain	Creative Visualisation
Louise Hay	You Can Heal Your Life
Robert Holden	Laughter is the Best Medicine Living Wonderfully Happiness Now
Gerald Jampolsky	Love is letting go of Fear
Susan Jeffers	Feel the Fear and Do It Anyway
Andrew Matthews	Being Happy
Norman Vincent Peale	The Power of Positive Thinking
Michael Talbot	The Holographic Universe
Dr Andrew Weil	8 Weeks to Optimum Health
Nick Williams	Unconditional Success
Marianne Williamson	Return to Love
A Course in Miracles	