

8 to Your Ideal Weight

Additional Book and Audio CD List

Right Brain/Left Brain: My Stroke of Insight by Dr. Jill Bolte Taylor

The Power Pyramid: *The Happiness Advantage* by Shawn Achor

High-Way 1: *Write It Down, Make It Happen* by Henriette Anne Klauser

Think and Grow Rich by Napoleon Hill

The Magic of Thinking Big by David Schwartz

The Aladdin Factor by Jack Canfield and Mark Victor Hansen

Ask and It is Given by Esther Hicks and Jerry Hicks

Becoming a Magnificent Manifester by MK Mueller

High-Way 2: *Feel the Fear and Do It Anyway* by Susan Jeffers

Failing Forward by John C. Maxwell

Daring Greatly by Brene Brown

Big Magic by Elizabeth Gilbert

High-Way 3: *Loving What Is* and any books by Byron Katie

The Gifts of Imperfection by Brene Brown

High-Way 4: *Taking Care of Me: The Habits of Happiness* by MK Mueller

Feelings Buried Alive Never Die by Karol K. Truman

The Art of Being Fully Human by Leo Buscaglia

Love by Leo Buscaglia

High-Way 5: *Getting the Love You Want* by Harville Hendrix

The Joy of Compassionate Connecting by Jaime Prieto

How to Talk so Kids Will Listen & Listen So Kids Will Talk by Adele Faber and Elaine Mazlish

High-Way 6: *Total Forgiveness* by R. T. Kendall

The New Freedom of Forgiveness by David Augsburger

A Return to Love by Marianne Williamson

High-Way 7: *Simple Abundance* by Sarah Ban Breathnach

Thanks! How the New Science of Gratitude Can Make You Happier by Robert Emmons

Gratitude: A Way of Life by Louise L. Hay

How Full is Your Bucket? by Tom Rath and Donald O. Clifton
Thank and Grow Rich by Pam Grout

High-Way 8: ***Mutant Message Downunder*** by Marlo Morgan
 The Dream Giver by Bruce Wilkinson
 The Power of Now by Eckhart Tolle

More Spiritual Books and Audio Sets

The Untethered Soul: The Journey Beyond Yourself by Michael Singer (New Thought)
A New Earth by Eckhart Tolle (New Thought)
Your Best Life Now by Joel Osteen (Christian)
The Art of Thinking Brilliantly by Graham Cooke (Christian)
Glorious Grace by Joseph Prince (Christian)