

Suggested Readings

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- Robbins, Jim, *A Symphony in the Brain: The Evolution of the New Brain Wave Feedback*. New York: Grove Press, 2000.
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- Schwartzbein, Diane, M.D., *The Schwartzbein Principle, II: The Transition*. Deerfield Beach, FL: Health Communications, Inc, 2002.
- Stoll, Andrew, MD. *The Omega-3 Connection*. New York: Simon and Schuster, 2001.
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- Tolle, Eckhart, *A New Earth: Awakening to Your Life's Purpose*. NY: Plume Books, 2005
- Wilson, Paul, *Instant Calm*, New York: Plume Books, 1995
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