

## Suggested Readings

- Allen, David, *Getting Things Done: The Art of Stress-Free Productivity*, NY: Penguin Books, 2001.
- Arnot, Robert, M.D., *The Biology of Success*. New York: Little, Brown & Co., 2001
- Bailey, J. *Slowing Down to the Speed of Life*. NY: McGraw-Hill, 2004
- Bandura, A. "The Psychology of Chance Encounters and Life Paths." *American Psychologist*, 37, 747-755.
- Banks, S. *The Enlightened Gardner*, CA: Lone Pine Publishing, 2001.
- Beardslee, W. "Prevention and the Clinical Encounter." *American J. of Orthopsychiatry*, 68, 521-533.
- Beardslee, W. and Podorefsky, D. "Resilient Adolescents Whose Parents Have Serious Affective and Other Psychiatric Disorders." *American J. of Psychiatry*, 145 (1), Jan '88, 63-69.
- F. Batmanghelidj, M.D., *Your Body's Many Cries for Water*. Fall's Church, VA: Global Health Solutions, 1992.
- Benard, Bonnie, *Resiliency: What We Have Learned*. San Francisco, CA: WestEd, 2004.
- Benson, Herbert, *The Relaxation Response*. New York: Avon Books, 1975.
- Benson, Herbert, *The Breakout Principle*, New York: Scribner, 2004.
- Braverman, Eric R. M.D., *The Edge Effect: Total Health and Longevity with the Balanced Brain Advantage*, New York: Sterling Publishing Co, Inc., 2005
- Burns, E. Timothy, *Our Children, Our Future*, Dallas, TX: Marco Polo Publishers, 1991.
- Burns, E. Timothy, *From Risk to Resiliency*, Dallas, TX: Marco Polo Publications, 1994.
- Buzan, Tony, *The Mind-Map Book*, New York: Plume, 1996.
- Childre, Doc and Martin, Howard, *The HeartMath Solution*, San Francisco: Harper, 1999.
- Dennison, Paul and Gail, *Brain Gym*, Ventura, CA: Edu-Kinesthetics Publications.
- Donaldson, O. Fred, *Playing By Heart*. Deerfield Beach, FL: Health Communications.
- Elkin, Allen. *Stress Management for Dummies*, New York: Wiley Publishing, 1999.
- Gershon, Michael, MD., *The Second Brain*. New York: Quill/Harper-Collins, 1998.
- Goleman, Daniel, *Emotional Intelligence*. New York, Bantam Books, 1995.
- Hannaford, Carla, *Smart Moves: Why Learning Is Not All In Your Head*. Arlington, VA: Great Ocean Publishers, 1995.
- Hallowell, Edward, *The Childhood Roots of Adult Happiness*, New York: Ballentine Books, 2002.
- Hollick, Michael F., M.D. *The UV Advantage: The Medical Breakthrough That Teaches You How to Harness the Power of the Sun for Your Health*, iBooks, Inc., 2003
- Kabat-Zinn, Jon, *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*, New York: Delta, 1990.
- Kotulak, Ronald. *Inside the Brain: Revolutionary Discoveries of How the Mind Works*. Kansas City: Andrews McMeel Publishing, 1997.
- Markowitz, Karen and Jensen, Eric. *The Great Memory Book*. San Diego, CA: The Brain Store. 1999.
- Mednick, Sara. *Take a Nap! Change Your Life*. New York: Workman Press, 2006.
- Mills, R. and Spittle, E. *The Health Realization Primer*. Lone Pine Publishing. 2003
- Mills R. *Mental Health: Toward a new Psychology of Resiliency*, Sulberger & Graham Publishing, Ltd. 1995.