It’s About Balance: Stress Hardiness, Resilience, and Well-Being
Suggested Readings

Donaldson, O. Fred, Playing By Heart. Deerfield Beach, FL: Health Communications.
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
It’s About Balance: Stress Hardiness, Resilience, and Well-Being

Suggested Readings


Tolle, Eckhart, A New Earth: Awakening to Your Life’s Purpose. NY: Plume Books, 2005

