

## Resources

- The Owner's Manual for the Brain: Everyday Applications from Mind-Brain Research by Pierce J. Howard Ph.D. 2004
- Breathing: The Master Key to Self-Healing by Dr. Andrew Weil 2001
- Free Your Breath, Free Your Life : How Conscious Breathing Can Relieve Stress, Increase Vitality, and Help You Live More Fully Dennis Lewis 2004
- Power vs. Force: The Hidden Determinants of Human Behavior David Hawkins 2002
- The Biology Of Belief: Unleashing The Power Of Consciousness, Matter And Miracles Bruce Lipton, Ph.D.
- Book: Molecules Of Emotion: The Science Behind Mind-Body Medicine by Candace B. Pert
- Destructive Emotions: A Scientific Dialogue with the Dalai Lama by Daniel Goleman (2002)
- Secrets of the Teenage Brain: Research-Based Strategies for Reaching & Teaching Today's Adolescents by Sheryl Feinstein
- The End of Stress As We Know It Bruce S. McEwen 2002
- The New Cognitive Neurosciences: Second Edition Michael S. Gazzaniga (Editor)
- Synaptic Self: How Our Brains Become Who We Are Joseph Ledoux January 2002
- Hidden Messages in Water, Dr. Masaru Emoto 2004
- Descartes' Error : Emotion, Reason, and the Human Brain Antonio R. Damasio
- Primal Leadership by Daniel Goleman 2001
- Working With Emotional Intelligence Daniel Goleman 1999
- Why Zebras Don't Get Ulcers: An Updated Guide to Stress, Stress-Related Diseases, and Coping Robert M. Sapolsky 2000
- You Just Don't Understand Deborah Tannen 1999
- Why Men Don't Iron Anne and Bill Moir 1999
- Teaching With the Brain in Mind -- by Eric Jensen
- Ghosts from the Nursery: Tracing the Roots of Violence by Robin Karr-Morse
- How the Link Between Forgiveness and Health Changes with Age Source: University of Michigan Institute for Social Research 2001
- The ADD Answer: How to Help Your Child Now--With Questionnaires and Family-Centered Action Plans to Meet Your Child's Specific Needs by Dr. Frank Lawliss

