

# RECOMMENDED READINGS

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## **Helpful Resources:**

Here is a list of books that are recommended in support with the content in GYP Module 5:

- **A Blessing In Disguise**, 39 Life Lessons From Today's Greatest Teachers, Andrea Joy Cohen, MD, The Berkley Publishing Group, NY, 2008.
- **Energetic Boundaries**, How to Stay Protected and Connected in Work, Love and Life, Cyndi Dale, Sounds True, Boulder, CO, 2011.
- **Essential Spirituality**, The 7 Central Practices to Awaken Heart and Mind, Roger Walsh, MD, PhD, John Wiley & Sons, Inc., New York, 1999.
- **The Four Noble Truths**, Venerable Lobsang Gyatso, Snow Lion Publications, Ithaca, NY, 1994.
- **Invisible Acts of Power**, Channeling Grace in Your Everyday

Life, Carolyn Myss, Free Press, New York, 2004.

- **I Thought it Was Just Me** (but it wasn't), Telling the Truth About Perfectionism, Inadequacy and Power, Brene Brown, PhD, LMSW, Gotham Books, New York, 2007.
- **The Secret Language of Signs.** How to Interpret Coincidences and Symbols in Your Life, Denise Linn, Random House, New York, 1996.
- **Sum.** Forty Tales From the Afterlives, David Eagleman, Vintage Books, New York, 2009
- **The Wisdom of Insecurity.** A Message for an Age of Anxiety, Alan W. Watts, Pantheon Books, New York, 1951.