

Some of My Favorite Books (organized by category):

I highly recommend the following books if they speak to you. A book that you're meant to read can open your mind and your heart to new awareness (and new skills).

Personal Development Books:

Happy for No Reason, 7 Steps to Being Happy from the Inside Out

by Marci Shimoff

Feel the Fear and Do It Anyway

by Susan Jeffers, Ph.D

The Will Power Instinct

by Kelly McGonigal, Ph.D.

Tongue Fu! How to Deflect, Disarm, and Defuse Any Verbal Conflict

by Sam Horn

WiSHcraft, How to Get what You Really Want

by Barbara Sher

Brag! How to Toot Your Own Horn Without Blowing It

by Peggy Klaus

The Artist's Way

by Julia Cameron

A Complaint Free World

by Will Bowen (only read this one if you're up for a good challenge!)

Crucial Conversations

by Patterson, Grenny, McMilland & Switzler

Caring for Yourself & For Loved Ones:

The Art of Extreme Self-Care, Transform Your Life One Month at a Time

by Cheryl Richardson

Share The Care, How to Organize a Group to Care for Someone Who is

Seriously Ill by Cappy Capossela and Sheila Warnok

The Five Love Languages

by Gary D. Chapman

Meditation:

Wherever You Go There You Are, Mindfulness Meditation in Everyday Life

by Jon Kabat-Zinn

Gratitude:

Attitudes of Gratitude, How to Give and Receive Joy Every Day of Your Life

by M.J. Ryan

Thanks! How the new science of gratitude can make you happier

by Robert A. Emmons, Ph.D.

Gratitude Journal: magical moments should be remembered forever

by Vivian Tenorio

Healing the Past:

How to Make Peace with Your Parents

by Harold H. Bloomfield, M.D.

The Presence Process

by Michael Brown

Spiritual Books:

Frequency, the Power of Personal Vibration by Penney Peirce

The Untethered Soul by Michael Singer

Books by Sanaya Roman

Books by Eckhart Tolle

Books by Esther and Jerry Hicks

Happy Reading!

Kim

JoyfulBeing.com

Your Resource for More Joy! (And, Less Stress!)