

## Recommended Reading

(I will continue to add to this list)

Empath's Survival Guide - Judith Orloff

Untethered Soul - Michael Singer

Unleashing the Power of The God Code - Gregg Braden (any of his work)

Power of TED - David Emerald

The Power of Eight - Lynne McTaggart

How Your Mind Can Heal Your Body - David R. Hamilton

Daring Greatly - Brene' Brown

Unchain Your Brain - Dr Daniel Amen

The Complete Works of Florence Scovel Shinn

Positive Intelligence - Shirzad Chamine