

Personal Best Seminars - Recommended Reading List

Affirmations/Visualization/Meditation

Creative Visualization	Shakti Gawain
Reflections in the Light	
Daily Reflections for Highly Effective People	Stephen R. Covey
Affirmations for the Inner Child	Rokelle Lerner
Actualizations	Stuart Emery

Family

7 Habits of Highly Effective Families	Stephen Covey
Family Secrets	John Bradshaw
How to Talk so Kids will Listen & Listen so Kids Will Talk	Adele Faber & Elaine Mazlish

Listening to Self

Intuitions - Seeing With the Heart	Winter
Practical Intuition	Laura Day

Financial/Career/Abundance

Principle Centered Leadership	Stephen Covey
7 Habits of Highly Effective People	
Wealth Without Risk for Canadians	Charles J. Givens
Wealth 101	John-Roger & Peter McWilliams
The Wealthy Barber	David Chilton
The Trick to Money is Having Some	Stuart Wilde
Reclaiming Higher Ground	Lance Secretan
The Abundance Book	John Randolph Price
Creating Affluence	Deepak Chopra
The Seven Spiritual Laws of Success	
Rich Dad, Poor Dad	Robert T. Kiyosaki
Think and Grow Rich	Napoleon Hill
Simple Abundance	Sarah Ban Breathnach
The 9 Steps to Financial Freedom	Suze Orman

Spirituality

The Monk Who Sold His Ferrari

Robin S. Sharma

Handbook for The Soul

Richard Carlson & Benjamin Shield

The Artist's Way

Julia Cameron

The Seat of The Soul

Gary Zukav

Conversations With God (Books 1, 2, 3)

Neale Donald Walsh

Friendship With God

Communion With God

The Celestine Prophecy

James Redfield

Embraced By The Light

Betty Eadie

The Angel and The Frog

Dr. Leo Booth

Love

Leo Buscaglia

Course In Miracles

Foundation For Inner Peace

Inspirational

The Power of Passion

Alan Hobson & Jamie Clarke

Orange Socks - How A Yuppie Goes Yogi

Valerie Simonson

General Personal Development

Advanced Formula for Total Success

Dr. Robert Anthony

You Can Have It All

Arnold M. Patent

Flow

Mihaly Csikszentmihalyi

Clearing For the Millennium

Albert Clayton Gauden

The Adversity Quotient

Paul Stoltz

Real Magic

Wayne Dyer

Your Erroneous Zones

The Aquarian Conspiracy

Marilyn Ferguson

What We May Be

Piero Ferrucci

Success - Positive Mental Attitude

Napoleon Hill

Goodbye to Guilt

Gerald Jampolsky

On Death & Dying

Elisabeth Kubler Ross

You Can If You Think You Can

Norman Vincent Peal

Awaken the Giant Within

Anthony Robbins

Unlimited Power

Please Touch

Susan Striker

The Double Win

Dr. Denis Waitley

Non-Fiction (Make You Think About Your Life) Books

Night	Ellie Weisel
Man's Search For Meaning	Victor Frankel
A Promise Is A Promise	Wayne & Marcelene Dyer

Relationships

The Couple's Journey	Susan M. Campbell
Men Are From Mars, Women Are From Venus	John Gray
The Couples Companion	Harville Hendrix & Helen Hunt
Boundaries	Anne Katherine
The Couples Comfort Book	Jennifer Louden
Saving Your Marriage Before It Starts (Workbooks for this book are great as well)	Dr. Les & Leslie Parrott
Loving Relationships	Sondra Ray
Dealing With Anger	Sandy Livingstone
Light His/Her Fire (Audio Cassette Series)	Ellen Kreidman

Sexuality

Awaken Your Sexuality	Stephanie Covington
Succulent Wild Women	Sark

To Enjoy The Game of Life

Alexander & The Terrible, Horrible, No Good, Very Bad Day	Judith Viorst
Celebrate Life!	Leo Buscaglia
<ul style="list-style-type: none">• Maybe (Maybe Not)• It was On Fire When I Lay Down On It• All I Really Needed To Know, I Learned In Kindergarten• Uh-Oh• True Love	Robert Fulghum
Chicken Soup For The Soul (all 15 of them!)	Jack Canfield & Mark Victor Hansen
IF Volume 1 & IF Volume 2 - 500 questions for the game of life	Evelyn McFarlane & James Saywell
The Precious Present	Spencer Johnson

Physical Wellness/Health

You Can Heal Your Life

Louise Hay

Prescription For Dietary Wellness

Phyllis A. Balch & James F. Balch

Energy Balancing

A Body Owner's Maintenance Manual

James Minckler

Perfect Health

Ageless Body, Timeless Mind

Deepak Chopra

Fit For Life (I and II)

Harvey & Marilyn Diamond

Love, Medicine & Miracles

Dr. Bernie Seigel

Body For Life

Bill Phillips

Diet For A New America

John Robbins

The Power Program

Dr. Michael Colgan

**If you have any books you would like added to our reading list, please call the office
at 1-877-806-BEST (2378)**