

Appendix D: Further Reading

I suggest some of these books and websites within the chapters and included other resources that have helped on my journey so you can quickly find good information:

Recommended Books

- *The 7 Habits of Highly Effective People* by Stephen R. Covey
- *The 7 Habits of Highly Effective Teens* by Sean Covey
- *Conversations with God* by Neale Donald Walsh
- *The Magic* by Rhonda Byrne
- *Power of Now* by Eckhart Tolle
- *Power vs. Force* by David R. Hawkins, M.D.
- *I Am Word: A Guide to the Consciousness of Man's Self in a Transitioning Time* by Peter Selig
- *Your Soul's Gift: The Healing Power of the Life You Planned Before You Were Born* by Robert Schwartz
- *Language of Emotions: What Your Feelings Are Trying to Tell You* by Karla McLaren
- *It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle* by Mark Wolynn
- *Bridging Science and Spirit; Common Elements in David Bohm's Physics, The Perennial Philosophy and Seth* by Norman Friedman

Digital Resources

- Helen Racz: www.HelenRacz.com
- Emissarians: www.emissarians.com
- Cindy Childress: www.ChildressCommunication.com
- Gary Craig: www.EmoFree.com
- Gregg Braden: www.GreggBraden.com

- Jarrah Hewitt: <https://jarradhewett.com>
- Joe Dispenza: www.DrJoeDispenza.com
- Julie Parker: www.YourInnerBlueprint.com
- Karla McLaren: www.KarlaMcLaren.com
- Meaning to Pause: www.MeaningToPause.com
- Passive Brain Fitness®: www.PassiveBrainFitness.com
- Radical Forgiveness: www.RadicalForgiveness.com
- Vibes Up: www.VibesUp.com
- Spectrum Center: <https://spectrumcenter-houston.com>