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Book	Title/Description
	<p>Ageless Body Timeless Mind by Deepak Chopra This book is great demonstrating case studies and a lot of practical exercises demonstrating the innate intelligence of the mind/body connection. ~ ~ ~ ~ ~</p>
	<p>Anatomy of the Spirit by Caroline Myss, PHD Again this book is the interconnectedness of mind, body and spirit even further than before. If you have been through or going through emotional stress or a specific illness, Caroline goes through all different types of circumstances and the human energy system. ~ ~ ~ ~ ~</p>
	<p>Angel Cats by Allen and Linda Anderson First of all lets start by saying cats are AWESOME! I have two of them Stella and Kramer. Well this book is about the miracle and divine messages of comfort from the little angels with fur that have passed over. I had lost two of my cats a while back and a dear friend told me about this book. Laugh, cry and enjoy the true spirits of cats! ~ ~ ~ ~ ~</p>
	<p>Astrological Revelations by Edgar Cayce If you want to understand more about the stars and yourself, this is a good book. Some of the things in there are about the difference between your Physical Birth and your Soul Birth, What astrological information is stored within your body, Where your soul came from prior to birth and where it will go after death. Certainly a good read and keep an open mind. ~ ~ ~ ~ ~</p>
	<p>Attacking Anxiety by Helen Johnson I met Helen in Queensland a few years ago. She is a wonderful person. She has also written other books and presents workshops. You can find her web site and more information on our links page. This book is about her life story and how you can overcome anxiety and other physical symptoms. I highly recommend this book as it has helped me a lot. ~ ~ ~ ~ ~</p>
	<p>Attitude Is Everything For Success by Keith D. Harrell Reading this great little book wants you to keep re reading it. It reminds you that the way you think is directly connected to your outer life. There are exercises in this book setting goals and getting out of your comfort zone. ~ ~ ~ ~ ~</p>
	<p>A New Earth by Eckhart Tolle I first heard of this on Oprah and bought it in USA. This truly is a great book in awakening your life's purpose. It beautifully illustrates how our attachment to ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and shows you how to tap in and awaken the new state of consciousness and follow the path you desire. ~ ~ ~ ~ ~</p>
	<p>A Soul's Journey by Peter Richelieu This is a FANTASTIC book, I love it! I first read this when my mum passed away years ago. It's about what happens to the soul when it leaves the earth plane. It talks about the different planes and what happens to people. It also goes through why some people are born rich, others poor, why some are blind and so much more. This book is not easy to find, good luck! ~ ~ ~ ~ ~</p>
	<p>Change Your Mind Change Your Body by Gerald G. Jampolsky, M.D and Diane V. Cirincione This book is based on a Course In Miracles. Again as the title says it's about changing the way you think and that manifests into the physical body. Discover how to replace tension, anger, illness, and fear dramatically and replace it with inner peace, well being, and authentic confidence in all of your choices, by changing your mind! ~ ~ ~ ~ ~</p>
	<p>Clear Your Past Change Your Future by Lynne D. Finney, J. D., M.S.W This book is a step by step guide to connect with mind and body. It's about letting go of the past and lots of powerful techniques developed by therapists and spiritual teachers. ~ ~ ~ ~ ~</p>
	<p>Creative Visualization by Shakti Gawain I love this book! It's about using the power of your imagination to create what you want in your life. I run sessions with this and it's an amazing outcome. It's about believing in yourself and getting what you want. It has worked for me MANY times! ~ ~ ~ ~ ~</p>
	<p>Don't Give It Away! by Iyanla Vanzant This is a little work book of self awareness and self affirmation for young women. You can write your feelings and express your thoughts about things that matter to you, your family, your friends, your body and your love life. ~ ~ ~ ~ ~</p>
	<p>Embracing Uncertainty by Susan Jeffers PHD This book is fantastic. If you are at a place where you are wondering what lies ahead, have anxiety if certain situations in your life or just feel lost, this book will help you make your life an exciting adventure. I really like this Author and what she says in her book and others she wrote. ~ ~ ~ ~ ~</p>
	<p>End The Struggle and Dance With Life by Susan Jeffers PHD Another fantastic book by Susan! This book will lift you up when you are feeling down. It will teach you how to let go of the need to control all elements of your life. It helps you focus on the processes of life instead of the outcomes. Much more in the book, have a read! ~ ~ ~ ~ ~</p>
	<p>Feel The Fear And Do It Anyway by Susan Jeffers PHD Wow this book taught me heaps. Fear is an amazing motivator OR paralyses your will! This book will turn your fear and indecision into confidence and action. I highly recommend this book! ~ ~ ~ ~ ~</p>

	<p>Food for Thought by Phillip Day Philip Day is a reporter and a health researcher. I have attended his workshops and conventions. He has several other books topics about Health he has researched and published. Credence Publications is where they are sold or you can attend his visits from the UK. This book is about putting the principles of longevity and healthy eating into action with the great recipes. ~ ~ ~ ~ ~</p>
	<p>French Women Don't Get Fat by Mirelle Guiliano I have put more information on my links page and also a link to contact me for your feedback and travel experiences. Well having French in the family and being Mediterranean myself I love this book. Also visiting France was another pleasure in itself! Well how do French women do it? Its simple really it's about ENJOYING every moment and delicious mouthful and making it in the present moment! No rushing, just being with you, loved one, friends or family. Read the book and enjoy a glass of champagne and chocolates! Indulgence is part of life and feeling inspired and deserving is just amazing. ~ ~ ~ ~ ~</p>
	<p>Heal Your Body by Louise Hay This little blue book is about the mental causes for physical illness and the metaphysical way to overcome them. Great book and a wonderful Author! ~ ~ ~ ~ ~</p>
	<p>Love Is Letting Go Of Fear by Gerald G. Jampolsky, M.D. This book is based from A Course in Miracles, the lessons contained in this book will teach you to let go of fear and remember our very essence is love. ~ ~ ~ ~ ~</p>
	<p>Living in the Light by Shakti Gawain Just as her other book Creative Visualisation this book is becoming a channel for the creative power of the universe. We all have it, it's a matter of learning to listen to your intuition and act on it at all times. ~ ~ ~ ~ ~</p>
	<p>One Day My Soul Just Opened Up by Iyanla Vanzant This book is wonderfully written with inspiration and motivation that will help you work through problems and improve your emotional and spiritual health. ~ ~ ~ ~ ~</p>
	<p>Perfect Digestion by Deepak Chopra This book is also about mind body connection and the relationship between your digestive tract, your emotions and your gut. Learn how biological rhythms affect your whole system. ~ ~ ~ ~ ~</p>
	<p>Practicing the Power of NOW by Eckhart Tolle This book is the companion of The Power of Now. This little book provides meditations and exercises how to practice what you read in The Power of NOW. Frustration, the unknown, anger and much more emotions keep you stuck but practicing the power of NOW will free you of the mind! ~ ~ ~ ~ ~</p>
	<p>The ABCs of Disease by Phillip Day This book contains over 50 types of diseases, what they are, what the causes are and how to avoid them. ~ ~ ~ ~ ~</p>
	<p>The Dark Side of the Light Chasers by Debbie Ford We all have a dark side! This book explains how we hide and deny our dark side, how we reject these aspects of our true nature rather than giving ourselves the freedom to live authentically. ~ ~ ~ ~ ~</p>
	<p>The Fifth Agreement by Don Miguel Ruiz Read the Four Agreements first and then relish into this one! This takes you deeper into the level of awareness of the powerful SELF. ~ ~ ~ ~ ~</p>
	<p>The Four Agreements by Don Miguel Ruiz It all stems from YOU! This is an amazing book by Don Miguel Ruiz. The agreements are about YOU, how you can be kinder, freer, deserving, powerful and so much more! ~ ~ ~ ~ ~</p>
	<p>The Gratitude Effect by Dr. John F. Demartini Dr John F Demartini was in the movie The Secret. Also another great movie, down the rabbit hole. Count your blessings, look beyond of what has happened and may be happening that you feel its only happening to you. This amazing book is like Paying it Forward. . . .The more you are grateful the MORE you will feel alive, free and appreciate EVERYTHING that has happened and is happening. ~ ~ ~ ~ ~</p>
	<p>The Heart of the Soul by Gary Zukav Just as the title implies the HEART is the emotional awareness area of your being. You know becoming aware of your emotional pain is challenging but to avoid the pain is worse than acknowledging it and letting it free with love! ~ ~ ~ ~ ~</p>
	<p>The Little Book of Attitude by Phillip Day This little book wants to make you hug it! It's simple, powerful and fun! ~ ~ ~ ~ ~</p>
	<p>The Little Soul and the Sun by Adapted from Conversations with God Neale Donald Walsch WOW this is an amazing story, simple and powerful that brings children a very profound truth about WHY things happen. This has had a personal FREEDOM in my life. I encourage you to read it young or not so young, especially if something happened in your life with people you know, love or felt you trusted. ~ ~ ~ ~ ~ PLUS</p>
	<p>Practicing the Power of NOW by Don Miguel Ruiz This book is deep and depending where you are in your life will also depend how you feel and get out of it. Some of the topics in there are about the way CONTROL can slowly destroy not only your relationships with others but with yourself. Why people look outside to find love and how to accept, I mean totally accept forgiveness! ~ ~ ~ ~ ~</p>
	<p>The Power is Within You by Louise L. Hay Louise Hay is a very loving person. I have her CDs and Tapes too. This book is when you are perhaps starting to ask yourself questions about your life and wonder what to do with it all. Letting go of old chatter and redefining yourself to move FORWARD. ~ ~ ~ ~ ~</p>
	<p>The Power Of Intention by Dr. Wayne Dyer I love this book and it's VERY powerful and demonstrates how we all are responsible for what is happening in our lives by the way we think. We all attract what we want, what we don't want, why things are happening or not. ~ ~ ~ ~ ~</p>
	<p>Practicing the Power of NOW by Eckhart Tolle Well this book is the first one before Practicing the Power of NOW. It is integrated with the Power Of Intention and also Creative Visualization. It's all connected by the law of attraction which by the way we ALL are in control of that ourselves! ~ ~ ~ ~ ~ PLUS</p>

	<p>The Seat of the SOUL by Gary Zukav This is a great book about Karma, Creation, Choice, Addiction, Relationships and more. ~ ~ ~ ~ ~</p>
	<p>Time For Joy by Ruth Fishel This cute little book has daily affirmations with the date of the month. So each day you open it and it has something great for you! ~ ~ ~ ~ ~</p>
	<p>You Can Heal Your Life by Louise L Hay The power . . . yes that word again. . . it is POWERFUL! We are powerful and the way we think can HEAL our lives ~ ~ ~ ~ ~ PLUS</p>
	<p>You'll See It When You Believe It by Dr. Wayne W Dyer I read this book in 3 days! I love it. You know the other saying You'll believe it when you see it? Well this is a book that will make you BELIEVE in yourself and others/things ~ ~ ~ ~ ~ PLUS</p>