

R # 19

Recommended Reading

1. Full Catastrophe Living- Jon Kabat Zinn.
2. Feeling Good - David Burns.
3. Happy for No Reason - Marci Shimoff
4. Broken Open-Elizabeth Lesser
5. Who Moved my Cheese? Spenser Johnson
6. First Things First- Stephen Covey
7. Seven Habits of Highly Effective People - Stephen Covey
8. Mayo Clinic Guide to Stress-Free Living. -Dr. Amit Sood
9. Back in Control- Dr. David Hanscom
10. One Minute for Yourself -Spencer Johnson M.D.
11. Write it Down Make it Happen - Henriette Anne Klauser
12. Getting Things Done - David Allen
13. Stress Free For Good-Luskin & Pelletier

What If?

Learning is a life long journey. If you would like to further your learning on this subject, you can access these books for further details of some of the exercises and concepts discuss in Stress to Joy. Whether these book or other resources I have shared and will continue to share, continue learning and practicing healthy habits as life continue to repeat the lessons until we learn.

To your life of health and happiness,

Dr. Rozina.