

Claim Your Voice ~ Claim Your Power

Recommended Book List

Among the thousands of resources I have learned from over the years, these books stand out as my favorites. I return to them again and I again, frequently referencing them in workshops and presentations.

Getting Into the Vortex: Guided Meditations and User Guide **Esther and Jerry Hicks (The Teachings of Abraham)**

After many years of exploring a wide variety of approaches for how to feel better and succeed financially, this was the tool that finally brought the breakthrough. And it was so simple. What started as a new years resolution, became a path to success by just listening to this CD on a regular daily basis. It was a joyful experience and by years end, my net income had more than doubled. I can't recommend it enough. Visit www.abraham-hicks.com

Ask and It Is Given: Learning to Manifest Your Desires **Esther and Jerry Hicks (The Teachings of Abraham)**

Fabulous book! Every page I read, I feel enlivened with the recognition of inner truth. It's especially good as a night table book, easy to read, short sections that can be absorbed easily and then off to sleep so it can 'soak' overnight. Contains wonderful insights and tools to help maintain and restore clear thinking when the mind chatter is in overdrive. Visit www.abraham-hicks.com

From Science to God: The Mystery of Consciousness and the Meaning of Light **Peter Russell**

One of my all-time favorite books. Peter's writing is so clear and logical. He takes the complex subject of metaphysics and consciousness and makes it straightforward. I come away feeling "Yes! I understand". His website is filled with wonderful resources. Visit www.peter russell.com.

Power vs Force: The Hidden Determinants of Human Behavior **David R. Hawkins M.D. Ph.D.**

This is the book that helped me anchor the idea that I am more than my physical body. Dr Hawkins shares his personal story of the Presence within him, and through this I was able to connect with my own inner Observer or Witness. This is one of the first in his growing series of books. I've read a number of them and have felt more at ease as a result. Visit www.davidhawkins.info

Claim Your Voice ~ Claim Your Power: Keys to Confidence
Coaching ~ Workshops ~ Presentations ~ Patty Shortreed, B.COMM, MSOD
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Siddhartha: An Indian Tale
Hermann Hess

Simply a beautiful book. Siddhartha is the story of a man who spends his entire life in search of truth, self-understanding and Nirvana. The concluding chapter contains passages I read over and over again to remind me of the truth of what it means to be human. So simple; so profound.

The Holographic Universe
Michael Talbot

The book that started it all. I read this while traveling in Asia when my mind was open and relatively still. These ideas quenched my thirst for understanding what lies beyond the ordinary experience of day to day living. He offers example upon example, research and science based, to demonstrate we are much more than we realize, and connected to one another beyond what our ordinary mind can commonly grasp. It is both challenging and affirming at the same time.

You Can Heal Your Life
Louise L. Hay

This book has become one of my primary reference tools for finding clues and figuring out the inner meaning of health and physical conditions. I met Louise a number of years ago in Chicago. She exuded radiance and peace beyond her youthful age of 75 at the time, a great testimonial to her work.

Visit www.louisehay.com.