

Paula's Reading List

Here is a list of great books, some of which have been resourced for The Spiritual Journey Guide.

Self Development.

7 Habits of Highly Effective People, by Stephen R. Covey. This looks like a business book, but is a whole life guide that encourages you to live life to your absolute best, putting your energy into those things that carry the greatest value to you.

Finding Forgiveness - A 7 step program for letting go of anger and bitterness, by Eileen R Borris-Dunchunstang, Ed.D. A method of forgiveness, looking at the need and benefit to us inforgiving.

Emotional Intelligence – Why it can matter more than IQ, by Daniel Goleman. A lot of new information about how the brain responds to our different emotions. Also looks at ways of coping with our emotions, and the connection between emotional intelligence and life success.

Heal Your Life, by Louise Hay. I have a special edition copy of this book that is full of color. This is a great book for building self esteem, and contains beautiful prayers.

Dragon Slippers, by Rosolind B. Penfold. This book is written in a non threatening comic book style, and is a straight forward, simple way to look at an abusive relationship, its effects, and emotional impact.

Buddhism for Mothers, by Sarah Napthal. Really practical and enjoyable guide to bringing the calming aspects of Buddhism into a mothers busy life.

Eat, Pray, Love, by Elizabeth Gilbert. About a woman's journey of self discovery, healing, and balance. I loved many ways that Gilbert explained so much of the human experience, and how to seek wholeness.

Parenting.

He'll be Okay – making gorgeous boys into good men, by Celia Lashlie. A fabulous book that looks into the hearts of boys going through adolescence. Celia looks at the mothers role in this period, and the complexity of defining a 'good man'.

What Men Don't Talk About, by Maggie Hamilton. Takes a close look at the way we raise boys, our ideas of boys, and the impact of their childhoods on their lives. A great way to understand our sons, father, friends and lovers.

100 Ways to Build Self Esteem and Teach Values, by Diana Loomans and Julia Loomans. I love this book – full of fun ways to build self esteem in your kids, and cope with some of the harder parts of parenting.

Helping Your Kids Cope With Divorce, by Neuman. This is a very positive guide to many problems and situations that come up for the seperated child. A gret book to revisit when changes come up, that helps minimise the impact for kids.

Baby Wise, by Ozzo. About making happy babies – creating a routine for sleep, and feeding.

One Minute Mother, by Spencer Johnson M.D. Like the simple concept of three one minute management plan. This focuses on positive parenting, and developing self management.

A Handbook for Happy Families, by Dr. John Irvine. I liked the idea of working on training good behavior, rather than punishment. Also dealing with each issue as it arises before moving on.

Business and Motivation.

The Four Hour Work Week, by Timothy Ferriss. A totally inspiring book, which gives you heaps of reasons, and ways, to chase the life of your dreams.

How to be Motivated all the Time, by Peter J. Daniels. All about the ways to keep motivated and positive.

The E Myth, by Michael E. Gerber. Gerber talks about the reasons why so many small businesses fail, and how to avoid that. The main point is to build a business as though you will franchise it, thus, you create a business that runs itself.

The Magic of Thinking BIG, by David J. Schwartz, Ph.D. This book compliments The Four Hour Work Week by helping you to stay motivated, and thinking outside the square.