

Additional Reading Suggestions:

Beck, Martha. *Finding Your Own North Star: claiming the life you were meant to live.* 2001

Bridges, William. *Transitions: Making Sense of Life's Changes.* 1980

Dennison, Paul E. & Dennison, Gail. *Brain Gym: Simple Activities for Whole Brain Learning.* 1986

Goleman, Daniel. *Emotional Intelligence.* 1995

King, Joan. *Cellular Wisdom.* 2004

Maurer, Rick. *Why Don't You Want What I Want? How to Win Support For Your Ideas Without Hard Sell, Manipulation or Power Plays.* 2002

Seligman, Martin. *Learned Optimism.* 1998