

Relaxation Centre Shop Catalogue

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Type	Item Name	Author
ADDICTIONS		
Book	<i>First Steps out of Smoking</i>	Dr Simon Atkins
Book	<i>Co-dependent No More</i>	Melody Beattie
Book	<i>The Only Way to Stop Smoking Permanently</i>	Allan Carr
Book	<i>Addict in the Family</i>	Beverly Conyers
Book	<i>Finding Paris</i>	Hedly Gait
Book	<i>Beyond the Twelve Steps</i>	Lynn Grabhorn
Book	<i>When someone you love is addicted to alcohol or drugs</i>	Jim Maclaine
Book	<i>Facing Co-dependence</i>	Pia Melody
Book	<i>Facing Love Addiction</i>	Melody Pia
Book	<i>The Intimacy Factor</i>	Pia Melody
Book	<i>Addictive Relationships</i>	Joy Miller
Book	<i>I am me</i>	Ian Ratcliffe
Book	<i>Still Standing</i>	Bucky Sinister
Book	<i>Overcoming Perfection</i>	A Smith
Book	<i>Set Yourself Free</i>	S Smith
Book	<i>High Sobriety</i>	Jill Stark
CD	<i>Power to stop smoking</i>	Aannsha Jones
AFFIRMATION		
Book	<i>Little Red Book Of Love</i>	Karl Belsheim
Book	<i>Chicken Soup for the Soul: The Cat did What?</i>	Amy Newmark
Book	<i>Chicken Soup for the Soul: The Dog did What?</i>	Amy Newmark
ASTROLOGY		
Book	<i>Kids Astrology series</i>	Camillia Gracani
Book	<i>Kids Affirmations</i>	Camillia Gracani
Book	<i>Kids Astrology Taurus</i>	Camillia Gracani
Book	<i>Kids Astrology Gemini</i>	Camillia Gracani
Book	<i>Kids Astrology Virgo</i>	Camillia Gracani
Book	<i>Astrology for Beginners</i>	Joan Hamper
Book	<i>Astrology of the Moon</i>	Amy Herring
Book	<i>Planetary aspects</i>	Tracy Marks
Book	<i>Angel Astrology</i>	Doreen Virtue
BRAIN GYM		
Book	<i>Brain Gym / Little Orange Book</i>	P.G Dennison
Book	<i>Brian Gym Teachers Edition</i>	P.G Dennison
Book	<i>Switching on</i>	P.G Dennison
Book	<i>Brain Gym and me</i>	P.G Dennison
Book	<i>Sharp</i>	Heidi Hanna
BUDDHISM		
Book	<i>Questions for the Dali Lama</i>	Lauren Alderfer
Book	<i>Nightly Wisdom</i>	Gustavo Bartok Josh Szpilman Cutz
Book	<i>The Brightened Mind</i>	Ajahn Sumano Bhikkhu
Book	<i>Opening the Door of Your Heart</i>	A jahnBrahm
Book	<i>A Hermit in the Himalayas</i>	Paul Brunton
Book	<i>Practicing Peace</i>	Pema Chodron
Book	<i>Buddhism for Beginners</i>	Thubten Chodron
Book	<i>Buddha</i>	Deepak Chopra
Book	<i>The End of Suffering and the Discovery of Happiness</i>	Dalai Lama
Book	<i>The Art Of Happiness</i>	Dalai Lama
Book	<i>The Four Noble Truths</i>	Dalai Lama

Book	<i>Emotional Awareness</i>	Dalai Lama & Paul Ekman
Book	<i>The Restful Mind</i>	Gyalwa Dokhampa
Book	<i>Buddha's Brain</i>	Rick Hanson
Book	<i>Living with an open heart</i>	Kolts & Chodron
Book	<i>A Path with Heart</i>	Jack Kornfield
Book	<i>The Wise Heart</i>	Jack Kornfield
Book	<i>After the Ecstasy the Laundry</i>	Jack Kornfield
CD.....	<i>A Path with Heart</i>	Jack Kornfield
Book	<i>Stillness, Insight and Emptiness</i>	Lama Dudjom Dorjee
Book	<i>The Lost Art of COMPASSION</i>	Ladner Lorne
Book	<i>World as a lover world as a self</i>	Joanna Macy
Book	<i>The Dalai Lama's Cat</i>	David Michie
Book	<i>Buddhism for Busy People</i>	David Michie
CD.....	<i>Cool, Calm and Commuted</i>	David Michie
Book	<i>Buddhism for mothers of young children</i>	Sarah Naphthali
Book	<i>Buddhism for Mothers</i>	Sarah Naphthali
Book	<i>Buddhism for Mothers with Lingered Questions</i>	Sarah Naphthali
Book	<i>Buddhism for Couples</i>	Sarah Naphthali
Book	<i>Living the Season</i>	Hyang Padma Ji
Book	<i>The Art Of Happiness</i>	Ricard Mathieu
Book	<i>Just One Thing</i>	Rick Hanson
Book	<i>The Tibetan Book of Living and Dying</i>	Rinpoche Sogyal
Book	<i>Tibetan Sound healing</i>	Rinpoche Tehzin
Book	<i>Three Steps of Awakening</i>	Larry Rosenberg
Book	<i>The Heart of Zen</i>	Roshi & Martin-Smith
Book	<i>Leadership wisdom the monk who sold his Ferrari</i>	Robin Sharma
Book	<i>Life Lessons from the Monk who sold his Ferrari</i>	Robin Sharma
Book	<i>The Buddha is in the Street</i>	Patricia Sherwood
Book	<i>The Beginners guide in Meditation</i>	Rod Sperry
Book	<i>Peace in Every Step</i>	Thich Nhat Hanh
Beads	<i>Buddha Beads</i>	Amy Zether
Book	<i>Buddha Journal</i>	
CD.....	<i>When Pain is the Doorway</i>	Chodron Pema
CD.....	<i>The Workshop is in the Mind</i>	Robina Courtin
CD.....	<i>Becoming your own Therapist</i>	Robina Courtin
CD.....	<i>Being your own therapist</i>	Robina Courtin
CD.....	<i>The Workshop is in the Mind - 2 x cd set</i>	Robina Courtin
CD.....	<i>Karma The Law of cause & Effect</i>	Robina Courtin
DVD	<i>Lionel Fifiel speaks with Robina Courtin</i>	Courtin & Fifiel
DVD	<i>Chasing Buddha</i>	Amiel Courtin
DVD	<i>Buddhism For Busy People</i>	Robina Courtin
DVD	<i>Keys to Meditation</i>	Robina Courtin
DVD	<i>Why Is It So Difficult To Be Happy - 5 DVDs</i>	Robina Courtin
DVD	<i>Finding Freedom and Happiness</i>	Robina Courtin
DVD	<i>Dealing with Anger</i>	Robina Courtin
DVD	<i>How to Cultivate Divine Pride</i>	Robina Courtin
DVD	<i>Karma & Purification 2 x CD set</i>	Robina Courtin
DVD	<i>Karma - Find Freedom in this Moment</i>	Dzigar Kongtrul Rinpoche, Chodron Pema

BUILDING CONFIDENCE

Book	<i>Confidence</i>	Thomas Chamorro-Premuzic
Book	<i>Life Coaching Life Changing</i>	Melanie Chan
Book	<i>The Art of Thinking Clearly</i>	Rolf Dobelli
Book	<i>Choose Them Wisely</i>	Mike Dooley
CD.....	<i>Inspiration</i>	Wayne Dyer
Book	<i>Freedom from your inner critic</i>	Jay Eavley
Book	<i>The Confidence Gap From fear to freedom</i>	Russ Harris
Book	<i>Get Out of Your Mind and Into Your Brain</i>	Steven Hayes C
Book	<i>Happiness Now</i>	Robert Holden
Book	<i>Shift Happens</i>	Robert Holden
Book	<i>Living in Light Love & Truth</i>	Kasi Kaye Iliopoulos
Book	<i>Change your Life change your world</i>	Amoda M Jeevan

Book	<i>Life Is Huge</i>	Susan Jeffers
Book	<i>How to do Everything and be Happy</i>	Peter Jones
Book	<i>The Mind makeover</i>	Sharron Lowe
Book	<i>Be in one peace</i>	Joanne Messenger
Book	<i>The Spiritual Road to Self-Esteem</i>	Kim Micheals
Book	<i>The Beating Shyness Workbook</i>	Dena Michelli
Book	<i>7 Secrets of Confidence</i>	Steve Miller
Book	<i>Finding Inner Courage</i>	Mark Nepo
Book	<i>Secrets of Confident People</i>	Richard Nugent
Book	<i>The True Dynamics of life</i>	Mike Robinson
Book	<i>3 Steps to Awakening</i>	Larry Rosenberg
Book	<i>Your Word is your Wand</i>	Florence Scovel-Shinn
Book	<i>Embracing Your Inner Critic</i>	Stone Stone &
Book	<i>The power I am</i>	Maxwell J Taylor
Book	<i>Freedom from your inner critic</i>	Earley Weiss
Book	<i>Confident Speaking</i>	Alan Woodhouse

THE WORK OF BYRON KATIE

Book	<i>A Thousand Names for Joy</i>	Byron Katie
Book	<i>Happier At Home</i>	Byron Katie
Book	<i>I Need You Love Is that True</i>	Byron Katie
Book	<i>A friendly universe</i>	Byron Katie
Book	<i>Loving What Is (Large Book)</i>	Byron Katie
Book	<i>The Little Book</i>	Byron Katie
Book	<i>Peace In The Present Moment</i>	Byron Katie
Book	<i>Question Your Thinking Change the World</i>	Byron Katie
Book	<i>Who Would you be Without Your Story</i>	Byron Katie
Card Pack	<i>Seeds of Truth 52 Card Pack</i>	Byron Katie
CD.....	<i>Abuse what forgiveness really looks like</i>	Byron Katie
CD.....	<i>Guided Meditation with Katie</i>	Byron Katie
CD.....	<i>I Need You Love Is that True</i>	Byron Katie
CD.....	<i>Loving What Is</i>	Byron Katie
CD.....	<i>Making your thoughts work for you</i>	Byron Katie
CD.....	<i>Parents meet their children through work</i>	Byron Katie
CD.....	<i>The End of Suffering and the Discovery of Happiness</i>	Byron Katie
CD.....	<i>The gift of Addiction</i>	Byron Katie
CD.....	<i>The Truth Behind Addiction</i>	Byron Katie
CD.....	<i>What we'll do for love</i>	Byron Katie
DVD	<i>Introduction To' The Work' of Byron Katie</i>	Byron Katie
DVD	<i>Making your thoughts work for you</i>	Byron Katie
DVD	<i>Prison of the Mind</i>	Byron Katie
DVD	<i>Resentment & Jealousy</i>	Byron Katie
DVD	<i>The Perfect Body</i>	Byron Katie
DVD	<i>Adultery Death Weight & Sex</i>	Byron Katie
DVD	<i>The Great Undoing "Gary"</i>	Byron Katie
DVD	<i>The Great Undoing "Michael"</i>	Byron Katie
DVD	<i>The Proof of Truth</i>	Byron Katie

CANCER

Book	<i>Days Like These</i>	Kristian Anderson
Book	<i>The Cancer Survivor Handbook</i>	Beth Leibson
Book	<i>Conquering Cancer</i>	Joel Berman
Book	<i>Dancing with Cancer</i>	Diana Brueton
Book	<i>Recipe for Life 1</i>	Dorothy Edgelow
Book	<i>Recipe for Life 2</i>	Dorothy Edgelow
Book	<i>Chemo Cookery Club</i>	Penny Ericson
Book	<i>The Prostate Treatment Book</i>	P.D Grimm. et al
Book	<i>The Home Health Guide to a cancer free family</i>	Gabriel Kune
Book	<i>Surviving Cancer</i>	Paul Kraus
Book	<i>The Chemotherapy Survival Guide</i>	Judith McKay
Book	<i>So You have Prostate Cancer Too</i>	Brian Meade J
Book	<i>Radical Remission: Surviving Cancer Against All Odds</i>	Kelly Turner

Book	<i>Dying to be Me</i>	Anita Moorjani
CD	<i>Dying to be Me</i>	Anita Moorjani
Book	<i>The Language of healing</i>	Benson Paff
Book	<i>Nine Lives - Football, Cancer & Getting on with Life</i>	Adam Romanuskas
Book	<i>The Case of the Disappearing Cancer</i>	Louis Heyse Moore
Book	<i>Grow your own Drugs</i>	Eve Williamson
Book	<i>Peace of Mind</i>	Ian Gawler
Book	<i>You Can Conquer Cancer (New Ed)</i>	Ian Gawler
Book	<i>The Mind That Changes Everything</i>	Ian Gawler
Book	<i>The Dragon's Blessing</i>	Ian Gawler, Guy Allenby
Book	<i>Meditation Pure & Simple</i>	Ian Gawler
Book	<i>Meditation an In-depth Guide</i>	Ian Gawler and Paul Bedson
CD	<i>A Woman's Voice</i>	Ruth Gawler
CD	<i>Deepening Your Meditation</i>	Ian Gawler
CD	<i>Eating Well being well</i>	Ian Gawler
CD	<i>Effective Pain Management</i>	Ian Gawler
CD	<i>Emotional Health 2 CD</i>	Ian Gawler
CD	<i>Inner Peace-Inner Wisdom</i>	Ian Gawler
CD	<i>The Gawler Cancer Program</i>	Ian Gawler
CD	<i>Mind Training 2 CD</i>	Ian Gawler
CD	<i>Meditation A Complete Guide</i>	Ian Gawler
CD	<i>Meditation Pure & Simple</i>	Ian Gawler
CD	<i>Mind Body & Medicine</i>	Ian Gawler
CD	<i>Relaxation for Everyone</i>	Ian Gawler
CD	<i>Eating for Recovery</i>	Ian Gawler
CD	<i>Understanding Death & Dying</i>	Ian Gawler
CD	<i>What to Do When someone You Love has Cancer</i>	Ian Gawler
DVD	<i>Meditation Live</i>	Ian Gawler
DVD	<i>Relaxation and Meditation</i>	Ian Gawler
DVD	<i>Remarkable Recoveries</i>	Ian Gawler

CDS – MISCELLANEOUS

<i>Unconditional Confidence</i>	Pema Chodron
<i>Getting Unstuck</i>	Pema Chodron
<i>Comfortable with Uncertainty</i>	Pema Chodron
<i>The Art of Change - Volume 1</i>	Joe Dispenza
<i>You are the Placebo med 1 Boxed</i>	Joe Dispenza
<i>You are the Placebo med 2</i>	Joe Dispenza
<i>You are the Placebo med 1 Boxed - plastic outer</i>	Joe Dispenza
<i>You are the Placebo med 2 - plastic outer</i>	Joe Dispenza
<i>Adventures in Mindfulness</i>	Jon Kabat Zinn
<i>Communication Vs Talking</i>	Madden Maryann & Lionel Fifield
<i>The Art of Empathy</i>	Karla McLaren
<i>Rest Assured - Sleep</i>	Souder System
<i>Self Esteem</i>	Bert Weir
<i>The Centre Within Course 10CD Set</i>	Weir Bert
<i>The Centre Within Course CDs of individual weeks sold separately</i>	Weir Bert
<i>Warrior Woman</i>	Jan Duncan
<i>Total Relaxations</i>	Bert Weir
<i>Beating Depression</i>	Graeme Cowan
<i>The Turning Point</i>	Gregg Braden
<i>Relaxations</i>	Aannsha Jones
<i>Nourishment for Your Soul</i>	Aannsha Jones
<i>The One Minute Relaxation Technique</i>	Aannsha Jones

MEDITATION – CDS

<i>Deep Relaxation & A Breath Meditation</i>	Michael Dunn
<i>Healing Meditations - Golden Cloud Relaxation/ Breath & Meditation</i>	Michael Dunn
<i>Integral Yoga Class</i>	Michael Dunn
<i>Prenatal Birthing Attunement and Yoga Nidra Self Healing Relaxation</i>	Michael Dunn
<i>Relaxation for Self Healing & Inner Silence Meditation</i>	Michael Dunn
<i>Yoga Beginners Postures</i>	Michael Dunn

<i>Yoga Class - Yoga Postures to suit all ages & fitness levels</i>	Michael Dunn
<i>Achieving Calm</i>	Arthur Jackson
<i>Going to Sleep through Creative Relaxation</i>	Arthur Jackson
<i>Improving Self Esteem</i>	Arthur Jackson
<i>Losing Weight</i>	Arthur Jackson
<i>Coping with Pain</i>	Arthur Jackson
<i>Treating Panic Attacks</i>	Arthur Jackson
<i>Meditation On Happiness</i>	Robina Courtin
<i>Welcoming Prosperity</i>	Brenda Davies
<i>Soul Garden</i>	Brenda Davies
<i>Just Be</i>	Brenda Davies
<i>Healing the Cause Disc 1</i>	Michael Dawson
<i>Healing the Cause Disc 2</i>	Michael Dawson
<i>Both Sides</i>	Lucinda Drayton
<i>Love Surrounds you</i>	Lucinda Drayton
<i>Healing Meditations</i>	Michael Dunn
<i>Deep Relaxation a breath Meditation</i>	Michael Dunn
<i>Relaxation for Self Healing</i>	Michael Dunn
<i>Yoga Class</i>	Michael Dunn
<i>Integral Yoga Class</i>	Michael Dunn
<i>Yoga, Beginners Postures</i>	Michael Dunn
<i>Prenatal Birthing Attunement, Yoga Nidra Self-Healing</i>	Michael Dunn
<i>Relaxations</i>	FMA Psychology Pty Ltd
<i>White Light Meditation with Colour</i>	Eileen Goble
<i>Rainbow Meditation Inner Direction & Healing</i>	Eileen Goble
<i>Rainbow Meditation Change and Growth</i>	Eileen Goble
<i>Chakra Balance</i>	David & Steve Gordon
<i>Creative Visualisation for Children and Teens</i>	Chris Hines
<i>Relax Your Worries</i> .Dr Cate Howell, Murphy Michele	
<i>Meditation for Beginners</i>	Jack Kornfield
<i>Guided Meditation for difficult times</i>	Jack Kornfield
<i>Relaxation and Meditation</i>	Terri Kozak
<i>Nature Awakens</i>	lichi Lee
<i>The Healing Effects of Meditation</i>	Ainsliea Meares
<i>Accelerated Learning Music</i>	Panchelbel et. Al.
<i>Meditation on the perfect you</i>	Chris Prentiss
<i>Meditation for Yoga Lovers</i>	Lorin Roche
<i>Anahata - manasa yoga Meditation</i>	Megan Ward
<i>Meditation for Optimum Health</i>	Andrew Weil, John Zinn Kabat
<i>Meditations for a Miraculous Life</i>	Marianne Williamson
<i>Guided Mindfulness Meditation Series 1</i>	John Zinn Kabat
<i>Guided Mindfulness Meditation Series 3</i>	John Zinn Kabat
<i>Mindfulness Meditation for Pain Relief</i>	John Zinn Kabat
<i>Meditations for Enhancing your Immune System</i>	Bernie Siegel
<i>Mindfulness for Beginners</i>	Jon Kabat Zinn
<i>At Ease</i>	Dharma Moon
<i>Pebbles & Pearls</i>	Jon Zinn Kabat

MEDITATION – BOOKS

<i>True Meditation</i>	Adyashanti
<i>The End of your world</i>	Adyashanti
<i>Meditation for Motherhood</i>	Yogi Brahmasamhara
<i>Meditation for your Life</i>	Robert Butera
<i>The 5 Dharma Types</i>	Simon Chokoisky
<i>Original Mind</i>	Dee Joy Coulter
<i>The Prophet</i>	Kahlil Gibran
<i>10% Happier</i>	Dan Harris
<i>Getting into the Vortex</i>	Esther & Jerry Hicks
<i>Nothing Happens Next</i>	Cheri Huber
<i>Inner Worlds of Meditation</i>	John-Roger
<i>Wherever You Go, There You Are</i>	Jon Kabat Zinn
<i>Sacred Sound</i>	Alanna Kaivalya

<i>Writings from the Oneness</i>	Ian McCall
<i>Awaking the Kind Heart</i>	Kathleen McDonald
<i>Taming the Drunken Monkey</i>	William L Mikulas
<i>A Technique for Meditation</i>	Joseph Polansky
<i>Happy for No Good Reason</i>	Pranda Shavk
<i>Meditation and the Mind of Man</i>	Herbet Puryear
<i>Healing Through Meditation & Prayer</i>	Meredith Ann Puryear
<i>Three Steps to Awakening</i>	Larry Rosemberg
<i>The Force of Kindness</i>	Sharon Salzberg
<i>Thoughts are not the enemy</i>	Jason Siff
<i>A Beginners Guide to Meditation</i>	Rod Meade Sperry
<i>Happy for No Good Reason</i>	Swami Shankarananda
<i>The Power of Silence</i>	Graham Turner
<i>Sensational meditation for children</i>	Sarah Vallely
<i>Meditations & Mantras</i>	Swami Vishnudevananda

LIONEL FIFIELD – CDs

<i>Feeling Good about Yourself</i>	Fifield Lionel
<i>Letting Go - Release and Move On</i>	Lionel Fifield
<i>Relax in the Dentist Chair</i>	Lionel Fifield
<i>De-stress, Relax and Sleep Well</i>	Lionel Fifield
<i>Relaxing Your Whole Body</i>	Lionel Fifield
<i>You've Lost Your Sense of Humour</i>	Lionel Fifield, Maryann Madden
<i>Relationships - What are They?</i>	Lionel Fifield, Maryann Madden
<i>Respect - What Is It?</i>	Lionel Fifield, Maryann Madden
<i>Intuition, Instinct and Feelings</i>	Lionel Fifield, Maryann Madden
<i>Words are powerful</i>	Lionel Fifield

MUSIC – CDs

Anne Infant

Sing your way to Health Wealth & Happiness – Special as I can be – The Four dragons – Think of it this way – Flight – Love Is A Circle

Mozart Effect

Babies Daytime Playtime 3 – Mozart Effect New Born A Bright Beginning – Vol 5 Relax & Unwind – Vol 4 Focus & Clarity – Children Tune up your Mind1 – Children Relax DayDream 2 – Children Vol 4 Mozart to Go – Children Mozart Vol 3 Mozart In Motion – Vol 2 Heal The Body – Vol 3 Unlock The Creative Spirit Relax and Unwind – For Mums And Mums To Be

Tony O'Connor

We have a great range of Tony O'Connor's CDs – You can ring us and ask for a particular CD and if we don't have it in stock we'll get it in for you or you can come in and enjoy browsing and choosing from our range.

Deuter

Buddha Nature – Dreamtime – Earth Blue – Empty Sky – Eternity – Koyasan –eiki - Hands of Light –piritual Healing –Wind & Mountain

Other Authors

<i>Romances</i>	Michael Hoppe
<i>My Special Place and Balloon Flight</i>	Sally Kirk
<i>Sally's Deep Relaxation and Dolphin Cycle</i>	Sally Kirk
<i>Make me Happy</i>	OKA
<i>Sadhana</i>	Maneesh De Moor
<i>Celtic Pilgrimage</i>	Aine Minogue
<i>Moonlight on the water</i>	Koto
<i>Koto Music</i>	Koto
<i>Healing Mantras</i>	Shri Anandi Ma
<i>Mantras for Life</i>	Deva premal
<i>Moments</i>	Lucinda Drayton
<i>Accelerated Learning Music</i>	Chris James
<i>Harmonize Your Home</i>	Bova
<i>Dreaming Didgeridoo</i>	Various
<i>Café Mantra Chant 2 - Shakti Sounds</i>	Café Mantra
<i>Fabulous Food Ferments</i>	Rosanna Wordsworth

CHILDREN/S BOOKS / CDs

Book	<i>Peace Time</i>	Sara Albion
Book	<i>Peace Time for Teens</i>	Sara Albion
Book	<i>Making Dreams Come True</i>	Vicki Bennett

Book	<i>Two Pennies</i>	Vicki Bennett
Book	<i>Jebediah and the book of Love</i>	Kyle Bradley
Book	<i>Ginny be a good frog</i>	Vilma Costetti
Book	<i>Buddha at Bedtime</i>	Dharmachari Nagaraja
Book	<i>The Moon shines out of the dark</i>	Stephanie Dowrick
Book	<i>Good-Buy, Bumps!</i>	Saie Dyer
Book	<i>I AM</i>	Dr Wayne Dwyer
Book	<i>Moonbeam</i>	Maureen Garth
Book	<i>Starbright</i>	Maureen Garth
Book	<i>Wendy and the Fairy Ring Secret</i>	Adrian Hanks
Book	<i>A Boy like Me</i>	Libby Hathorn
Book	<i>Imagine me with the three owls</i>	Lisa Hemmings
Book	<i>My body Rules</i>	Melanie Howe, Caryn Andersen
Book	<i>Special As I Can Be</i>	Anne Infante
Book	<i>Chris P. Bacon My Life so Far</i>	Len Lucero
Book	<i>Illumination Mandalas Coloring books - various</i>	Mandala Colouring
Book	<i>Melanie's Marvellous Measles</i>	Stephanie Messenger
Book	<i>Sarah's visits a Naturopath</i>	Stephanie Messenger
Book	<i>Vegetarian Muscles</i>	Stephanie Messenger
Book	<i>Don't Bully Billy</i>	Stephanie Messenger
Book	<i>When I 'm feeling Happy</i>	Trace Moroney
Book	<i>When I 'm feeling Jealous</i>	Trace Moroney
Book	<i>When I 'm feeling Kind</i>	Trace Moroney
Book	<i>When I 'm feeling Lonely</i>	Trace Moroney
Book	<i>When I 'm feeling Sad</i>	Trace Moroney
Book	<i>When I 'm feeling Scared</i>	Trace Moroney
Book	<i>When I 'm feeling angry</i>	Trace Moroney
Book	<i>When I 'm feeling loved</i>	Trace Moroney
Book	<i>The things I love about me</i>	Trace Moroney
Book	<i>Angels' Playschool</i>	Marguerita Rainbow
Book	<i>Flutes in the Garden</i>	Chip Richards
Book	<i>Relax Kids: How to be Happy</i>	Marheta Viegas
Book	<i>Fairies at Bedtime</i>	Wallace & Kuenzler
CD.....	<i>Meditation for kids 2</i>	Sada
CD.....	<i>Lets Imagine a Bush Journey</i>	Andrews Isabel & David
CD.....	<i>Lets Imagine a World of Fun & Fantasy</i>	Andrews Isabel & David
CD.....	<i>Let's Imagine the Crystal Castle</i>	Andrews Isabel & David
CD.....	<i>Peace Time (for Children)</i>	Sara Albion
CD.....	<i>Peace Time (for Teenagers)</i>	Sara Albion
CD.....	<i>Happy Little Hearts</i>	Katrina Cavanaugh
CD.....	<i>Just Imagine</i>	Anthea Courtney
CD.....	<i>Making Rainbows</i>	Crystal Rainbows
CD.....	<i>Joy</i>	Crystal Rainbows
CD.....	<i>Intuitive Children</i>	Julia Hamilton
CD.....	<i>Creative Visualisation for Children & Teens</i>	Kris Hines
CD.....	<i>Lolli & The Lollipop</i>	Helen Paige
CD.....	<i>Indigo Dream Kids Relaxation Music</i>	Indigo Kidz
CD.....	<i>Indigo Dreaming</i>	Indigo Kidz
CD.....	<i>Indigo Dreams</i>	Indigo Kidz
CD.....	<i>Indigo Ocean Dreams</i>	Indigo Kidz
CD.....	<i>Indigo Teen Dreams</i>	Lori Lite
CD.....	<i>Rays of Calm</i>	Christiane Kerr
CD.....	<i>Rainbow Connection</i>	Petrea King
CD.....	<i>Kids Affirmations</i>	Rhia Valentine
CD.....	<i>Kids Meditation</i>	Rhia Valentine

COURSE IN MIRACLES

Book	<i>A Course in Miracles - Original Edition</i>	Foundation for Inner Peace
CD.....	<i>A Course in Miracles - Embracing True Forgiveness</i>	Foundation for Inner Peace
DVD	<i>A Course in Miracles - Understanding Special Relationships</i>	
Book	<i>Spoken Miracles</i>	Martha Lucia Espinosa
Book	<i>Hey, Holy Spirit, It's Me Again</i>	Rev. Myron Jones

Book	<i>Inspired By Miracles</i>	Dan Joseph
Book	<i>Living A Course In Miracles-An Essential Guide To Classic Text</i>	John Mundy
Book	<i>Of Course!</i>	Ian Patrick
Book	<i>Reality & Illusion</i>	Robert Perry
Book	<i>Love has Forgotten No One -The Answer To Life</i>	Gary Renard
Book	<i>Your Immortal Reality</i>	Gary Renard
Book	<i>The Disappearance of the Universe</i>	Gary Renard
Book	<i>Take Me To Truth</i>	Nouk Sanchez, Tomas Vieira
Book	<i>The End of Death</i>	Nouk Sanchez, Tomas Vieira
Book	<i>Journey without distance</i>	Robert Skutch
Book	<i>Miracles Happen</i>	Amy Weiss
Book	<i>The Age of Miracles</i>	Marianne Williamson
Book	<i>A Return to Love</i>	Marianne Williamson
Book	<i>Enchanted Love – Mystical Power of Intimate Relationships</i>	Marianne Williamson
Book	<i>Everyday Grace</i>	Marianne Williamson
Book	<i>The Gift Of Change</i>	Marianne Williamson
Book	<i>A Year of Miracles</i>	Marianne Williamson
CD.....	<i>A Return to Love Workshop</i>	Marianne Williamson
CD.....	<i>A Return to Love</i>	Marianne Williamson

CREATIVE EXPRESSION

Book	<i>Writing the Story of your life</i>	Bird Carmel
Book	<i>The Artist's Way</i>	Cameron Julia
CD.....	<i>Reflection of the Artist Way</i>	Cameron Julia
Book	<i>Walking in this World</i>	Cameron Julia
Book	<i>Drawing on the Right Side of the Brain- New</i>	Edwards Betty
Book	<i>Writers Path</i>	Filmer Kate
Book	<i>The Mini Mandala Colouring Book</i>	Fincher Susanne
Book	<i>The Big Book of Mandalas Colouring Book</i>	
Book	<i>The Mandalas Colouring Book</i>	
Book	<i>Change Your Story</i>	Jen Grisanti
Book	<i>ABC of Feng Shui</i>	Debra Jarvis
Book	<i>Heal Yourself with writing</i>	Catherine Anne Jones
Book	<i>Creating Sacred Space with Fen Shui</i>	Karen Kingston
Book	<i>Art Therapy: Mandalas</i>	Sophie Leblanc
Book	<i>The Simple Art of Chinese Brush Paining</i>	Lei Lei
Book	<i>Chinese Brush - Learn to paint step by step</i>	Lucy Wang
Book	<i>The Art Therapy Source Book</i>	Cathy Malchiodi
Book	<i>The Creative Compass</i>	Millan Dan & Prasada
Book	<i>At a Journal Workshop</i>	Ira Progoff
Book	<i>Writing the Story Within</i>	Chip Richards
Book	<i>The Healing Art of Clay Therapy</i>	Patricia Sherwood
Book	<i>Clay Therapy healing Rwandan Genocide</i>	Patricia Sherwood
Book	<i>The Right Words</i>	Rose Welling
Book	<i>An Artists Story</i>	Anna jane Wilson
Book	<i>The Creative Seed</i>	Lilian Wissink
Book	<i>You are Creative 6th Edition</i>	Dr Ykk

CREATIVE MATURITY

Book	<i>Our Aging Brain</i>	Andre Aleman
Book	<i>The Warmth of your Heart Prevents your Body from Rusting</i>	Marie De Hennezel
Book	<i>Ripening Time</i>	Sherry Ruth Anderson
Book	<i>Conscious Ageing</i>	Margo Knox
Book	<i>The Rest of Your Life</i>	McKeon Paul, Tucker Neil
Book	<i>Living Life in Full Bloom</i>	Elizabeth Murray
Book	<i>Brilliant Memory</i>	Donimic O'Brien
Book	<i>50 and Fabulous</i>	Jaki Scarcello
Book	<i>The Wisdom of Florence Scovel Shinn</i>	Shinn Florence Scovel
Book	<i>Blue Sky White Clouds</i>	Elizabeth Sobel
Book	<i>What I know for Sure</i>	Winfrey Oprah

DEPRESSION

Book	<i>All of IT</i>	Bev Aisbett
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Book	<i>Taming the Black Dog</i>	Bev Aisbett
Book	<i>Poor Me No More</i>	Fiona Best
Book	<i>The Anti Depressant Fact book</i>	Peter Breggin
Book	<i>Living with Depression</i>	Caroline Carr
Book	<i>Depression A guide for the Newly Diagnosed</i>	Lee Coleman
Book	<i>Back from the Brink</i>	Graeme Cowan
Book	<i>Back from the Brink Too</i>	Graeme Cowan
Book	<i>Back from the Brink helping a loved one</i>	Graeme Cowan
Book	<i>Working in the Dark</i>	Fawn Fitter, Beth Gulas
Book	<i>From Depression to Expression</i>	Clare Forrest
Book	<i>When Fear Falls Away</i>	Jan Frazier
Book	<i>Living with Bipolar disorder</i>	Lynn Hodges
Book	<i>Black Rainbow</i>	Rachel Kelly
Book	<i>Beat Depression Fast</i>	Alexander Massey
Book	<i>Overcome Depression</i>	Alice Muir
Book	<i>Emotional Clearing</i>	John Ruskan
Book	<i>A Life Long journey</i>	Sarah Russel
Book	<i>A Balance of Self</i>	Winfried Sedholf
Book	<i>Depression</i>	Stephanie Sorrell
Book	<i>The Mindful & Acceptance Workbook for Depression</i>	Kirk Strosahl - Patricia Robinson
CD.....	<i>Three Daily Practices</i>	M Williams – J Teasdale

DREAMS

Book	<i>Dreams Speak</i>	Therese Duckett
Book	<i>Your Dreams</i>	Ana Lora Garrard
Book	<i>The Dictionary of Dreams</i>	Eili Goldberg
Book	<i>Dreaming Insights</i>	Gillian Holloway
Book	<i>Dream Sight</i>	Michael Lennox
Book	<i>Dreams your Magic Mirror</i>	Elsie Sechrist
Book	<i>Dream Images and Symbols</i>	Kevin Todeschi
Book	<i>Dream Weaving</i>	Emily Van Laeys

DVDs - MISCELLANEOUS

	<i>The Nature of Enlightenment</i>	Adyashanti
	<i>Orbs the veil is lifting</i>	Beyond Words
	<i>Opening Doors Within</i>	Caddy Eileen
	<i>See Buddhism list</i>	Courtin Robina
	<i>Our Future</i>	Dalai Lama
	<i>Evolve Your Brain</i>	Joe Dispenza
	<i>Women Can't Hear What men don't Say</i>	Warren Farrell
	<i>Ambition to Meaning (Shift)</i>	Wayne Dyer
	<i>Opening Doors Within</i>	Eileen Caddy
	<i>Awaken your Riches</i>	Documentary
	<i>Simply Raw</i>	Woody Harreson
	<i>Visions of Universal Humanity</i>	Barbara Marx Hubbard
	<i>Mother Teresa</i>	Olivia Hussey
	<i>Living in the Age of Uncertainty</i>	Petrea King
	<i>Happiness is an Inside Job</i>	Petrea King
	<i>As Is Above So is Below</i>	Bruce Lipton
	<i>From Belief to Heredity</i>	Bruce Lipton
	<i>An Introduction to Spontaneous Evolution</i>	Bruce Lipton
	<i>Choice Point Align your purpose</i>	Harry Massey
	<i>Ambition to Meaning</i>	Michael Goorjian
	<i>A Man of the Trees</i>	Barrie Oldfield
	<i>The Molecules of Emotion</i>	Candace Pert
	<i>What does the World Need Right Now</i>	Mike Robinson
	<i>The Mystery Of Consciousness</i>	Peter Russell
	<i>Freeing ourselves from the prisons of our minds</i>	Peter Russell
	<i>The Art of Detox & The Joy of Junk Dumping</i>	Graeme Sait
	<i>The Power of Intent</i>	Graeme Sait
	<i>Seventy Ways to Wellness & Closing Forum</i>	Graeme Sait
	<i>The Secrets of Longevity & Seven Super Foods</i>	Graeme Sait

<i>Nutrition Rules</i>	Graeme Sait
<i>Prostate Empowerment</i>	Graeme Sait
<i>Mastering Mental Wellness & Reclaiming Forgotten Flavours</i>	GraemeSait
<i>Health & Longevity</i>	Norm Shealy
<i>New Ways to Wellness</i>	GraemeSait
<i>Rosie Stave - Freeing ourselves from the prisons of our minds</i>	Rosie Stave
<i>Spiritual Conversations</i>	Brenda Davies
<i>Let Go And Live The Extraordinary Life</i>	Guy Finley
<i>Prophecy - Understanding Our Times & Beyond</i>	Jon Van Auken
<i>Prophecies of our Times</i>	Jon Van Auken
<i>Kabbalah - A Resource for Soulful Living</i>	Jon Van Auken
<i>Reincarnation - The Story of our Souls</i>	Jon Van Auken
<i>e-motion</i>	Walsch, Dispenza and others
<i>The Centre Within Course</i>	Bert Weir
<i>The Centre within Course - 4 DVD Set</i>	Bert Weir
<i>Grow your own Drugs</i>	Documentary
<i>Food Matters</i>	Documentary
<i>Burzynski the movie</i>	Documentary
<i>Dirt - The Movie</i>	Bill Benenson, Gene Rosow
<i>Earth Drum Visions</i>	David & Steve Gordon
<i>Forks Over Knives</i>	Virgil Films
<i>Forks Over Knives</i>	Virgil Films
<i>Fresh</i>	Documentary
<i>Generation RX</i>	Keven P Millar
<i>Guigen Medical Qi Gong</i>	Vear Julie
<i>Happy</i>	Documentary
<i>Hungry for Change</i>	Documentary
<i>Living Luminaries</i>	Eckart Tolle, M Williamson & Others
<i>May I be Frank</i>	Frank Ferrante
<i>Mindfulness Movie</i>	Paul Harrison
<i>Narrative Medicine</i>	Lewis Mehl-Madrona
<i>One Man, One Cow, One Planet</i>	Cloud South Films
<i>Overfed and Undernourished</i>	Troy Jones
<i>Power of the Heart</i>	Eckhart Tolle, DeepackChopra, Gary Zukav
<i>Secrets of Enlightenment</i>	Documentary
<i>Tapping the Source</i>	George Noory
<i>The Cure Is?</i>	Documentary
<i>The Economics of Happiness</i>	Documentary
<i>The Living Matrix</i>	Documentary
<i>The Shadow Effect</i>	Debbie Ford
<i>Thrive</i>	Foster Gamble
<i>Vanishing of the bees</i>	Hive Mentality Films
<i>Vibration for Healing</i>	Beyond Publishing
<i>What the bleep do we know Discovering the Endless Poss</i>	Marlee Martlin

EDGAR CAYCE & JOHN VAN AUKEN

DVD	<i>Edgar Cayce on the Course in Miracles</i>	Tom Baker
Book	<i>Earth Changes</i>	Cayce Edgar
Book	<i>Religion, Spirituality Psychic Experience</i>	Cayce Edgar
Book	<i>Edgar Cayce on Atlantis</i>	Cayce Edgar
Book	<i>The Outer Limits of Edgar Cayce Power</i>	Cayce Edgar & Hugh Cayce
Book	<i>Many Mansions</i>	Gina Cerminara
Book	<i>Mind is the Builder Your life is the result</i>	Dick Daily
BOOK.....	<i>Your life why is it the way it is</i>	Bruce Mccathur
BOOK.....	<i>Pass port to Change</i>	Mary Lu Mcfall
BOOK.....	<i>Healing Through Meditation</i>	Meredithe Puryear
Book	<i>The search for the girl with the blue eyes</i>	Jess Stearn
Book	<i>The Sleeping Prophet</i>	Jess Stearn
Book	<i>There is a River</i>	Thomas Sugrue
Book	<i>Contemporary Cayce</i>	Kevin Todeschi
BOOK.....	<i>The End Times</i>	John Van Auken
BOOK.....	<i>2038 The Great Pyramid Timeline Prophecy</i>	John Van Auken

DVD	<i>Edgar Cayce and the Kabbalah</i>	John Van Auken
DVD	<i>Reincarnation</i>	John Van Auken
DVD	<i>Prophecy</i>	John Van Auken
DVD	<i>Kabbalah</i>	John Van Auken
DVD	<i>Prophecies of our Times</i>	John Van Auken

THE ENNEAGRAM

Book	<i>The Essential Enneagram</i>	Davie Daniels Virginia Price Ph.D
Book	<i>The Wisdom of the Enneagram</i>	Don Richard Riso& Russ Hudson
Book	<i>The Spiritual Dimension of the Enneagram</i>	Sandra Maitri
Book	<i>The Enneagram in Love & Work</i>	Helen Palmer
Book	<i>The Enneagram Understanding yourself and others in your life</i>	Helen Palmer
CD.....	<i>Enneagram</i>	Helen Palmer
Book	<i>The Enneagram of Parenting</i>	Elizabeth Wagele

ENVIRONMENTAL AWARENESS

Book	<i>Poisoned Planet</i>	Julian Cribb
Book	<i>The Miracle Of Water</i>	Masaru Emoto
Book	<i>No-Dig Gardening & Leaves of Life</i>	Esther Deans
Book	<i>Natural Gardening</i>	Jeffrey Hodges
Book	<i>Green Cleaner</i>	Barbara Lord
Book	<i>The Wisdom of Water</i>	Alana Moore
Book	<i>The Sky and Earth Touched Me</i>	Joseph Cornell
Book	<i>Green Made Easy</i>	Chris Prelitz
CD.....	<i>The Hidden Messages in Water</i>	Masaru Emoto
DVD	<i>The True Power of Water</i>	Masaru Emoto
Book	<i>Anastasia - Book 1</i>	Vladimir Megre
Book	<i>The Ringing Cedars of Russia - Book 2</i>	Vladimir Megre
Book	<i>The Space of Love - Book 3</i>	Vladimir Megre
Book	<i>Co-creation - Book 4</i>	Vladimir Megre
Book	<i>Who are We - Book 5</i>	Vladimir Megre
Book	<i>The Book of Kin - Book 6</i>	Vladimir Megre
Book	<i>The Energy of Life - Book 7</i>	Vladimir Megre
Book	<i>The New Civilisation - Book 8.1</i>	Vladimir Megre
Book	<i>Rites of Love - Book 8.2</i>	Vladimir Megre

HEALTH AND WELLBEING

NUTRITION

Book	<i>The Mindful Appetite</i>	Susan Albers
Book	<i>Quit Comfort Eating</i>	Susan Albers
Book	<i>The Sugar Smart Diet</i>	Anne Alexander
Book	<i>Fabulous raw Food</i>	Erica Palmcrantz Aziz
Book	<i>Lift your mood with power Foods</i>	Christine Bailey
Book	<i>Everyday Raw Detox</i>	Meredith Baird
Book	<i>Food for Life</i>	Neal Barnard
Book	<i>Chia using the Ancient superfood</i>	Beverly Bennett
Book	<i>The Candida Cure</i>	Ann Boroch
Book	<i>Green for Life</i>	Victoria Boutenko
Book	<i>Green Smoothie Revolution</i>	Victoria Boutenko
Book	<i>Raw Foods</i>	Victoria Boutenko
Book	<i>Apple Cider Vinegar for Health</i>	Britt Brandon
Book	<i>Talking Back to Ritalin</i>	Peter Breggin
Book	<i>Happy Healthy Gut</i>	Jennifer Browne
Book	<i>Chia Superfood</i>	Wayne Coats
Book	<i>Plant Spirit Medicine</i>	Eliot Cowan
Book	<i>Herb Garden for Cooks</i>	Jeff Cox
Book	<i>Yeast Connection Cookbook</i>	William Crook
Book	<i>Just one ounce of prevention is worth a pound of cure</i>	Dr Peter J D'Adamo
Book	<i>Potatoes not Prozac</i>	Kathleen Desmaisons
Book	<i>The Healing Power of Tea</i>	Caroline Dow
Book	<i>The home apothecary</i>	Dugliss-Wesselman

Book	<i>Rawsome Vegan Baking</i>	Emily Von Euw
Book	<i>The Juice Cleanse Reset Diet</i>	Lori Farley
Book	<i>Coconut Lovers Cookbook</i>	Bruce Fife
Book	<i>Coconut oil Miracle</i>	Bruce Fife
Book	<i>The Magic of food as Medicine</i>	Dominique Finney
Book	<i>The Naked Food Cookbook</i>	M Flyod
Book	<i>How a man lived in three centuries</i>	Roger French
Book	<i>Egar Cayce's Diet Plan for Optimal Health and Weight Loss</i>	Simone Gabbay
Book	<i>Eat well be well</i>	Gawler Foundation
Book	<i>Quinoa High Protein, gluten free</i>	Beth Geisler
Book	<i>Eat Yourself to Energy</i>	Paul Gill
Book	<i>Superfoods</i>	Myrna Goldstein
Book	<i>Eat to Boost Your Immunity</i>	Kirsten Hartvig
Book	<i>Sugar Detox for Beginners</i>	Hayward Press
Book	<i>The Juice Generation</i>	Eric Helms
Book	<i>More Vegetables Please</i>	Steve Hicky PhD.
Book	<i>Eyegames</i>	Hickman & Hutchins
Book	<i>The Men's Health book</i>	Joel Webster
Book	<i>Clean Eats</i>	Alejandro Junger
Book	<i>Vegan Beans Around the World</i>	Kelsey Kinser
Book	<i>So why become Vegan</i>	Sandra Kimler
Book	<i>Laugh with Health</i>	Manfred Koch
Book	<i>Outsmarting Overeating</i>	Karen Koenig
Book	<i>Your Personal Paleo Diet</i>	Chris Kresser
Book	<i>The Gluten-Free Table</i>	Jilly Jessie and Lagasse
Book	<i>The Oh She Glows Vegan Cookbook</i>	Angela Liddon
Book	<i>Digestive Intelligence</i>	Irina Matveikova
Book	<i>Mayo clinic Book of Alternative Medicine</i>	Mayo Clinic
Book	<i>The Ayurveda Bible</i>	Ann Mc Intyre
Book	<i>Learn to Listen</i>	Kevin McDonald
Book	<i>Legumes</i>	Swarna Moldanado
Book	<i>The Coconut Oil Miracle</i>	Elizabeth Nyland
Book	<i>Raw Foods A Complete Guide</i>	Erica Palmcrantz
Book	<i>Superfoods for Life Cacao</i>	Matt Ruscigno
Book	<i>The Nut Butter Cookbook</i>	Robin Robertson
Book	<i>Coconut Oil for Beginners</i>	Rockridge Press
Book	<i>The Clean Eating Cookbook & Diet</i>	Rockridge Press
Book	<i>Forever Beautiful</i>	Natalia Rose
Book	<i>Healing with Raw Foods</i>	Jenny Ross
Book	<i>The Healthy Raw Food Diet</i>	Susanne Roth
Book	<i>The Healthy Probiotic Diet</i>	R. J. Ruppenthal
Book	<i>Nutrition Rules</i>	Graeme Sait
Book	<i>The Magic of Chia</i>	James Scheer
Book	<i>Live A longer life</i>	Sophie Scott
Book	<i>Legumes</i>	M Snarna
Book	<i>The Mayo Clinic guide to stress-free living</i>	Amit Sood
Book	<i>A Primitive Diet</i>	Beverley Southham
Book	<i>Vegan Fingerfoods</i>	Celine Steen
Book	<i>Vegetarian to vegan</i>	Sarah Taylor
Book	<i>The Acid Alkaline Diet</i>	Christopher Vasey
Book	<i>The Detox Mono Diet</i>	Christopher Vasey
Book	<i>The Water Prescription</i>	Christopher Vasey,
Book	<i>Spontaneous Healing</i>	Andrew Weil M.D.
Book	<i>The Menshealth Big Book of Food & Nutrition</i>	Joel Weber
Book	<i>Fabulous Food Ferments</i>	Rosanna Wordsworth

HEALTH AND WELLBEING

FELDENKRAIS – MOVEMENT

CD	<i>YOUR UPPER BODY 1 - Set 2 of 3</i>	Eileen Bach -Y - Rita
CD	<i>YOUR UPPER BODY 2 - Set 2 of 3</i>	Eileen Bach -Y - Rita
CD	<i>YOUR UPPER BODY 3 - Set 2 of 3</i>	Eileen Bach -Y - Rita

CD.....	<i>YOUR LOWER BODY 1 - Set 3 of 3</i>	Eileen Bach -Y - Rita
CD.....	<i>YOUR LOWER BODY 2 - Set 3 of 3</i>	Eileen Bach -Y - Rita
CD.....	<i>YOUR LOWER BODY 3 - Set 3 of 3</i>	Eileen Bach -Y - Rita
CD.....	<i>ALIGN YOUR BODY 1 - Set 1 of 3</i>	Eileen Bach -Y - Rita
CD.....	<i>ALIGN YOUR BODY 2- Set 1 of 3</i>	Eileen Bach -Y - Rita
CD.....	<i>ALIGN YOUR BODY 3- Set 1 of 3</i>	Eileen Bach -Y - Rita
CD.....	<i>ALIGN YOUR BODY 3 CD SET</i>	Eileen Bach -Y - Rita
CD.....	<i>YOUR UPPER BODY 3 CD SET</i>	Eileen Bach -Y - Rita
CD.....	<i>YOUR LOWER BODY 3 CD SET</i>	Eileen Bach -Y - Rita
CD.....	<i>Discover Easy movement and Pain Relief</i>	Deboorah Bowes
CD.....	<i>Moving Beyond Trauma</i>	Kathi Lieb
CD.....	<i>PREGNANT PAUSES</i>	Alan Questel
Book.....	<i>Relaxercise</i>	David Zemach-Bersin
Book.....	<i>Awareness Through Movement</i>	Feldenkrais Moshe
Book.....	<i>The Potent Self</i>	Feldenkrais Moshe

HEALTH AND WELLBEING

YOGA – MOVEMENT

CD.....	<i>Your Move Tilting the Legs</i>	
DVD.....	<i>Manasa Yoga - Mature Years</i>	Megan Ward
DVD.....	<i>Yoga for your Back Level 1</i>	Louise Wiggins
DVD.....	<i>Yoga for your Back Level 2</i>	Louise Wiggins
DVD.....	<i>Yoga Class Practice</i>	Louise Wiggins
DVD.....	<i>Three Daily Practices</i>	Louise Wiggins
DVD.....	<i>Growing Younger with Yoga</i>	Louise Wiggins
DVD.....	<i>Yoga & Meditation</i>	Louise Wiggins
Book.....	<i>Yoga mama yoga baby</i>	Margo Bachman
Book.....	<i>Yoga Wisdom</i>	Kelsie Besaw
Book.....	<i>Yoga Bible</i>	Christina Brown
Book.....	<i>The Way of Qigong</i>	Kenneth Cohen S
Book.....	<i>The heart of Yoga</i>	K. VDesikacha r
Book.....	<i>The Tai Chi Bible</i>	Dan Docherty
Book.....	<i>Awareness Through Movement</i>	Moshe Feldenkrais
Book.....	<i>The Potent Self</i>	Moshe Feldenkrais
Book.....	<i>Body & Mature Behaviour</i>	Moshe Feldenkrais
Book.....	<i>Aikido Words of Power</i>	William Gleason
Book.....	<i>Somatics</i>	Thomas Hanna
Book.....	<i>The Five Tibetans (Five dynamic Exercises)</i>	Christopher Kilham S.
Book.....	<i>Yin Yoga</i>	Ulrica Norberg
Book.....	<i>Hatha Yoga</i>	Swami Radha Sivanada
Book.....	<i>Creative yoga for teenagers</i>	Edna Reinhardt
Book.....	<i>Yoga Meditation</i>	Stephen Sturgess
Book.....	<i>Great Yoga Retreats</i>	Angelika Taschen

HEALTH AND WELLBEING

CROHN'S / ALZHEIMER'S / DEMENTIA / ALLERGIES

Book.....	<i>The Irritable Brain Syndrome</i>	Kit Campbell
Book.....	<i>A Dignified Life</i>	Virginia Bell, David Troxel
Book.....	<i>Stolen Moments</i>	Elizabeth Bezant, Pamela Eaves
Book.....	<i>Alzheimer's Prevention Plan</i>	Patrick Holford
Book.....	<i>Understanding Alzheimer's</i>	Prof Ralph Martins
Book.....	<i>In Search of my Father</i>	Dr Helena Popovic
Book.....	<i>Living with Alzheimer's and other dementia</i>	Rand & Ladd
Book.....	<i>Remember Me, Mrs V?</i>	Tom Valenta
Book.....	<i>The Complete Guide to Allergies</i>	Pamela Brooks
Book.....	<i>4 Ingredients Allergies - Wellness Trilogy Part 3</i>	Kim McCosker
Book.....	<i>First Steps in Living with Dementia</i>	Dr Simon Atkins
Book.....	<i>Stolen Moments</i>	Elizabeth Bezant, Pamela Eaves
Book.....	<i>Live and Laugh with Dementia</i>	Lee-Fay Low
Book.....	<i>In Search of my Father</i>	Helena Popovic

HEALTH AND WELLBEING

EATING DISORDERS

Book	<i>Eat right 4 your type</i>	Peter D'Adamo
Book	<i>But I deserve this chocolate</i>	Susan Albers
Book	<i>Eating Mindfully</i>	Susan Albers
Book	<i>50 ways to soothe yourself without food</i>	Susan Albers
Book	<i>Self Healing with Breath work</i>	Jack Angelo
Book	<i>Anjum's Eat right for your body type</i>	Anjum Anad
Book	<i>Stop eating your heart out</i>	Meryl Beck
Book	<i>The Appetite Awareness Workbook</i>	Linda Craighead
Book	<i>Eat Naked</i>	Margaret Floyd
Book	<i>Eat by choice Not by Habit</i>	Sylvia Haskvitz
CD.....	<i>Power to lose weight</i>	Aannsha Jones
Book	<i>If not Dieting then what</i>	Rick Kausman
Book	<i>The No-Cry Picky Eater</i>	Elizabeth Pantley
CD.....	<i>Psychosomatic Wellness</i>	Candace Pert
Book	<i>Healing Your Hungry Heart</i>	Joanna Poppink
Book	<i>Love or Diet</i>	Ani Richardson
Book	<i>Food Addiction Healing Day by Day</i>	Kay Sheppard
Book	<i>The Emotional Eaters Repair Manual</i>	Julie Simon
Book	<i>Eating the moment</i>	Pavel Somov
Book	<i>End emotional eating</i>	Jennifer Taitz

HEALTH AND WELLBEING

DIABETES

Book	<i>Dr Neal Barnard Program for Reversing Diabetes</i>	Dr Neal Barnard
Book	<i>The Diabetes & Pre Diabetes Handbook</i>	Jennie Brand-Miller
Book	<i>Diabetes Effective Natural Blood Sugar Management</i>	Magazine

HEALTH AND WELLBEING

PAIN MANAGEMENT

Book	<i>You Can Conquer Pain</i>	Leon Chaitow
Book	<i>Healing Back Pain</i>	John Sarno
Book	<i>15 Natural remedies for Migraine Headaches</i>	Jay Cohen

HEALTH AND WELLBEING

GENERAL

Book	<i>Healing without Medicine</i>	Albert Amai
Book	<i>The Total Food Allergy Health & Diet Guide</i>	Alexandra Anca
Book	<i>Silent Body, Vibrant Mind</i>	Peter Anderson
Book	<i>The Water of Life</i>	John Armstrong
Book	<i>How to Feel Better</i>	Dr Simon Atkins
Book	<i>Lift your mood with power Foods</i>	Christine Bailey
Book	<i>Overcoming Asthma</i>	Sarah Brewer
Book	<i>Overcoming High Blood Pressure</i>	Sarah Brewer
Book	<i>The Complete Guide to Allergies</i>	Pamela Brooks
Book	<i>The Five Seasons</i>	Joseph Cardillo
Book	<i>Quiet your mind and & get to sleep</i>	Collen Carney
Book	<i>Extraordinary Healing</i>	Stephen Coles
Book	<i>The Case Against Fluoride</i>	Paul Connett
Book	<i>Integrative Therapies for Fibromyalgia</i>	Cooper & Miller
Book	<i>Getting Well Again</i>	S Creighton
Book	<i>Just an ounce of prevention is worth a pound of cure</i>	James D'Adamo
Book	<i>Wheat Belly</i>	Davis Williams
Book	<i>A Supplement a day keeps the DR away</i>	Peter Dingle
Book	<i>You Are the Placebo</i>	Joe Dispenza
Book	<i>Sugar Counter</i>	Angela Dowden
Book	<i>The 12 Stages of Healing</i>	Donald Epstein
CD.....	<i>Healing Path</i>	Kate Filmer
Book	<i>Dirty Electricity & Electromagnetic Radiation</i>	Donna Fisher
Book	<i>How to Feel Better</i>	Goodheart & Atkins

Book	<i>Managing Multiple Sclerosis Naturally</i>	Judy Graham
Book	<i>Endless Energy</i>	Debra Greene
Book	<i>The Essential Guide to Oils</i>	Jennie Harding
Book	<i>Lower your blood pressure naturally</i>	Sari Harrar
Book	<i>A Kitchen Witches World</i>	Patterson Rachael
Book	<i>The Complete Guide to a good night's sleep</i>	Carmel Harrington
Book	<i>The Essence of Health</i>	Craig Hassed
Book	<i>The Vitamin Cure for Migraines</i>	Steve Hicky
Book	<i>Parkinson's Disease</i>	Marjan Jahanshahi
Book	<i>Managing Multiple Sclerosis Naturally</i>	Judy Graham
Book	<i>Overcoming Multiple Sclerosis</i>	George Jelinek
Book	<i>Taking Control of Multiple Sclerosis</i>	George Jelinek
Book	<i>Recovering from Multiple sclerosis</i>	George Jelinek, Karen Law
Book	<i>Tissue Cleansing through Bowel management</i>	Bernard Jensen
Book	<i>Nutrition for the Brain</i>	Dr Charles. Krebs
Book	<i>Laugh with Health</i>	Dr Charles. Krebs
Book	<i>Learn to be an optimist</i>	Lucy Macdonald
Book	<i>Laugh with Dementia</i>	Fay Lee Low
Book	<i>Natural Health for Woman</i>	Roger Mason
Book	<i>Learn to Listen</i>	Kevin Mc Donald
Book	<i>Mckoser</i>	Mc Kevin Donald
Book	<i>The Way of the natural Therapist</i>	Leisa Millar, James Golding
Book	<i>Migraine</i>	Murray
Book	<i>The Natural way to a better Pregnancy</i>	Francesca Naish, Janette Roberts
Book	<i>Heart to Heart</i>	Lucia Nardo
Book	<i>Coping Successfully with Chronic Illness</i>	Neville Shone
Book	<i>The Body is the Barometer of the Soul (So be your own doctor)</i>	Annette Noontil
Book	<i>Earthing the most important health Discovery</i>	Sinatra Ober &
Book	<i>Molecules of Emotion</i>	Candace Pert
CD.....	<i>To Feel Good</i>	Candace Pert
Book	<i>Is It Me or My Adrenals</i>	Marcelle Pick
Book	<i>Trust your gut</i>	Plotnikoff & Weisberg
Book	<i>The Healing Secrets of the Ages</i>	Catherine Ponder
Book	<i>My handy Little Journal</i>	E Press
Book	<i>Mind Over Medicine</i>	Lissa Rankin
CD.....	<i>Happiness</i>	Mathieu Ricard
Book	<i>Overcoming Asthma Naturally</i>	Ron Roberts
Book	<i>The Natural way to a better Pregnancy</i>	Janette Roberts, Francesca Naish
Book	<i>Healthy Bowel Healthy Body</i>	Sandra Cabot
Book	<i>Live A longer life</i>	Sophie Scott
Book	<i>The Secret Language of your Body</i>	Inna Segal
Book	<i>The Secret of Life Wellness</i>	Inna Segal
Book	<i>Complete Ayurveda Workbook</i>	Anna Selby
Book	<i>Living with a Stroke</i>	Richard Senelick
Book	<i>Your Body Speaks Your Mind</i>	Deb Shapirio
Book	<i>Coping Successfully with Chronic Illness</i>	Neville Shone
Book	<i>The Art of Healing</i>	Bernie Siegal
Book	<i>Love, Medicine and Miracles</i>	Bernie Siegel
Book	<i>Getting Well Again</i>	Carl & Stephanie Simonton, James Creighton
Book	<i>Sodium Bicarbonate</i>	Sircus Mark Dr
CD.....	<i>A Primitive Diet</i>	Beverly Southam
Book	<i>The Carbon Dioxide Syndrome</i>	Jennifer & Russell Stark
Book	<i>The Family Herbal</i>	Barbara & Peter Theiss
Book	<i>Food to some Poison to others</i>	Terry Traub
Book	<i>Water</i>	Christopher Vasey
Book	<i>Healing schizophrenia</i>	John Watkins
Book	<i>Integrative Healing</i>	Lorinda Weatherall
Book	<i>The Bach Flower Remedies</i>	Wheeler & Bach
Book	<i>Reclaiming Joy</i>	Ruth Wilton Brown (Edited by)
Book	<i>Our Return to the light</i>	Barbara Wren
Book	<i>Sleep Well, Live Better</i>	Dr Helen R Wright, Leon Lack

- Book *Magic Needles* Dr Jun Xu and Frank Murray
 Book *The Gift of Herbal Healing*
 Book *Little Book of Massage*
 Book *Little Book of Tai Chi for Health*
 Book *Little Book of Pilates*
 Book *Little Book of Reflexology*

LOUISE HAY

- Book *All is Well*
 Book *Empowering Women*
 Book *Experience Your Good Now - Paperback*
 Book *Experience Your Good Now - Hardcover*
 Book *Love Your Body*
 Book *Loving Yourself to Great Health*
 Book *Meditations to Heal Your Life*
 Book *Meditations to Heal Your Life-Colour Edition*
 Book *Power Thoughts for Teens*
 Book *Heal Your Body*
 Book *The Golden Louise Hay Collection*
 Book *You Can Create an Exceptional Life*
 Book *You can Heal Your Body*
 Book *You Can Heal Your Life Hard Copy*
 Book *You Can Heal Your Life paper back*
 CD *101 POWER THOUGHTS*
 CD *All is Well*
 CD *ANGER RELEASING*
 CD *Dissolving Barriers*
 CD *EMBRACING CHANGE*
 CD *Experience Your Good Now*
 CD *FORGIVENESS LOVING THE INNER CHILD*
 CD *HOW TO LOVE YOURSELF*
 CD *LOVE YOUR BODY*
 CD *Making your thoughts work for you*
 CD *Meditations for Loving Yourself to Great Health*
 CD *MORNING AND EVENING MEDITATIONS*
 CD *OVERCOMING FEARS*
 CD *CANCER Discovering Your Healing Power*
 CD *SELF ESTEEM AFFIRMATIONS*
 CD *SELF HEALING*
 CD *The Power of your Spoken Word*
 CD *Totality of Possibilities*
 CD *You Can Heal Your Heart*
 CD *YOU CAN HEAL YOUR LIFE*
 CD *you Can Heal Your life*
 DVD *you Can Heal Your life*

PETREA KING

- Book *Your Life Matters*
 Book *Sometimes Hearts have to Break*
 Book *Quest for life*
 Book *Spirited Women*
 Book *Food for Life Cookbook*
 Book *Food for Life Cookbook Dark Cover*
 CD *Be Calm*
 CD *Gift Of Forgiveness*
 CD *Golden Light Meditation*
 CD *Healing Journey*
 CD *Increasing Self Esteem*
 CD *Learning To Meditate*
 CD *Rainbow Connection*
 CD *Rainbows To Heal*
 CD *Relaxation*

CD.....	<i>Releasing Pain</i>
CD.....	<i>Sleep</i>
CD.....	<i>Soar Like An Eagle</i>
Audio Book.....	<i>Your Life Matters - The power of Living Now (AUDIO BOOK)</i>
CD.....	<i>Your Life Matters - Recorded at Relaxation Centre</i>
CD.....	<i>Zen Garden</i>
Book	<i>The Rainbow Garden</i>
Book	<i>Rainbow Kids</i>

LIFE SKILLS – PERSONAL DEVELOPMENT

Book	<i>Champion Thoughts Champion Feelings</i>	Jeffrey Hodges
Book	<i>Sports Mind 2nd Edition Training Manual</i>	Jeffrey Hodges
Book	<i>Sports Mind 2nd Edition</i>	Jeffrey Hodges
CD.....	<i>Sports Mind Disk 1 The Seven Skills</i>	Jeffrey Hodges
CD.....	<i>Sports Mind Disk 2 Positive Mental Attitude</i>	Jeffrey Hodges
CD.....	<i>Sports Mind Disk 3 Positive compelling Goals</i>	Jeffrey Hodges
CD.....	<i>Sports Mind Disk 4 Positive Motivation</i>	Jeffrey Hodges
CD.....	<i>Sports Mind Disk 5 Positive Concentration</i>	Jeffrey Hodges
CD.....	<i>Sports Mind Disk 6 Positive Motivation</i>	Jeffrey Hodges
Book	<i>Stumbling on Happiness</i>	Daniel Gilbert
Book	<i>Unflappable</i>	Michaels Ragini
Book	<i>How much is Enough</i>	Abey Arun
Book	<i>It Starts with Passion</i>	Keith Abraham
Book	<i>I Love Me</i>	Bev Aisbet
Book	<i>Wise Mind Open mind</i>	Ronald Alexander
Book.....	<i>The Magical Path</i>	Marc Allen
Book	<i>Living in Gratitude</i>	Angeles Arrien
Book	<i>The Translucent Revolution</i>	Arjuna Ardagh
Book	<i>The Woman Who Changed her Brain</i>	Barbara Arrowsmith
Book	<i>Mindfulness Code</i>	Donald Attman
Book	<i>Emotional Intimacy</i>	Robert Masters
Book	<i>Leaves falling Gently</i>	Susan Bauer
Book	<i>Willpower</i>	Roy Baumeister
Book	<i>The Plastic Mind</i>	Sharon Begley
Book	<i>Disarming the Narcissist</i>	Wendy Behary T
Book	<i>I've Read the rules now How do I play the game</i>	Vicki Bennett
Book	<i>Mind over Mind</i>	Chris Berdik
Book	<i>Mind Over Matter</i>	Andrew Bienkowski
Book	<i>Fried</i>	Joan Borysenki
Book	<i>Fried Why you burn out</i>	Joan Borysenko
Book	<i>Intuition for Beginners</i>	Diane Brandon
Book.....	<i>Daring Greatly</i>	Brene Brown
Book.....	<i>Thrive - Finding Happiness the Blue Zones Way</i>	Dan Buettner
Book	<i>The Antidote</i>	Oliver Burkeman
Book	<i>Feeling Good</i>	David Burns
Book.....	<i>The Seduction of the Ego</i>	Elwin Button
Book	<i>Quiet</i>	Susan Cain
Book	<i>Don't Sweat the Small Stuff At Work</i>	Richard Carlson
Book	<i>What about the big stuff</i>	Richard Carlson
Book	<i>You can be happy no matter what</i>	Richard Carlson
Book	<i>The Brain Fix</i>	Ralph Carson
Book.....	<i>Lead with Your Heart</i>	Regina Cates
Book	<i>SuperBrain</i>	Deepak Chopra
Book	<i>Dare to be Yourself</i>	Allan Cohen
Book	<i>Focus</i>	Dan Coleman
Book	<i>What you think of me is none of my business</i>	Terry Cole-Whittaker
Book	<i>Talk Sense</i>	Brian Cooney
Book	<i>Finding Joy Within</i>	David Corby
Book	<i>Pearls of Wisdom</i>	Jack Canfield
Book	<i>Original Mind</i>	Dee Joy Coulter
Book.....	<i>Move On</i>	Vicki Courtney
Book	<i>The Eighth Habit</i>	Stephen Covey

Book	<i>The Emotional Life on your Brain</i>	Richard Davidson
Book	<i>Shift</i>	Richard Davidson
Book	<i>The No excuses guide to uncovering your purpose</i>	Stacey Demarco / Jade-Sky
Book	<i>Brain Changer</i>	David Di Salvo
Book	<i>The Art of Thinking Clearly</i>	Rolf Dobelli
Book	<i>The Brain that Changes Itself /hard cover</i>	Norman Doige
Book	<i>Happiness by Design</i>	Paul Dolan
Book	<i>Forgiveness & Other Acts of Love</i>	Stephanie Dowrick
Book	<i>Seeking the Sacred</i>	Stephanie Dowrick
Book	<i>Choosing Happiness</i>	Stephanie Dowrick
Book	<i>Extraordinary Ordinary Forgiveness</i>	Susan Dugan
Book	<i>The Power of Habit</i>	Charles Duhigg
Book	<i>Wishes Fulfilled</i>	Wayne Dywer
DVD	<i>I can see clearly now</i>	Wayne Dywer
Book	<i>Wishes Fulfilled</i>	Wayne Dywer
Book	<i>Smile or Die</i>	Barbara Ehrenreich
Book	<i>Gratitude Works</i>	Robert A Emmons
Book	<i>Compassionate Coaching</i>	Arielle Essex
Book	<i>Controlling People</i>	Patricia Evans
Book	<i>Mindfulness & Acceptance Workbook For Social Anxiety & Shyness</i>	Jan E Fleming & Nancy L Kocovski
Book	<i>Living with your Heart Wide Open</i>	Steve Flowers MFT - Bob Stahl Ph.D.
Book	<i>The Shadow Effect</i>	Debbie Ford
Book	<i>Rainy Brain Sunny Brain</i>	Elaine Fox
Book	<i>Positivity</i>	Barbara Fredrickson
Book	<i>Creative Visualisation</i>	Shakti Gawain
Book	<i>Living in the Light</i>	Shakti Gawain
Book	<i>How to be Interesting</i>	David Gillespie
Book	<i>You are what you imagine</i>	Dr Gina Glouberman
Book	<i>Five Steps to Freedom</i>	Phil Golding
Book	<i>Emotional Intelligence</i>	Daniel Goleman
Book	<i>Mindfulness - A Practical Guide to Awakening</i>	Joseph Golstein
Book	<i>Excuse me your life is waiting</i>	Lynn Grabhorn
Book	<i>You are Abundant</i>	Belinda Grace
Book	<i>Bouncing Back</i>	Linda Graham
Book	<i>Happier at Home</i>	Rubin Gretchin
Book	<i>When to Forgive</i>	Mona Gustafson
Book	<i>Spark</i>	Eric Hagerman
Book	<i>Everything is workable</i>	Diane Hamilton
Book	<i>A Soft Place to Land</i>	Maggie Hamilton
Book	<i>Believe and Achieve</i>	Paul Hanna
Book	<i>Take charge of your mind</i>	Hannam & Selby
Book	<i>Hardwiring Happiness</i>	Rick Hanson
Book	<i>The Reality Slap</i>	Russ Harris
Book	<i>The Happiness Trap</i>	Russ Harris
Book	<i>The Reality Slap</i>	Russ Harris
Book	<i>The Happiness Trap Pocket Book</i>	Russ Harris & Bev Aisbett
Book	<i>Could I do that</i>	Simon Hartley
Book	<i>Power vs. Force</i>	David Hawkins
Book	<i>Letting Go: The Path of Surrender</i>	David Hawkins
Book	<i>The Warmth of your Heart Prevents your Body from Rusting</i>	Marie De Hennezel
Book	<i>Loveability</i>	Robert Holden
Book	<i>Be Happy</i>	Robert Holden
Book	<i>Shift Happens</i>	Robert Holden
Book	<i>Happiness Now</i>	Robert Holden
Book	<i>NLP</i>	Tom Hoobyar & Tom Dotz
Book	<i>Living in Light Love & Truth</i>	Kasi Kay Iliopoulos
Book	<i>Who on Earth are you</i>	Nick Inman
Book	<i>Let It Go</i>	I G Jake
Book	<i>Born To Win</i>	Muriel James
Book	<i>Smile for No Good Reason</i>	Gerald Jampolsky
Book	<i>Teach Only Love - The Twelve Stages To Attitudinal Healing</i>	Gerald Jampolsky

Book	<i>You are Abundant</i>	Amoda M Jeevan
Book	<i>End the struggle and dance with life</i>	Susan Jeffers
Book	<i>Reclaiming your Heart</i>	Denise Hildrett Jones
Book	<i>Inspired By Miracles</i>	Dan Joseph
Book	<i>Full Catastrophe Living</i>	Jon Kabat Zinn
Book	<i>The Failure of Success</i>	Jennifer Kavanagh
Book	<i>Conscious Aging - 7 Steps to Claiming Your Eldership</i>	Margo Knox
Book	<i>A Better Brain At Any Age</i>	Sondra Kornblatt
Book	<i>What Are You Doing With Your Life</i>	J Krishnamurti
Book	<i>Living Wisely</i>	Swami Kriyananda
Book	<i>Life Lessons: How our Mortality Can Teach us about Life and Death</i>	Elisabeth Kubler-Ross
Book	<i>How to Succeed in 12 months</i>	Serena Star-Leonard
Book	<i>Quest</i>	Denise Linn
Book	<i>You Can Manage your time better</i>	Lucy Macdonald
Book	<i>Piece of Mind</i>	Sandy MacGregor
Book	<i>Brain Rules</i>	John Madina
Book	<i>Think Less be More</i>	Christine Magard
Book	<i>Psycho Cybernetics</i>	Maxwell Maltz
Book	<i>University of Success</i>	OG Mandinos
Book	<i>Hung By The Tongue</i>	Francis P Martin
Book	<i>Forgiveness and Power</i>	William F Martin
Book	<i>Manifestation Intelligence</i>	Juliet Martine
Book	<i>Be nobody</i>	Lama Marut
Book	<i>Take the Leap</i>	Beck Heather McCloskey
Book	<i>Juicy Joy</i>	Lisa McCourt
Book	<i>When I say no I feel guilty</i>	Matthew McKay
Book	<i>The Art of Empathy</i>	Karla McLaren
Book	<i>You Can Manage your time better</i>	Summer McStravick
Book	<i>Creative Flowdreaming</i>	Summer McStravick
Book	<i>Thee life you were born to live</i>	Dan Millman
Book	<i>Subliminal</i>	Leonard Mlodinow
Book	<i>New Beginnings</i>	Sandy Newbigging
Book	<i>The Evolution Of Consciousness: The Origins of the Way We Think</i>	Robert Ornstein
Book	<i>Meetings with Remarkable People</i>	Osho
Book	<i>Unthink</i>	Chris Paley
Book	<i>The Serenity Solution</i>	Kieth Park
Book	<i>Prisoner of our Thoughts</i>	Alex Pattakos
Book	<i>13 Weeks to Awakening</i>	Ian Peric
Book	<i>Everything you need to know to feel Good</i>	Candace Pert
Book	<i>Molecules of Emotion</i>	Candace Pert
Book	<i>The Shaman within</i>	Claude Poncelet
Book	<i>How to get anything you want</i>	Janet Poole
Book	<i>Zen the Art of happiness</i>	Chris Prentiss
Book	<i>The Yes Frequency</i>	Gary Quinn
Book	<i>What makes you happy?</i>	Fiona Robards
Book	<i>Why we lie</i>	Dorothy Rowe
Book	<i>Love Has Forgotten No One -The Answer To Life</i>	Gary Renaud
Book	<i>The Force of Kindness</i>	Mathieu Ricard
Book	<i>Coming home to who you are</i>	David Richo
Book	<i>Finding Your Element</i>	Ken Robinson
Book	<i>The Gift of Adversity</i>	Norman Rosenthal
Book	<i>Random Acts of Kindness</i>	M J Ryan
Book	<i>The Power of Patience</i>	M J Ryan
Book	<i>Overwhelmed</i>	Brigid Schulte
Book	<i>You are not your brain</i>	Jeffrey Schwartz
Book	<i>Connectome</i>	Sebastian Seung
Book	<i>Be the Change</i>	Deb Shapirio
Book	<i>The Happiness Handbook</i>	Timothy Sharp
Book	<i>Discover Your Path</i>	Luke Sheedy
Book	<i>Wired For Life</i>	Martina Sheehan & Susan Pearse
Book	<i>Success, Your Way: Do What You're meant to do</i>	Richard Shell

Book	<i>Search for yourself</i>	Patricia Sherwood
Book	<i>Your Word is your Wand</i>	Florence Scovel Shinn
Book	<i>The Wisdom of Florence Scovel Shinn</i>	Florence Scovel Shinn
Book	<i>The Power of the Spoken Words</i>	Florence Scovel Shinn
Book	<i>The Game of Life and How to Play It</i>	Florence Scovel Shinn
Book	<i>The Mindful Brain</i>	Daniel Siegel
Book	<i>Mind Inset</i>	Daniel Siegel
Book	<i>Uncovering Your Purpose</i>	Jade Sky
Book	<i>When I say no I feel guilty</i>	Manuel Smith
Book	<i>The User's Guide to the Human Brain</i>	Shawn Smith
Book	<i>M Braining</i>	Grant Soosalu & Oka
Book	<i>Overwhelmed</i>	Kerry Spackman
Book	<i>Brain Power</i>	Murray Stearns
Book	<i>Soul Searching</i>	Stillman
Book	<i>Embracing Your Inner Critic</i>	Hal & Sidra Stone
Book	<i>Embracing ourselves</i>	Hal & Sidra Stone
Book	<i>You Can Buy Happiness and its Cheap</i>	Strobel
Book	<i>Seeds of Change</i>	Suzannah Eva
Book	<i>Surviving your Serengeti</i>	Stefan Swanepoel
Book	<i>Choices and Illusions</i>	Eldon Taylor
Book	<i>The Power of I Am</i>	John Taylor
Book	<i>Willpower</i>	J Tierney
Book	<i>Radical Forgiveness</i>	Colin Tipping
Book	<i>Radical Self Forgiveness</i>	Colin Tipping
Book	<i>Rough Guide</i>	Albert Tobler
Book	<i>Digging Out</i>	Michael Tomkins
Book	<i>Kiss that Frog</i>	Tracy Brian
Book	<i>Eat that Frog</i>	Tracy Brian
Book	<i>The Rest of Your Life</i>	Neil Tucker
Book	<i>The Power of a Positive No</i>	William Ury Ph.D
Book	<i>In the meantime</i>	Iyanla Vanzant
Book	<i>The Guide to Compassionate Assertiveness</i>	Sherrie Vavrichek
Book	<i>A Guide to Compassionate Assertiveness</i>	Sherrie M Vavrichek
Book	<i>The Power of No</i>	Beth Wareham
Book	<i>Unshrinking Psychosis</i>	John Watkins
Book	<i>Spontaneous Happiness</i>	Andrew Weil
Book	<i>What Happened?</i>	Bert Weir
Book	<i>Be Brilliant Every day</i>	Cope & Whittaker
Book	<i>What I know for Sure</i>	Oprah Winifrey
Book	<i>The Woman Who Changed her Brain</i>	A Young
Book	<i>The Art of Possibility</i>	Rosamund S Zander
Book	<i>The Art of Communicating</i>	Thich Nhat Hanh
Book	<i>Framespotting</i>	Laurence Mathews
CD.....	<i>The Field</i>	Lynne McTaggart
Book	<i>Creating happiness Intentionally</i>	Sandy MacGregor
CD.....	<i>Students Steps to Success</i>	Sandy MacGregor
CD.....	<i>Gift of Relaxation</i>	Sandy MacGregor
CD.....	<i>Peaceful Place Series 1 Instrumental</i>	Sandy MacGregor
CD.....	<i>Peaceful Place Series 2 Guided Imagery</i>	Sandy MacGregor
CD.....	<i>Peaceful Place Series 3 Releasing Hurt</i>	Sandy MacGregor
CD.....	<i>Peaceful Place Series 4 Healing Yourself</i>	Sandy MacGregor
CD.....	<i>Peaceful Place Series 5 Meditation</i>	Sandy MacGregor
CD.....	<i>Peaceful Place Series 6 Forgiveness</i>	Sandy MacGregor
CD.....	<i>Peaceful Place Series 7 Tapping Your Creativity</i>	Sandy MacGregor
CD.....	<i>Peaceful Place Series 8 Weight Release</i>	Sandy MacGregor
CD.....	<i>Letting Go Or Anger No 9</i>	Sandy MacGregor
CD.....	<i>Self Worth & Confidence No 10</i>	Sandy MacGregor
CD.....	<i>Peaceful Place Series 11 Achieving In Exams</i>	Sandy MacGregor
CD.....	<i>Making Sleep Easy & Useful No 12</i>	Sandy MacGregor
CD.....	<i>Improving Relationships 14</i>	Sandy MacGregor

MEN'S STUFF

Book	<i>A Survival Guide for life</i>	Bear Grylls
Book	<i>Stories of Manhood</i>	Steve Biddulph
Book	<i>The New Manhood</i>	Steve Biddulph
Book	<i>Manopause</i>	Lisa Bloch
Book	<i>Stress Relief for Men</i>	Jed Diamond
Book	<i>The Dad Factor</i>	Richard Fletcher
Book	<i>What Men don't talk about</i>	Maggie Hamilton
Book	<i>Out of the woods</i>	Alan Heeks
Book	<i>Men's Work</i>	Paul Kivel
Book	<i>Men after separation</i>	Ian Macdonald
Book	<i>Men don't talk about</i>	Ian Newbegin
Book	<i>It's cool to be concious</i>	Harry O'Brien
Book	<i>The making of men</i>	Arne Rubinstein
Book	<i>The Mechanics of Women</i>	Natalie Rinehart

LIFE SKILLS – PERSONAL DEVELOPMENT

WOMEN'S STUFF

Book	<i>A Ripening Time</i>	Sherry Ruth Anderson
Book	<i>Transcendent Beauty</i>	Crystal Andrus
Book	<i>He's just not that into you 2nd edition</i>	Greg Behrendt / Liz Tuccillo
Book	<i>Getting Real about having it all</i>	M Della-Camina
Book	<i>What went wrong with Mr Right</i>	Ann Gadd
Book	<i>Smart Girls</i>	Mary Hartley
Book	<i>Becoming of Woman of Destiny</i>	Suzan Johnson Cook
Book	<i>How would you like your eggs</i>	Debora Krizak
Book	<i>How to Get Your Mojo Back</i>	Ginni Mansberg
Book	<i>Early Menopause Why Me</i>	S McGuinness
Book	<i>The 12 Secrets of Highly Successful Women</i>	Gail McMeekin
Book	<i>The 12 Secrets of Highly Creative Women</i>	Gail McMeekin
Book	<i>Momma Zen</i>	Karen Miller
Book	<i>IVF An Emotional Companion</i>	Brigid Moss
Book	<i>Is it me or my Hormones</i>	Marcelle Pick
Book	<i>Is it me or my Adrenals</i>	Marcelle Pick
Book	<i>50 and fabulous</i>	Jaki Scarcello
Book	<i>Infertility to Fertility</i>	Patricia Sherwood
Book	<i>The Game of Life for Women</i>	Florence Scovel-Shinn
Book	<i>Soul Searching</i>	Marcelle Pick
Book	<i>The Shadow King</i>	Sidra Stone
Book	<i>The Mindful woman</i>	Sue Patton Thoele
Book	<i>The Woman's Book of Courage</i>	Sue Patton Thoele
Book	<i>A Womb with Attitude</i>	Sylvia Tracey
Book	<i>Mothers Cry too</i>	Sara Weeks
Book	<i>A Woman's Worth</i>	Marianne Williamson
Book	<i>The Gift of Betrayal</i>	Eve A Wood

ECKHART TOLLE

Book	<i>The Power Of Now</i>	
Book	<i>A New Earth Awaking your Life's Purpose</i>	
Book	<i>A new earth - Create a better life</i>	
Book	<i>Oneness with All Life</i>	
Book	<i>Peace in the present moment</i>	
Book	<i>Practicing The Power of Now</i>	
Book	<i>Stillness Speaks</i>	
CD	<i>A New Earth</i>	
CD	<i>Awakening in the Now</i>	
CD	<i>Doorway in to the Now</i>	
CD	<i>EVEN THE SUN WILL DIE</i>	
CD	<i>FINHORN RETREAT</i>	
CD	<i>Meditation - Practicing Presence in Every Moment of Your Life</i>	
CD	<i>REALIZING THE POWER OF NOW SET</i>	

CD	<i>RESIST NOTHING</i>
CD	<i>Stillness Speaks</i>
CD	<i>The Importance of Being Extraordinary</i>
CD	<i>The Power Of Now</i>
CD	<i>Through the Open Door</i>
DVD	<i>Awakening in the Now</i>
DVD	<i>Finding your life's purpose</i>
DVD	<i>Meditation</i>

STRESS/ANXIETY/FEAR/ANGER

Book	<i>As we think so we are</i>	James Allan
Book	<i>Fixing It</i>	BevAisbett
Book	<i>Letting It Go</i>	BevAisbett
Book	<i>Living with It</i>	BevAisbett
Book	<i>The Book of It</i>	BevAisbett
Book	<i>The end of Stress</i>	Andrew Bernstein
Book	<i>As we think so we are</i>	Andrew Bernstein
Book	<i>May Cause Miracles</i>	GabrielleBerstein
Book	<i>How to Stress Less</i>	BenjaminBonetti
Book	<i>Healing the Shame that binds You</i>	JohnBradshaw
Book	<i>8 Keys to Eliminate Passive Aggressiveness</i>	AndreaBrandt
Book	<i>Mindful Anger</i>	AndreaBrandt
Book	<i>Feeling Good the new Mood</i>	David Burns
Book	<i>Safe Journey</i>	Julia Cameron
Book	<i>Mindful Learning</i>	Dr Craig Hassedy & Dr Richard Chambers
Book	<i>Reducing Stress</i>	Maureen Cooper
Book	<i>Change you thinking</i>	Sarah Edelman
BOOK	<i>The Mindfulness Acceptance Workbook for Anxiety</i>	John Forsyth
Book	<i>When Fear Falls Away</i>	Jan Frazier
Book	<i>Ovecoming Phobias</i>	Patricia Furness-Smith
Book	<i>Creative Visualisation</i>	Shakti Gawan
Book	<i>Know Thyself</i>	Craig Hassed
Book	<i>Stressaholic</i>	Heidi Hanna
BOOK	<i>Release Your Worries</i>	Howell & Murphy
BOOK	<i>Good-bye to Guilt</i>	Gerald Jampolsky
BOOK	<i>How do everything and be happy</i>	Peter Jones
BOOK	<i>Anxiety Free</i>	Robert L Leahy
BOOK	<i>Laugh your way to Happiness</i>	Lesley Lyle
Book	<i>Stop Worrying and Start Living</i>	Caroline Ravenhall
Book	<i>The Stress-Free Habit</i>	John Perkins
Book	<i>Healing the angry Brain</i>	Ronald Potter-Efron
Book	<i>Now We're Coping</i>	Chris Sangster
Book	<i>Freedom from Anxiety</i>	Marcy Shaprio
Book	<i>Living with Little Chicken</i>	Nena Sorensen
Book	<i>My Age of Anxiety</i>	Scott Stossel
Book	<i>I Hate you Don't Leave Me</i>	Hal Strfus
Book	<i>A State of Mind - Happiness Beyond All Anxiety</i>	Megan Ward
Book	<i>Emotional First Aid</i>	Gary Winch
Book	<i>There's Always help there's Always Hope</i>	Eve Wood

STORIES TO INSPIRE

BOOK	<i>Proof of Heaven</i>	Eben Alexander
BOOK	<i>Silent Body, Vibrant Mind</i>	Peter Andersen
Book	<i>Dying to know</i>	P.M.H. Atwater
BOOK	<i>Altitude</i>	Barbara Baikie & Dolores Cummins
BOOK	<i>Radical Gratitude</i>	Andrew Beinkowski & Mary Akers
BOOK	<i>Flight into Freedom & Beyond</i>	Eileen Caddy
BOOK	<i>Waves of Spirit</i>	Eileen Caddy
BOOK	<i>The Spirit of Findhorn</i>	Eileen Caddy
BOOK	<i>From Flight to Freedom</i>	Eileen Caddy
BOOK	<i>Wisdom Man</i>	Banjo Clarke
Book	<i>Liquid luck</i>	Joseph Gallenberger

BOOK.....	<i>Finding Paris</i>	Hedley Galt
BOOK.....	<i>Out on a Limb</i>	Joan De Jong
BOOK.....	<i>Who Moved my Cheese</i>	Spencer Johnson
BOOK.....	<i>Reclaiming your Heart</i>	Denise Hildrett Jones
BOOK.....	<i>Journal of a Wandering Seer</i>	Sarah Muller
BOOK.....	<i>Meditations of a Left Hander</i>	Sarah Muller
BOOK.....	<i>A Simple Path</i>	Mother Teresa
BOOK.....	<i>Hope for the Flowers</i>	Trina Paulus
BOOK.....	<i>Opening Heaven's Door</i>	Patricia Pearson
BOOK.....	<i>Bedtime Stories for Elders</i>	John Robinson
BOOK.....	<i>Find my Soul</i>	Dawn Swallow
BOOK.....	<i>Man's Search for Meaning</i>	Frankl Viktor
BOOK.....	<i>Man's Search for Meaning</i>	Frankl Viktor
BOOK.....	<i>Life Without Limits</i>	Nick Vujicic
BOOK.....	<i>The Top Five Regrets of the Dying</i>	Bronnie Ware
BOOK.....	<i>My Mother, My Father</i>	Susan Wyndham
BOOK.....	<i>The Reluctant Patient</i>	Ian G Wallis
BOOK.....	<i>One Man's Courage</i>	Peter Zuidland

SCIENCE AND SPIRITUALITY

Book.....	<i>The Energy of Words</i>	Michelle Arbeau
Book.....	<i>What the bleep do we know?</i>	Chasse Vicente Arntz
Book.....	<i>Living with Gratitude</i>	Angeles Arrien
Book.....	<i>Discover the Gift</i>	Aziz & Lichtenstein
Book.....	<i>Everyday Oracles</i>	Ann Bolinger-McQuade
Book.....	<i>The Spontaneous Healing of Belief</i>	Gregg Braden
Book.....	<i>The Five Dharma Types</i>	Simon Chokisky
Book.....	<i>Tune In</i>	Sonia Choquette
Book.....	<i>God</i>	Deepak Chopra
Book.....	<i>The Future of God</i>	Deepak Chopra
Book.....	<i>Self Power</i>	Deepak Chopra
Book.....	<i>The Way of the Wizard</i>	Deepak Chopra
Book.....	<i>Birthing a new civilization</i>	Diana Cooper
Book.....	<i>Wisdom of the Ages</i>	Wayne Dyer
Book.....	<i>Co-Creating at its Best</i>	Wayne Dyer, Esther Hicks
Book.....	<i>The DNA Field and the Law of Resonance</i>	Pierre Franckh
Book.....	<i>Hidden Treasure</i>	Gangaji
Book.....	<i>Quantum Creativity</i>	Amit Goswami
Book.....	<i>Education of a guardian angel</i>	Annie Gray
Book.....	<i>E2</i>	Pam Grout
Book.....	<i>The Five Principles of Spirituality</i>	Paul Guggenhiemer
Book.....	<i>Indie Spiritualist</i>	Chris Grosso
Book.....	<i>Your Essential Self</i>	Richard Harvey
Book.....	<i>The heart of the world</i>	Adrian Hekel
Book.....	<i>Loving difficult people at Difficult times</i>	Herman
Book.....	<i>Soul Whispers</i>	Moira Mac
Book.....	<i>Keeping the faith without a religion</i>	Roger Housden
Book.....	<i>Emergence</i>	Barbara Marx Hubbard
Book.....	<i>The Light</i>	Keidi Keating
Book.....	<i>Daily Love</i>	Mastin Kipp
Book.....	<i>The Biology of belief</i>	Bruce Lipton
Book.....	<i>Spontaneous Evolution</i>	Lipton & Bhaerman
Book.....	<i>12 Steps to a Lightness of Being</i>	Sarah Goddard-Neves
Book.....	<i>Soul Contracts</i>	Danielle MacKinnon
Book.....	<i>The Way of the Peaceful Warrior</i>	Dan Millman
Book.....	<i>Bridge Between Worlds</i>	Dan Millman, Doug Childers
Book.....	<i>5 Levels of Attachment</i>	Don Miquel
Book.....	<i>Circle of Fire</i>	Don Miquel
Book.....	<i>Living Life of Awareness</i>	Don Miquel
Book.....	<i>The Gentle Way 2</i>	Tom Moore
Book.....	<i>The Gentle Way 3</i>	Tom Moore
Book.....	<i>Dark Nights of the Soul (small)</i>	Thomas Moore

Book	<i>Dark Nights of the Soul (large)</i>	Thomas Moore
Book	<i>Manifesting Minds</i>	Multiple
Book	<i>Destiny of Souls</i>	Michael Newton
Book	<i>Journey of Souls</i>	Michael Newton
Book	<i>When the Wolf is at the Door</i>	Michele Longo O'Donnell
Book	<i>The Art of Living & Dying</i>	Osho
Book	<i>A Bird on the Wing</i>	Osho
Book	<i>The Secret of the Secrets</i>	Osho
Book	<i>The Magic of Self-Respect</i>	Osho
Book	<i>2012 and the Galactic Center</i>	Christine Page
Book	<i>Beyond God</i>	Emmanuel Papadakis
Book	<i>Mankind's Last Chance</i>	Richard Poole
Book	<i>Touching Enlightenment</i>	Reginald Ray
Book	<i>Invoking The Light</i>	C F Reynolds
Book	<i>The Power of Grace</i>	David Richo
Book	<i>The OMG Chronicles</i>	Peter Rodger
Book	<i>Spiritual Growth</i>	Sanaya Roman
Book	<i>The Five Levels of Attachment</i>	Don Miguel Ruiz
Book	<i>The Fifth Agreement</i>	Don Miguel Ruiz
Book	<i>The Four Agreements</i>	Don Miguel Ruiz
Book	<i>The Wisdom of Florence Scovel Shinn</i>	Florence Scovel Shinn
Book	<i>Your Inner Gold</i>	Nanci Shandera
Book	<i>Life Lesson from the Man who Sold His Ferrari</i>	Robin Sharma
Book	<i>A Book of Miracles</i>	Bernie Siegel
Book	<i>Your Journey to Enlightenment</i>	Singa Simran
Book	<i>Exploring the power within</i>	Singer
Book	<i>Transcendence</i>	Brad Sirius., Jay Cornell
Book	<i>The Untethered Soul</i>	Nanci Shandera
Book	<i>Unlimited Visibility</i>	Stephanie Sorensen
Book	<i>Adventures of the Soul</i>	James Van Praagh
Book	<i>When God Steps In Miracles Happen</i>	Neale Donald Walsch
Book	<i>Your Year for Change</i>	Bronnie Ware
Book	<i>The Gift Of Change</i>	Marianne Williamson
Book	<i>Living a life of gratitude</i>	Sara Wiseman
Book	<i>Karmic Choices</i>	Djuna Wojton
Book	<i>How to Be Happy All the Time</i>	Yoganada Paramahansa
Book	<i>The essence of self-realization</i>	Yoganada Paramahansa
Book	<i>The Heart of the Soul</i>	Gary Zukav, Linda Francis
CD	<i>Gratitude</i>	Angeles Arrien
CD	<i>Karma</i>	Deepak Chodron
CD	<i>Healing the Cause</i>	Michael Dawson
CD	<i>Ask and it is Given</i>	Esther & Jerry Hicks