

Recommended Reading

Below is the list of recommended reading for you.

- Emotional Intelligence - Daniel Goleman
- Feel the Fear and Do It Anyway - Susan Jeffers
- The Chimp Paradox - Prof Steve Peters
- Mindfulness, A Practical Guide to Peace - Mark Williams
- A Mindfulness Guide for the Frazzled - Ruby Wax
- Compound Effect – Darren Hardy
- You Can Heal Your Life - Louise Hay
- Life Evolution – 37 Ways to Transform Your Life – Graham Nicholls
- Good Vibes, Good Life – Vex King