

# Dr. Andrea S's Recommended Reading List



## Depression and Anxiety

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The Feeling Good Handbook, Dr. David Burns

## Stress Reduction

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Mending the Mind, Mending the Body, Dr. Joan Borysenko

## Women's Health

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Women's Bodies, Women's Wisdom, Dr. Christian Northrup

## Relationships

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His Needs, Her Needs: Harley

Men are from Mars, Women are from Venus, John Gray

You Just Don't Understand: Women and Men in Conversation, Dr. Deborah Tannen

The Five Love Languages, Gary Chapman

## Parenting

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Making Children Mind Without Losing Yours, Dr. Kevan Leman

The New Strong-Willed Child, Dr. James Dobson

The New Dare to Discipline, Dr. James Dobson

## ADHD

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Why A.D.H.D. Doesn't Mean Disaster, Dr. Dennis Swanberg et al

## Overeating

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Breaking the Food Seduction, Dr. Neal Barnard

## Intuition

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Positive Energy, Dr. Judith Orloff

Intuitive Healing, Dr. Judith Orloff

Anatomy of the Spirit, Dr. Carolyn Myss

Awakening Intuition, Dr. Mona Lisa Schulz

## Guided Imagery Audio Programs

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Self Healing with Guided Imagery, Andrew Weil, M.D. and Martin Rossman, M.D.

Anxiety Relief, Martin Rossman, M.D.