

Dr. Andrea S's Recommended Reading List



Depression and Anxiety

The Feeling Good Handbook, Dr. David Burns

Stress Reduction

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

Women's Health

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

Relationships

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

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

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

Overeating

Breaking the Food Seduction, Dr. Neal Barnard

Intuition

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

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

Anxiety Relief, Martin Rossman, M.D.