

Reading List

Consider going deep into each of the books, take your time, savor the words, connect with the concepts, and own the content. Remember that this is a fluid process so as you explore a particular book, chapter, verse, or sentence and you want to discuss it feel free to share your questions, comments, challenges and triumphs with the entire group on our [private Facebook page](#).

[*destressifying: A Real World Guide to Personal Empowerment, Lasting Fulfillment & Peace of Mind*](#) - davidji

[*Secrets of Meditation: A Practical Guide to Inner Peace & Personal Transformation*](#) – davidji

[*Sacred Powers*](#) - davidji

[*Soul Shifts*](#) - Barbara DeAngelis

[*Paths to God*](#) – Ram Dass

[*The Heart of the Buddha's Teaching*](#) – Thich Nhat Hanh

[*The Yoga Sutras of Patanjali*](#) – Translated by Sri Swami Satchidananda

[*The Bhagavad Gita*](#) – Eknath Easwaren translation

[*The Crest Jewel of Discrimination*](#) – Adi Shankara (translated by Christopher Isherwood)

[*The Ten Commitments*](#) – David Simon, MD

[*The Four Agreements*](#) – don Miguel Ruiz

[*When Things Fall Apart*](#) – Pema Chodron

[*Autobiography of a Yogi*](#) – Paramahansa Yogananda

Suggested Reading

[*The Upanishads*](#) – Eknath Easwaren translation

[*Sacred Contracts*](#) - Carolyn Myss

[*The Essential Wayne Dyer Collection*](#) - Wayne Dyer

[*The Seat of the Soul*](#) – Gary Zukov

[*The Power of Now*](#) – Eckhart Tolle

[*Mindfulness for Beginners*](#) – Jon Kabat-Zinn

[*Nonviolent Communication*](#) – Marshall Rosenberg

[Power vs. Force](#) – David M. Hawkins

[After the Ecstasy, the Laundry](#) – Jack Kornfield

[The Seven Spiritual Laws of Success](#) – Deepak Chopra

Next Wave for High Achievers

[The Book: On the Taboo of Knowing Who You Are](#) - Alan Watts (on Vedanta)

[The Way of Zen](#) – Alan Watts (classic)

[Comfortable with Uncertainty](#) – Pema Chodron

[Walden](#) – Henry David Thoreau

[Love Your Enemies](#) – Sharon Salzberg & Robert Thurman

[Loving What Is](#) – Byron Katie

[Siddhartha](#) – Hermann Hesse

[Zen Mind, Beginner's Mind](#) – Shunryu Suzuki

[The Farther Reaches of Human Nature](#) – Abraham H. Maslow

[Tao Te Ching](#) – Victor Mair is The BEST translation (as are all of his)

[Back to Sanity: Healing the Madness of Our Minds](#) – Steve Taylor

[Destructive Emotions](#) – Dalai Lama & Daniel Goleman

[Polishing the Mirror](#) – Ram Dass

[The Fire from Within](#) – Carlos Castaneda

[Freedom from the Known](#) – Jiddu Krishnamurti

[Island](#) – Aldous Huxley