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