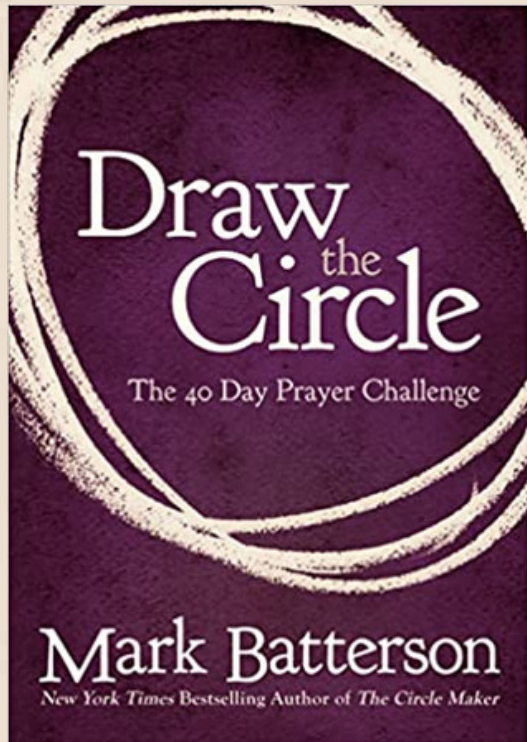


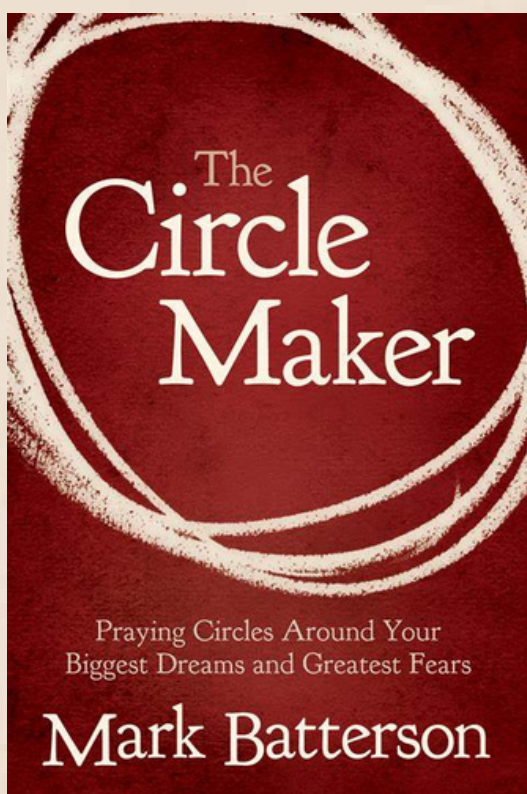
Books Recommended

Spiritual & Religious



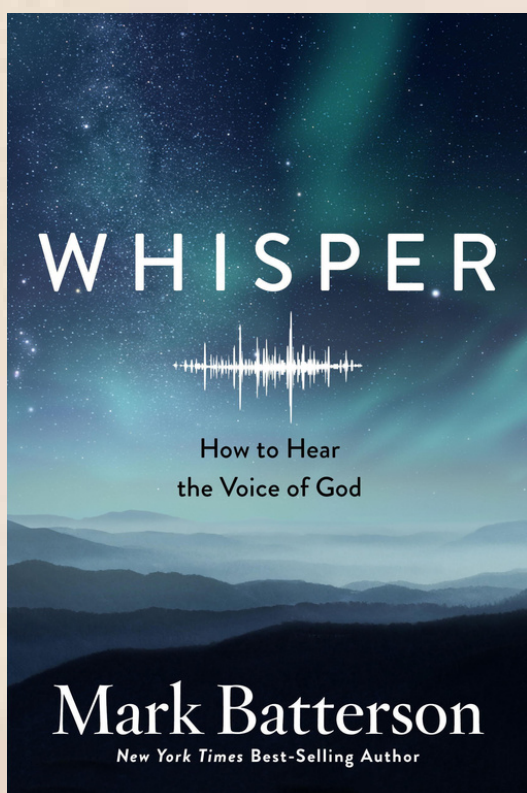
Draw the Circle by Mark Batterson

Mark Batterson teaches a new way to pray, he has 40 faith building stories of God's answers to prayers. One of the quotes that got me is "I've come to terms with the fact that I will never be ready for anything God has called me to, and that's OK. God doesn't call the qualified, he qualifies the called."



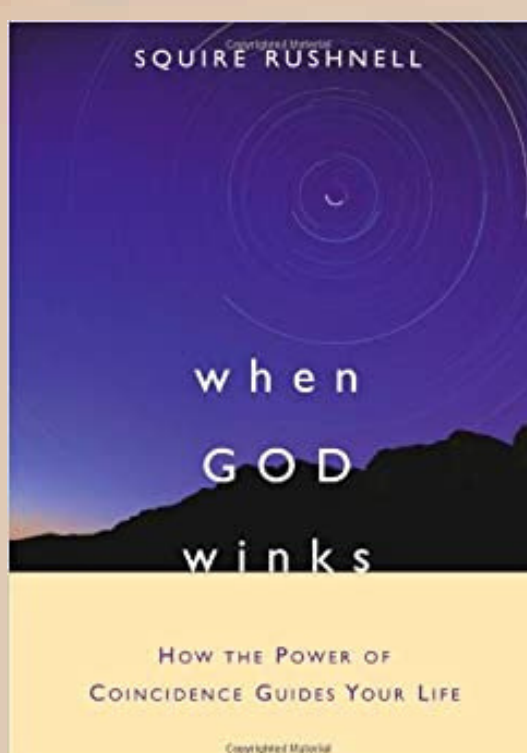
The Circle Maker by Mark Batterson

Mark Once again explains how to pray and how to create circles around your prayers. He even talks about the 10 steps to goal setting, the first step, of course, is to start with prayer.



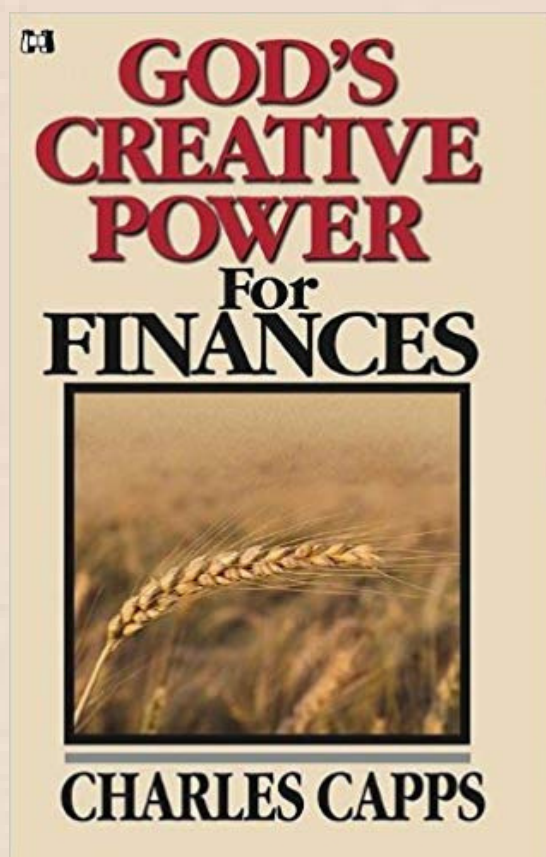
Whisper by Mark Batterson

Mark explains the 7 love languages of God and how He speaks to us if only we would listen.



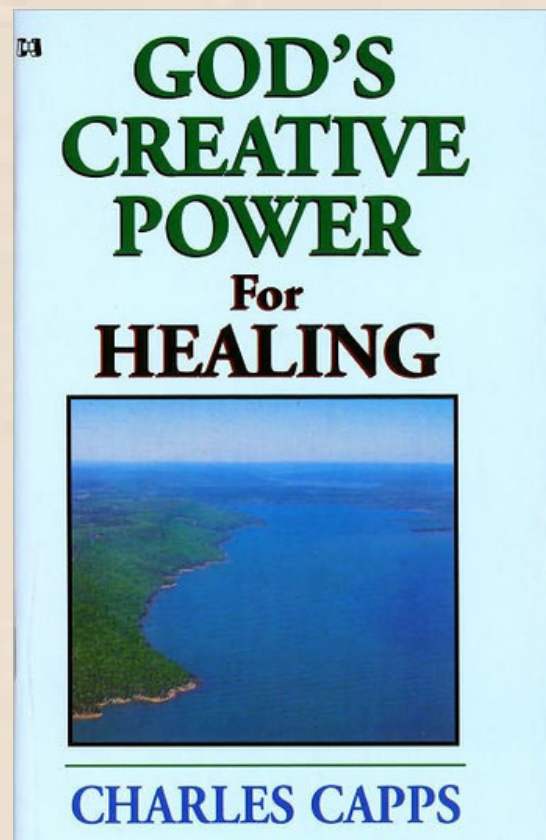
When God Winks by Squire Rushnell

"This is a terrific book, When God Winks substantiates that every single one of us can constantly be guided by God" -Gary Smalley



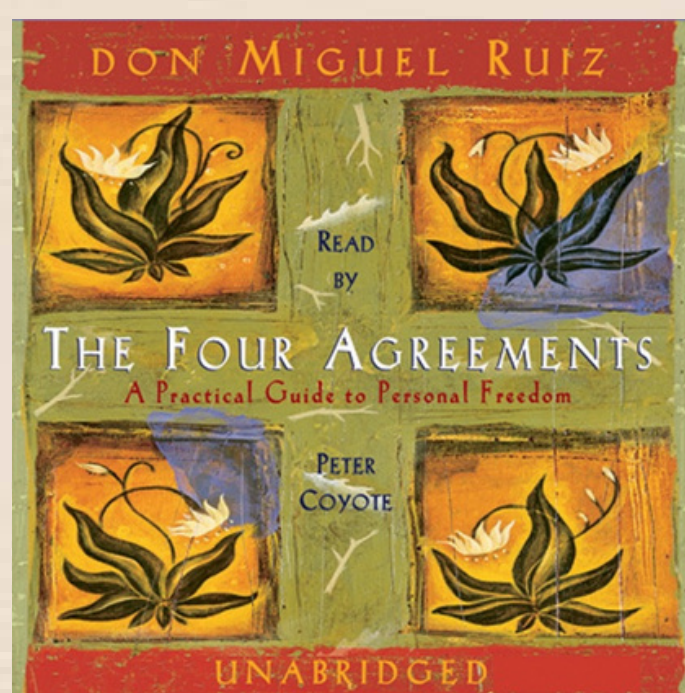
God's Creative Power for Finances by Charles and Annette Capps

Charles Capps explains through prayer and scripture that you can ask for anything. I do daily confession from page 37 to 42 every day. Since I have included this into my regimen, abundance has flowed to me.



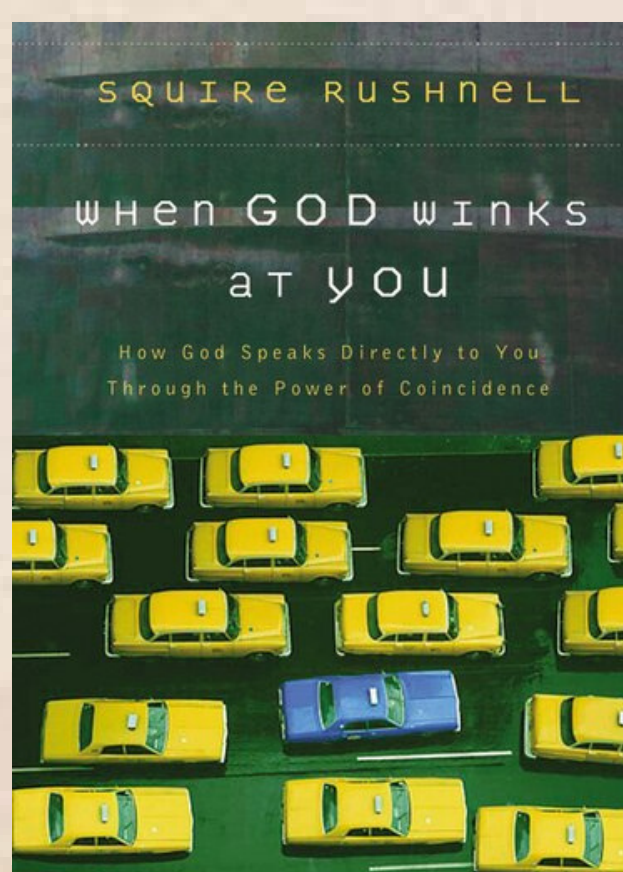
God's Creative Power for Healing by Charles and Annette Capps

Someone gave this book to my mom when I found out I was diagnosed with stage 4 cancer and I have repeated these lessons daily. It explains that by using your words and God's healing scriptures, the body can heal. I speak the healing scriptures from page 24 to 34 almost daily.



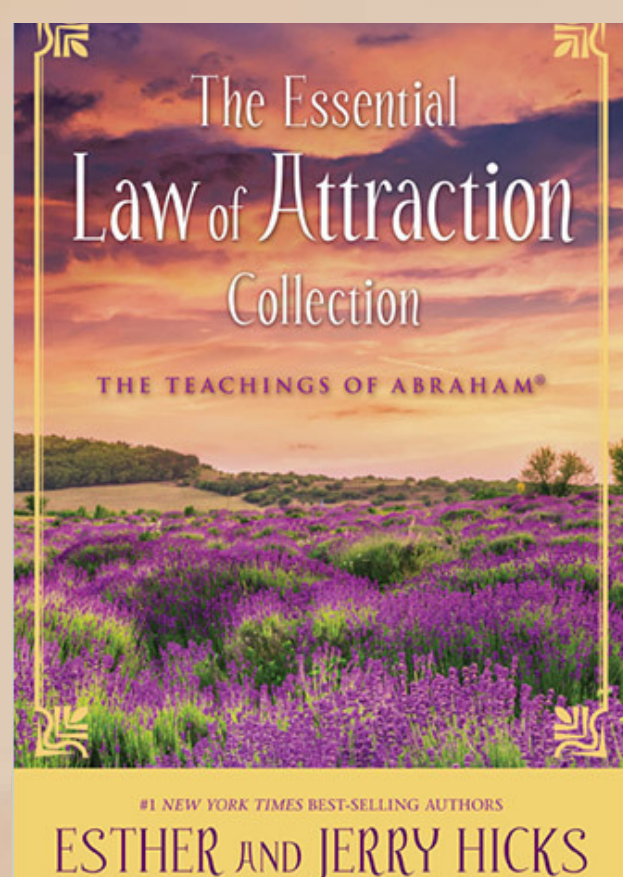
The Four Agreements by Don Miguel Ruiz

The Four agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.



When God Winks at You by Squire Rushnell

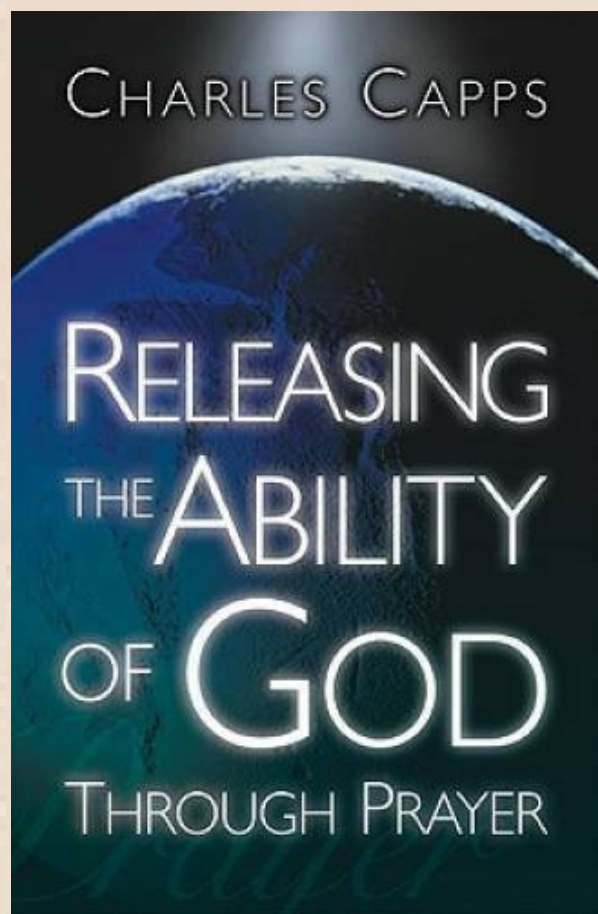
This book was so inspiring and how many times God winks at us, if we only paused to see it. The book is packed with true stories showing how God communicates with us and makes incredible things happen in our lives every day.



The Law of Attraction By Esther and Jerry Hicks

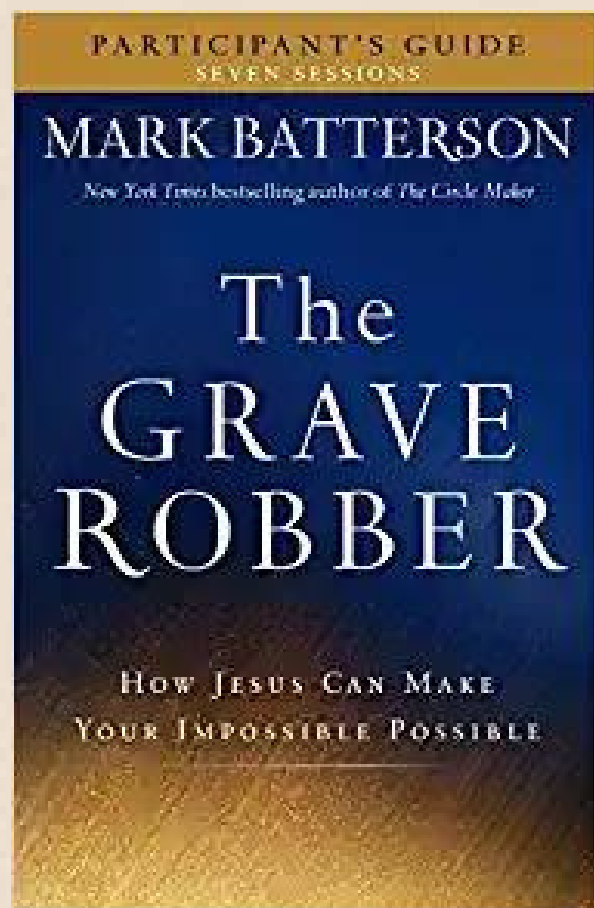
These are all three books of the teachings of Abraham Hicks, the law of attraction, money, and the Vortex.





Releasing the Ability of God Through Prayer by Charles Capps

Charles Capps explains how to use your words to heal your body and mind, how to pray so your prayers are answered, "One of the keys to answered prayers is believe you receive when you pray." What things soever you desire when ye pray, believe that ye receive, and ye shall have them. (Mark 11:24)



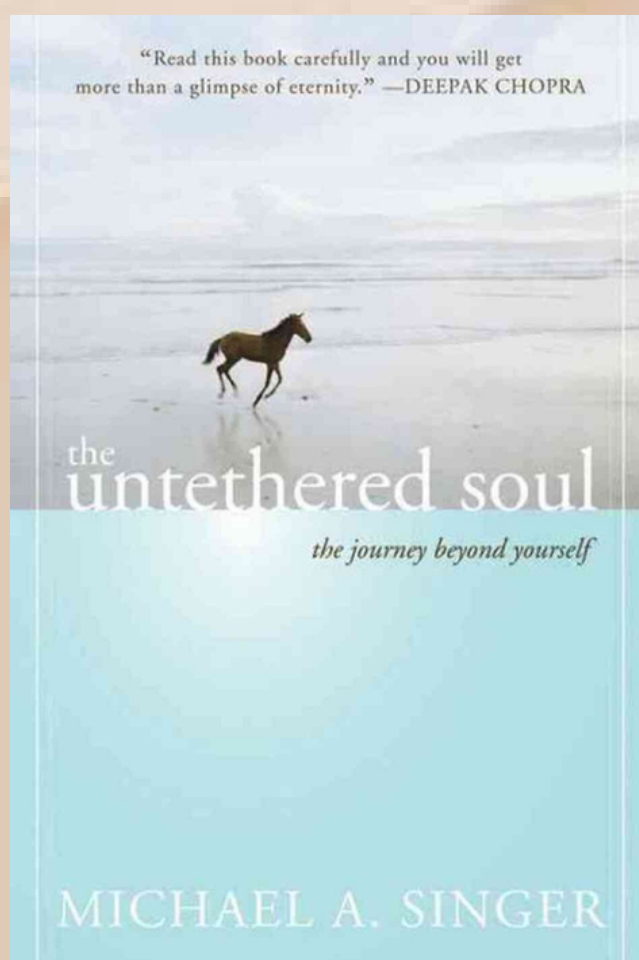
The Grave Robber by Mark Batterson

This book is about the 7 miracles that Jesus Christ did, it was so inspiring and uplifting that the miracles then can happen now. Gave me Certainty that miracles can happen and anything is possible with faith. One of my favorite miracles is how he turned water into wine at a wedding!



The Game of Life and How to Play It by Florence Scovel Shinn

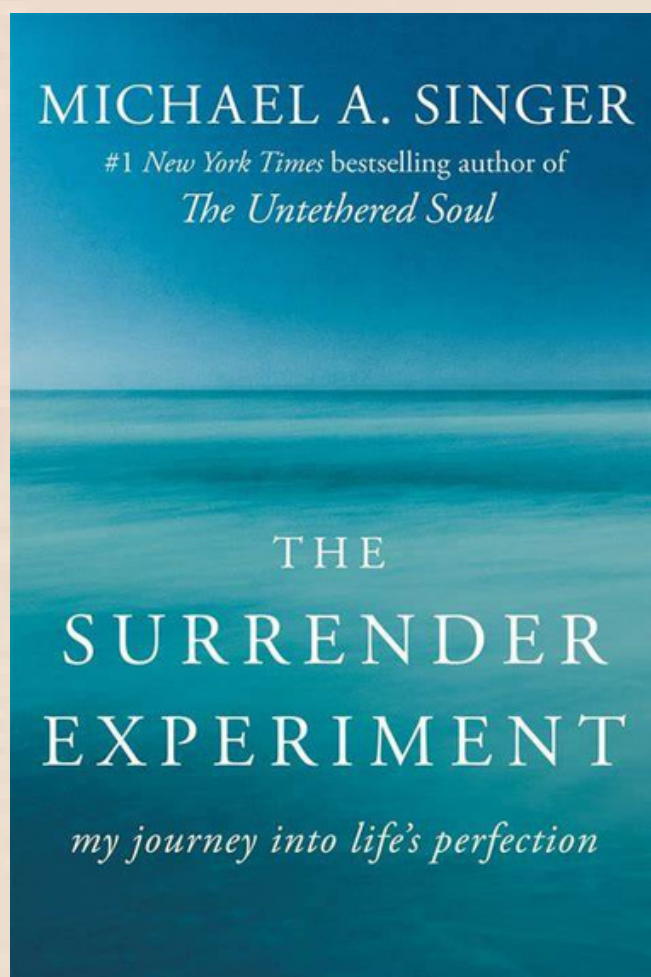
This is one of my favorite books of learning the soul and how to effectively receive all the blessing that have already been sent your way. One of my favorite chapters is Casting the Burden. "There is no peace or happiness for man until he has erased all fear from the subconscious. Fear is misdirected energy and must be redirected or transmuted into Faith."



The Untethered Soul by Michael A Singer

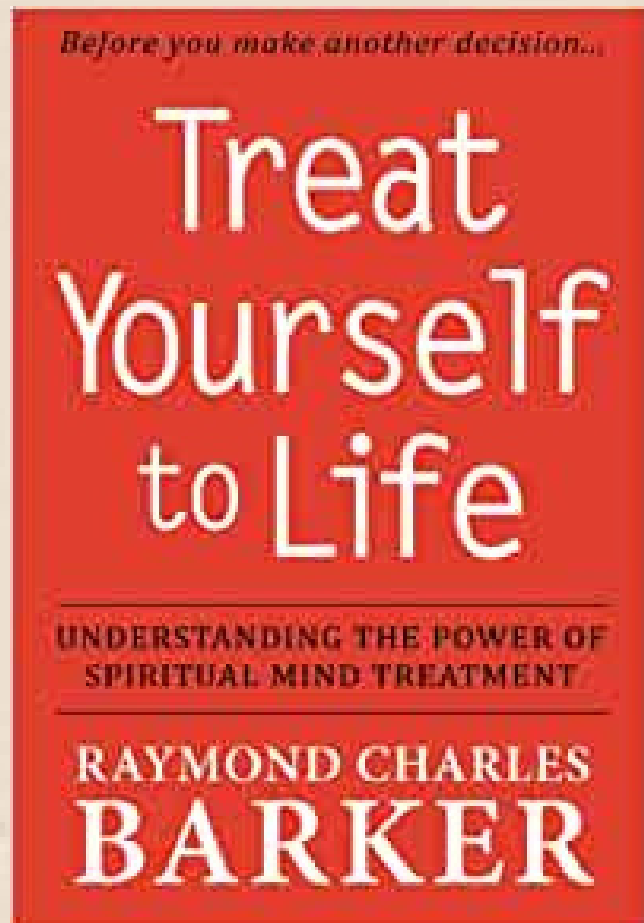
One of my favorite chapters is Pain, the price of Freedom. It explains how to feel your pain, give it space, and let it go to get the freedom you need to find peace. "To feel great love and freedom, to find the presence of God within you, all of this stored pain must go. It is in this inner work that spirituality becomes a reality. Spiritual growth exists in the moments that you're consciously willing to pay the price of freedom."





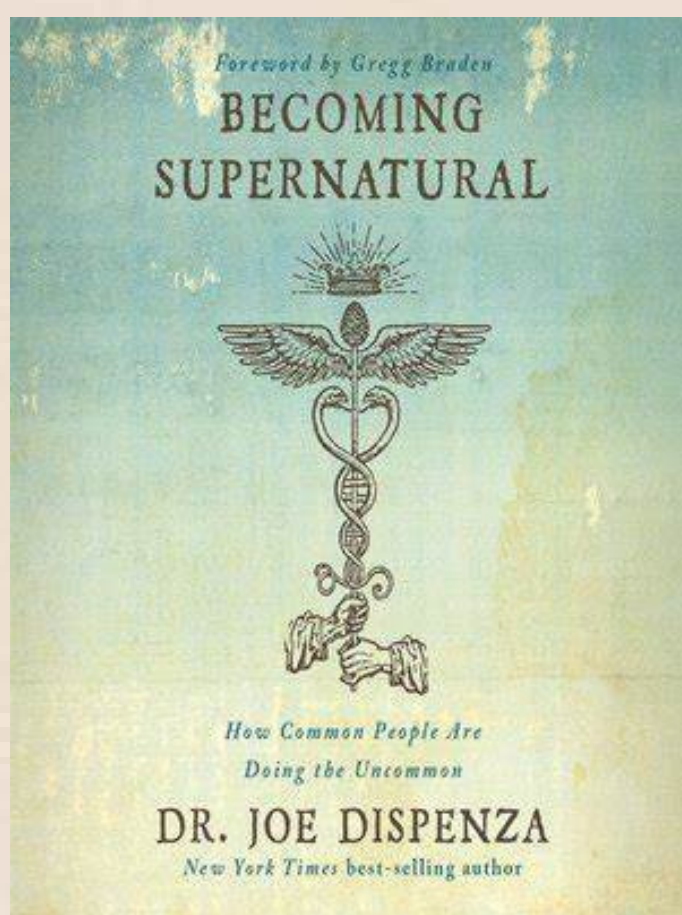
The Surrender Experiment by Michael A Singer

This is Michael Singer's journey into his own life and how every time he surrendered to the higher power, the miraculous happened. He explains how awakening the soul and surrendering to the soul makes life extraordinary. Another stepping stone in my belief that anything is possible.



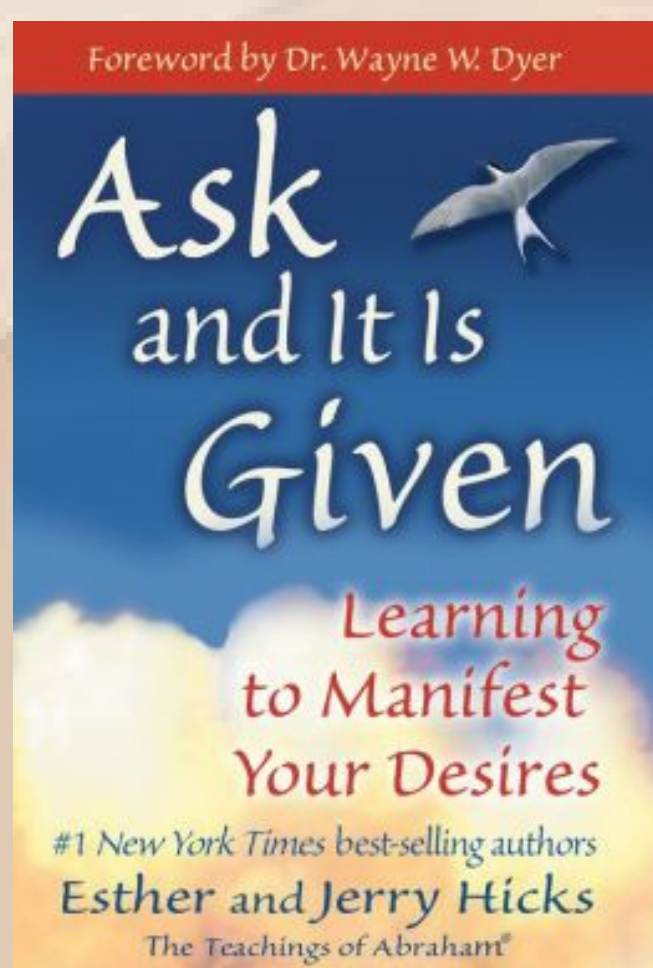
Treat Yourself to Life by Raymond Charles Barker

This book explains how spiritual treatments can make miracles happen and how to do spiritual treatments for yourself. I now have my own spiritual treatment I say daily.



Becoming Supernatural by Dr. Joe Dispenza

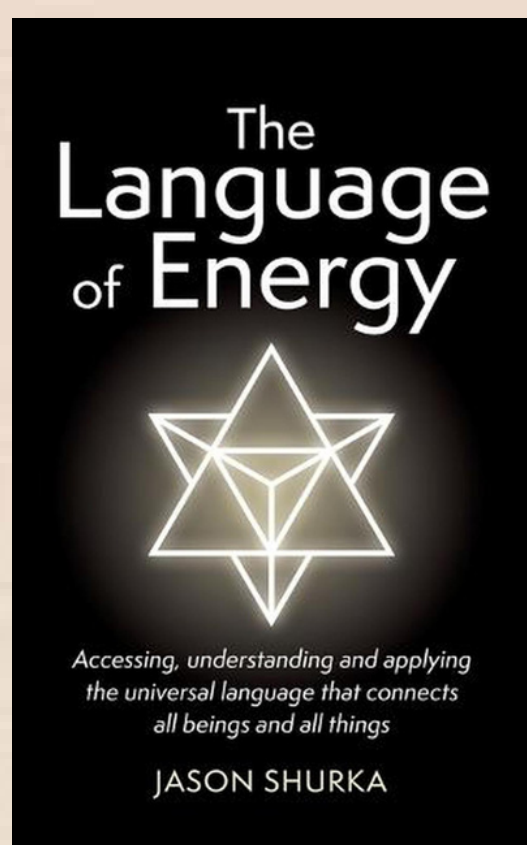
"This unique and practical guide shows us-step by step-how to move beyond the limits of the known and into extraordinary new life."-Tony Robbins. This book gave me the scientific knowledge that anything is possible through conditioning the brain.



Ask and It Is Given by Ester and Jerry Hicks

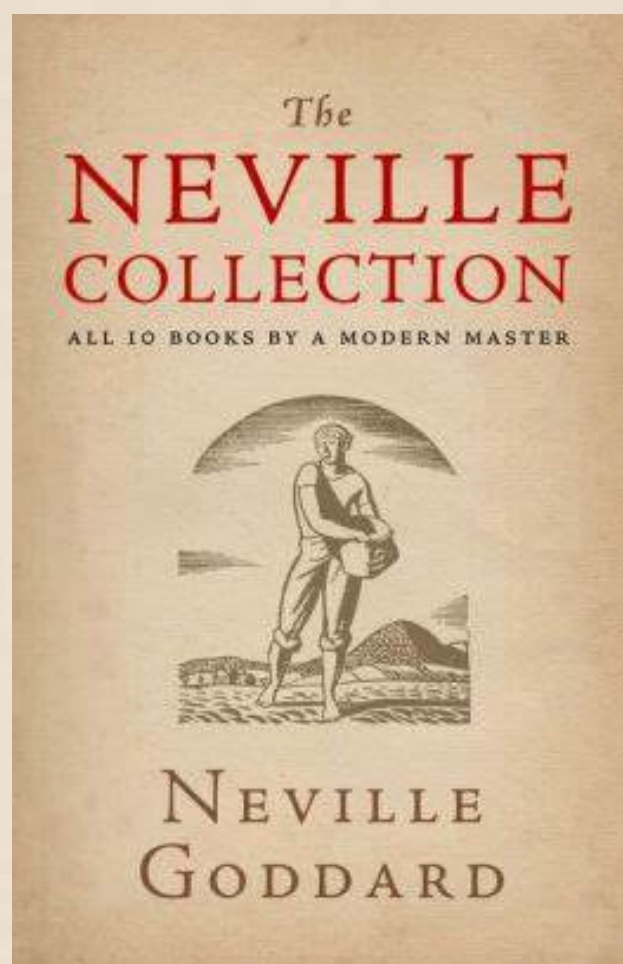
This book is the framework and foundation for understanding how to manifest what you want in life. It has your emotional guidance scale and teaches you how to raise your emotions to a higher frequency so your body can heal. The book teaches that everything is energy and frequency.





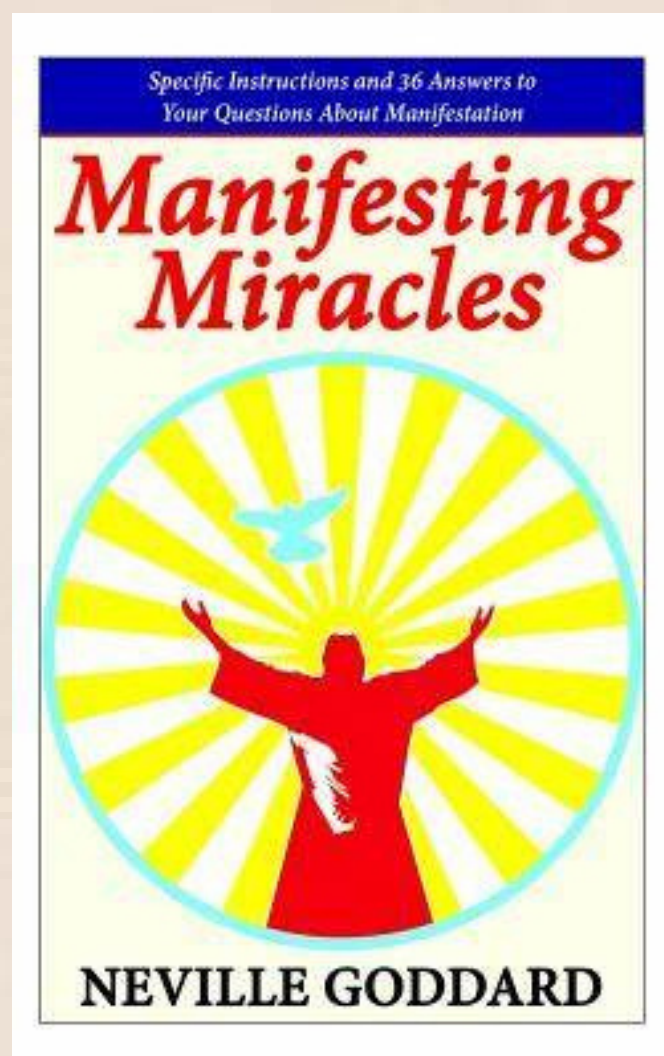
The Language of Energy by Jason Shurka

This book is one of my favorite to learn about energy vibration, the basis of the book is energy is everything and everything is energy. It teaches how to use frequencies to heal our bodies and create anything we can imagine. It is phenomenal about explaining the law of Vibration.



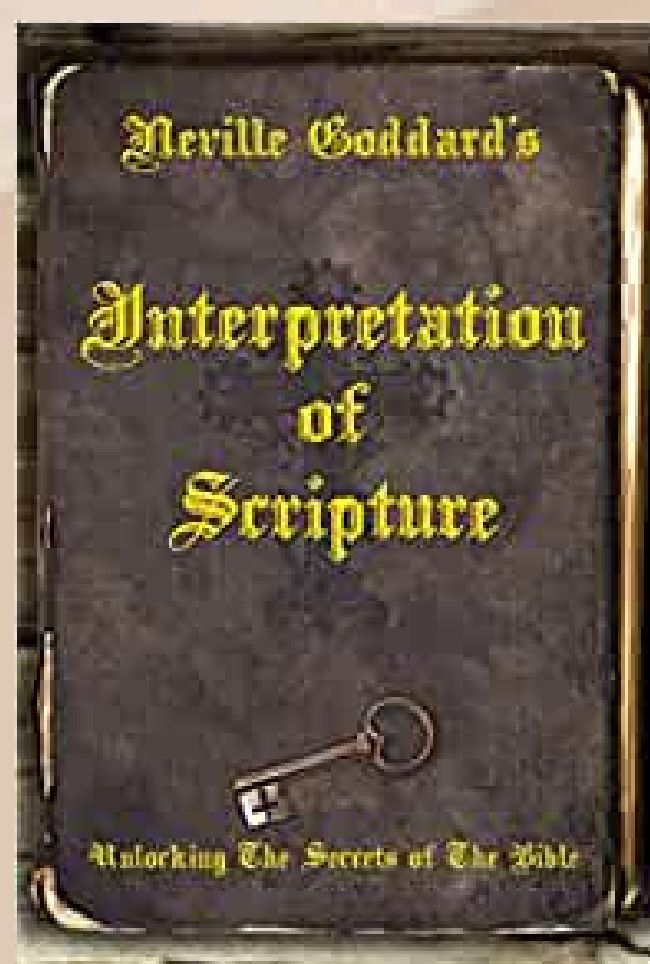
The Neville Collection by Neville Goddard

The collection contains 10 of Neville Goddard's most famous books. It explains laws of the universe, how to create miracles, and explains the Wish Fulfilled in detail, how to use it to create your own destiny, and how to use the Wish Fulfilled on others as well. It will strengthen your belief in imagination and explain the power of awareness.



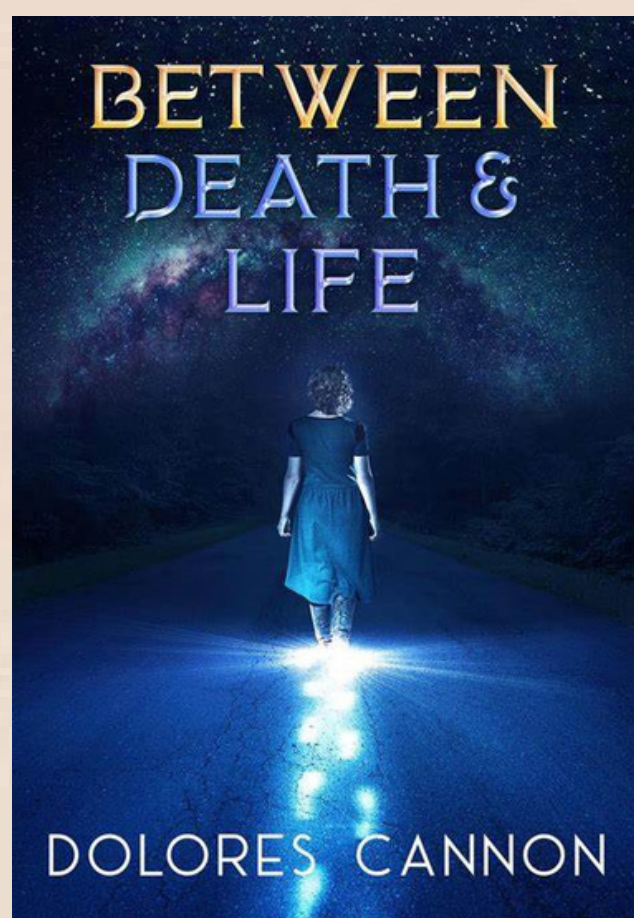
Manifesting Miracles by Neville Goddard

This book explains how to bring miracles to life through belief, imagination, affirmations, but more importantly faith.



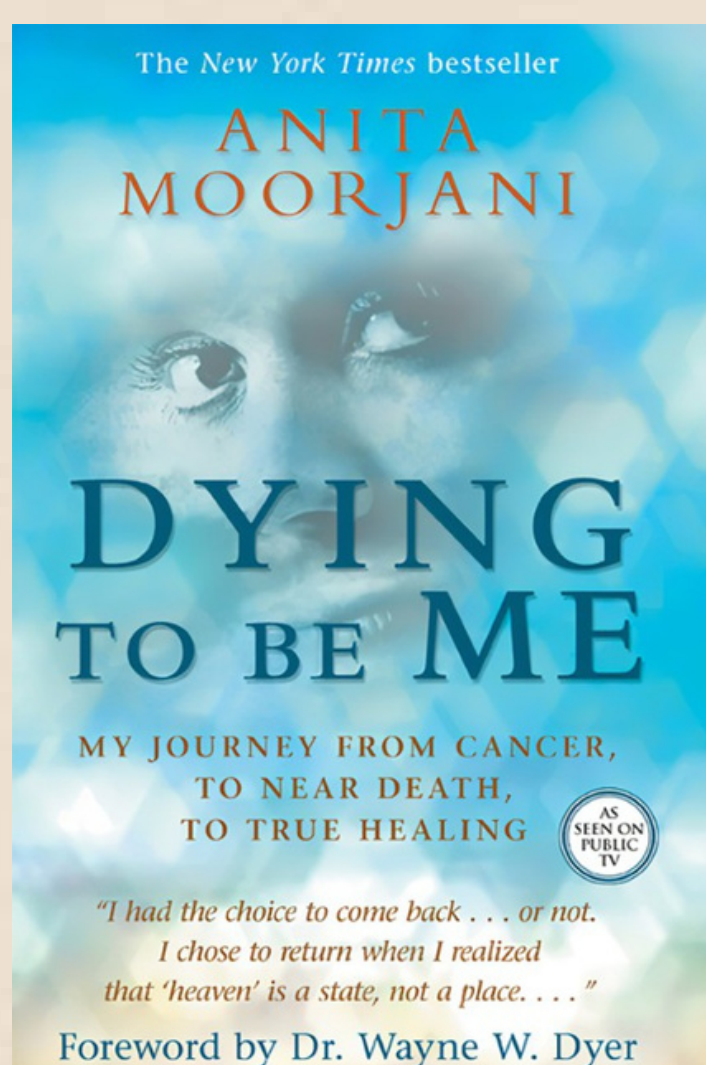
Interpretation of Scripture

Neville Goddard takes scriptures and interprets them into an easy and relatable context.



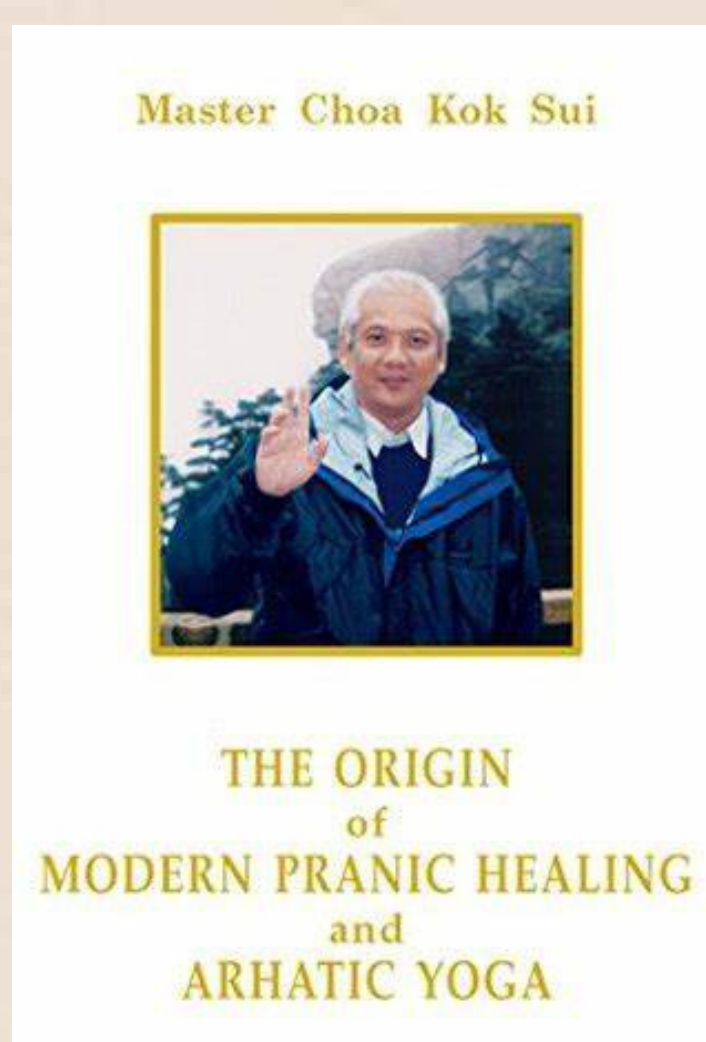
Between Life and Death by Dolores Cannon

Dolores Cannon has accumulated information about the death experience and what lies beyond through 45 years of hypnotic research and past-life therapy. I found this book absolutely fascinating because of the description of death and how we never really die. My favorite portion was in chapter 5 about how you can meditate and go to the Temple of Healing, also called "Chambers of Colors and Light" where extraordinary healing can take place. It teaches you "Don't worry about your health problems. They will be manifested out of your body by your positive energy."



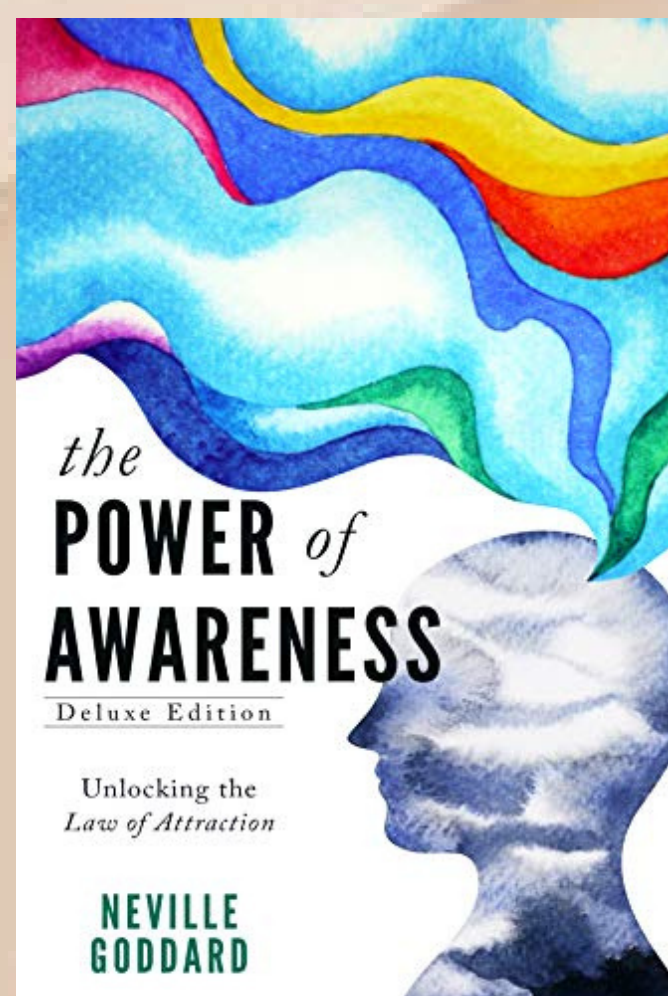
Dying to Be Me by Anita Moorjani

Anita Moorjani relates how after fighting cancer for almost 4 years, her body began shutting down, causing her near death experience. She explains how the negative beliefs in her subconscious mind caused her demise and how this experience awakened her to the knowledge of the supernatural. When she awoke, she was healed. A very inspiration and moving book.



The Origin of Modern Pranic Healing and Arhatic Yoga by Master Choa Kok Sui

This book was recommended by Master Co in his class Achieving Oneness with the Higher Soul. It explains the fundamentals of Pranic and why it works.



The Power of Awareness by Neville Goddard

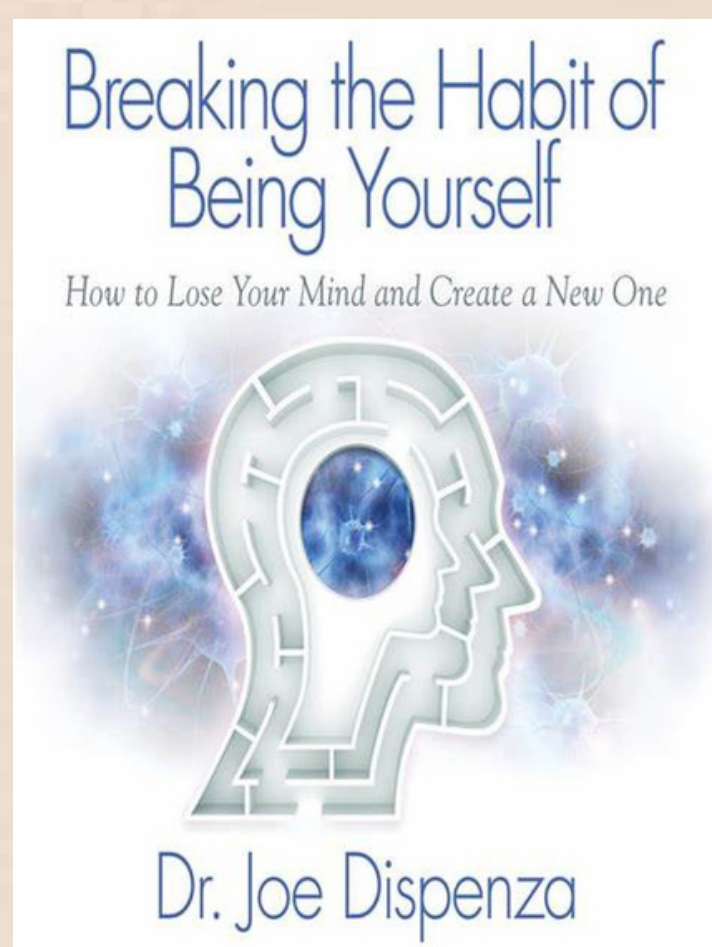
This book, also found in the Neville Collection, goes into depth about the Wish Fulfilled and how to use it to create miracles.



Feeling is the Secret by Neville Goddard

Also Found in the Neville Collection, Feeling is the Secret says that "your desires are not subconsciously accepted until you assume the feeling of their reality. for only through feeling is an idea subconsciously accepted and only through this subconscious acceptance is it ever expressed!"

Mindset



Breaking the Habit of Being Yourself by Dr. Joe Dispenza

Joe combines the fields of quantum physics, neuroscience, brain chemistry, biology, and genetics to show you what is truly possible. This book helped me to understand that I had to break free of my own self-limiting beliefs to become the person I needed to be to cure myself.



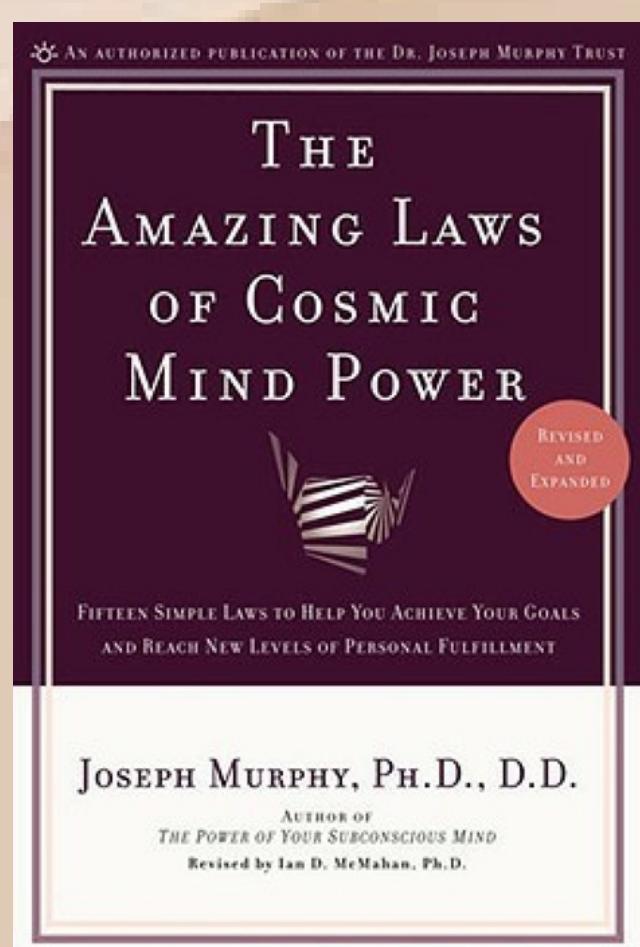
Winners Always Quit by Lee J. Colon and David Cottrell

This is a quick book that goes over 7 pretty good habits you can swap for really great habits!



PIVOT by Dr Alan Zimmerman

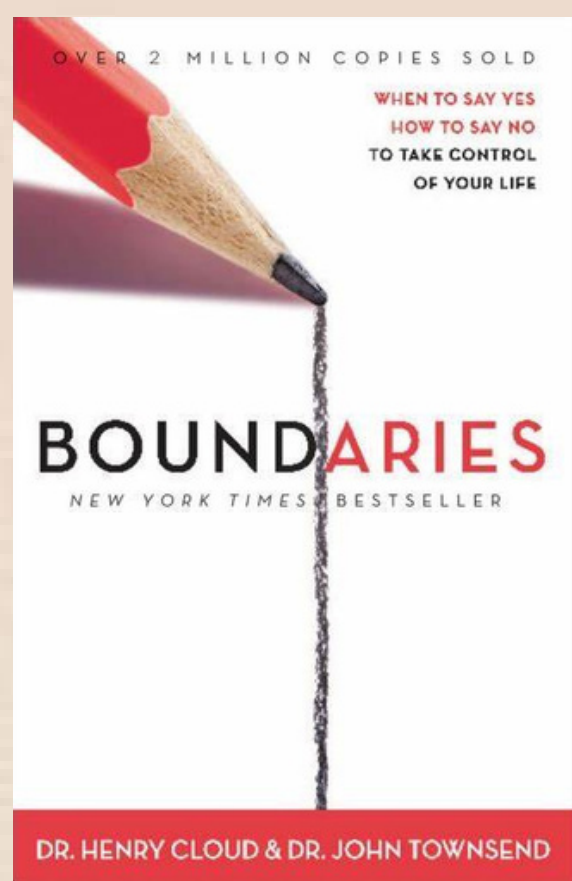
Dr. Zimmerman has so many wonderful psychological tools in his book and CD's. He's been one of my mentors. He also has the journey to the extraordinary program I recommend highly!



The Amazing Laws of Cosmic Mind Power by Joseph Murphey Ph. D D.D

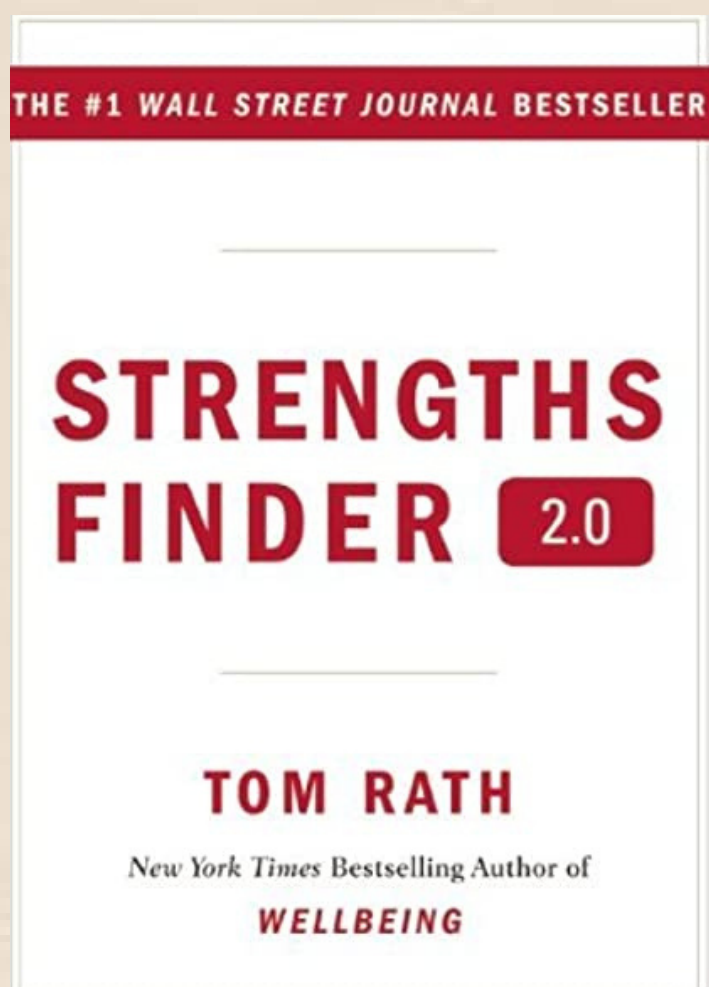
If you don't understand the subconscious mind, this is a mindblowing book...in a good way! He teaches how to use your inner guides to reach your goals. And allows you to use the law of healing to strengthen your mind, body, and spirit, and most importantly how to over come your fears. His chapters, The Secret Law of Faith and the Miraculous Law of Healing taught me how to have stronger faith and belief that anything is possible.





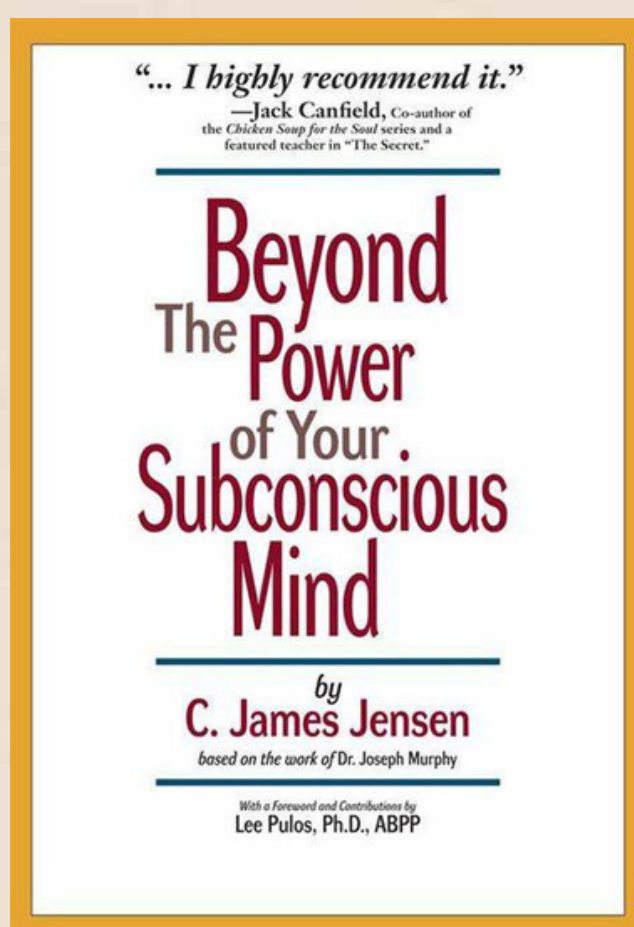
Boundaries by Dr Henry Cloud & Dr. John Townsend

Boundaries helps you take control of your life by understanding how to love yourself enough to say NO to others sometimes. It has the 10 boundary laws to show you how to bring happiness and health into your relationships. Having boundaries gives you the freedom to walk as the loving, giving, happy person that God created you to be.



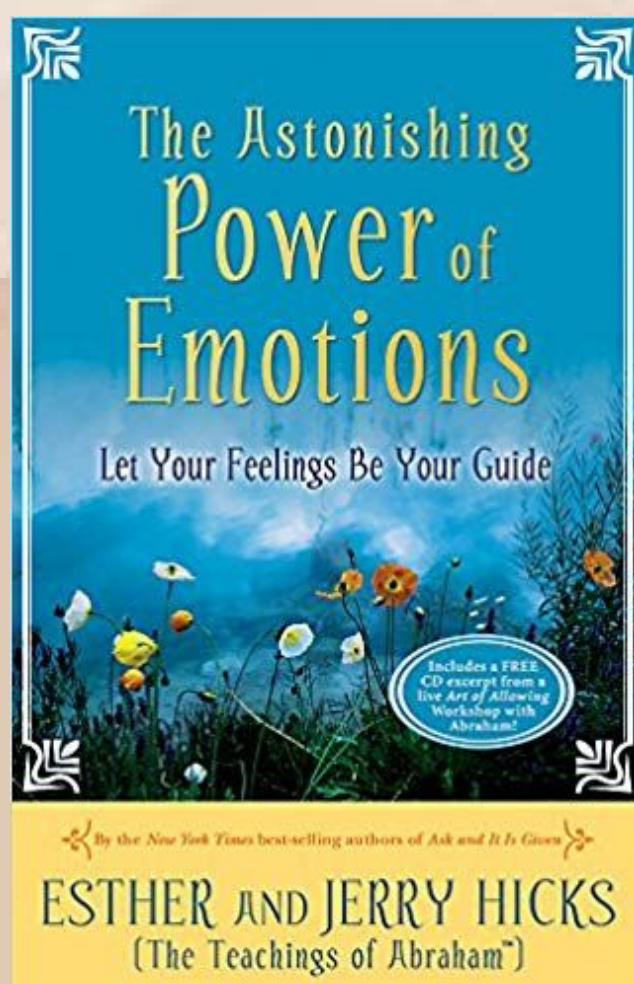
Strengths Finder 2.0 by Tom Rath

I believe that we can love life even more by knowing and working in our strengths. I use this book when I interview people for employment as well as my family as I believe understanding someone helps us love them even more.



Beyond the Power of Your Subconscious Mind by C James Jensen

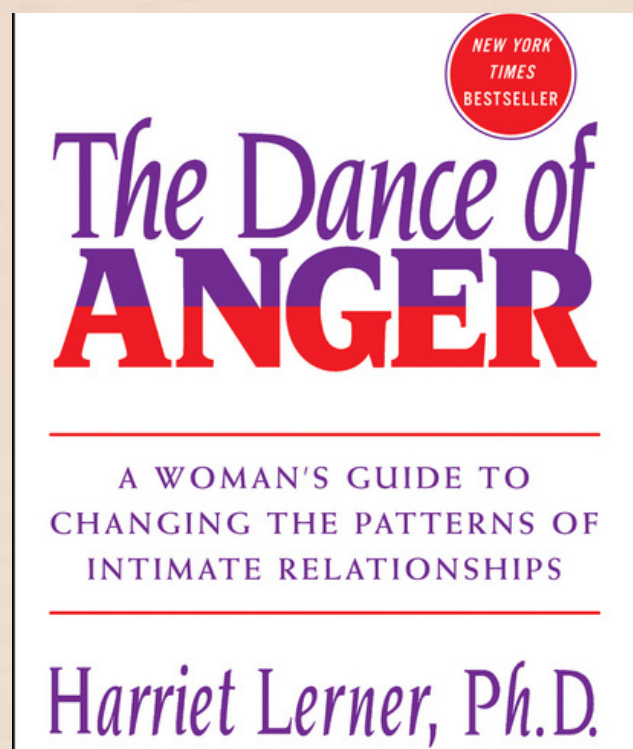
This book changed my life, more importantly, it changed my daughter's. She had chronic migraines for 2 years, she had to be home schooled with teachers coming twice a week. She overcame her migraines, got back in school, and is currently working in Colorado as an RN. I am grateful to Jim Jensen for giving me my daughter back.



The Astonishing Power of Emotions By Ester and Jerry Hicks

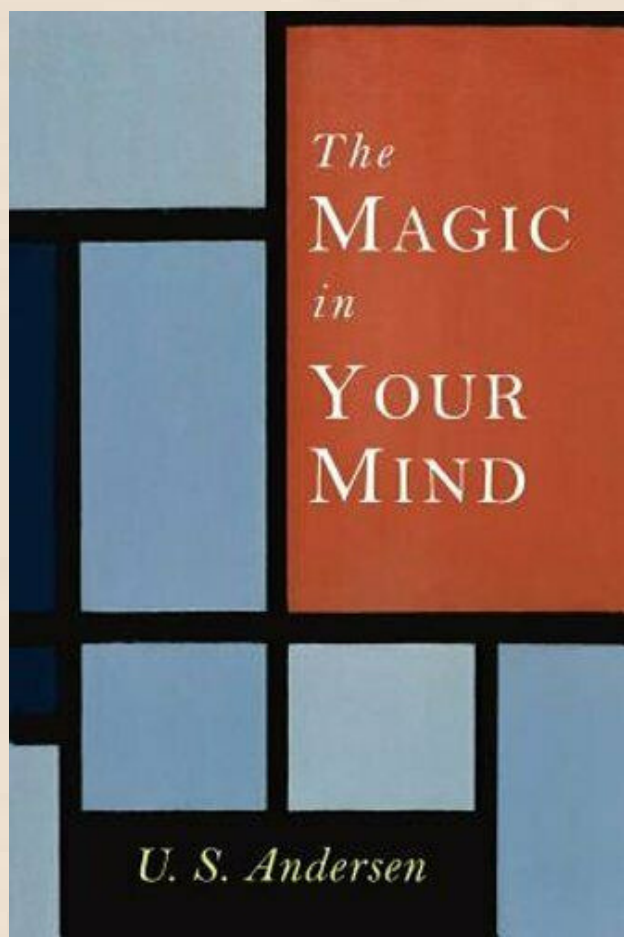
The book explains the power of emotions. Example one is "I've been given a frightening diagnosis, how long will it take me to find my solution?" It explains that fear is understandable in these circumstances, but if you are feeling it, you are pointed upstream. One of my favorite quotes, "Feel the difference between the idea of 'being the illness' and that of allowing the wellness." To me, it explains how to overcome fear, which leads you to overcome any diagnosis.





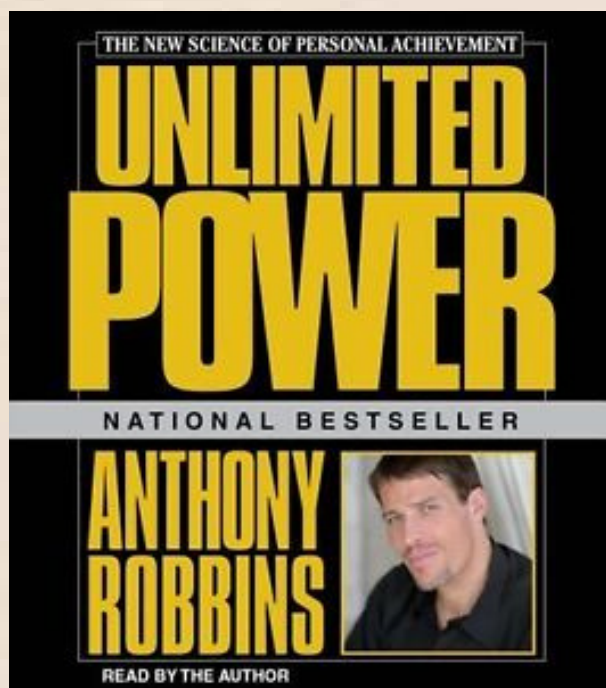
The Dance of Anger by Harriet Lerner Ph.D

I did not think I was an angry person until I read this book and realized the triangles of anger that I grew up with. By dealing with the anger and how to avoid situations that avoid anger, was truly a life changer.



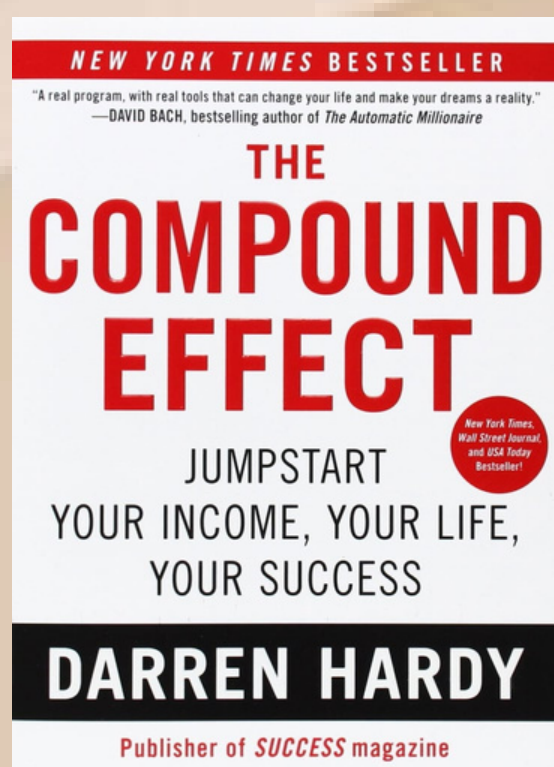
The Magic in Your Mind by U.S Anderson

I highly recommend this book to discover how truly powerful your mind is, how powerful visualization can be to your future. How to condition your subconscious mind to get the life you want. "Abundance and happiness and success and achievement are unlimited. The power to provide all exist in your mind and your imagination."



Unlimited Power by Tony Robbins

A MUST READ for your mindset!! Tony show you how to achieve the extraordinary life you deserve and how to master you personal and professional life. This book is a foundation for achieving the best mindset and the power of belief to know that anything is possible.

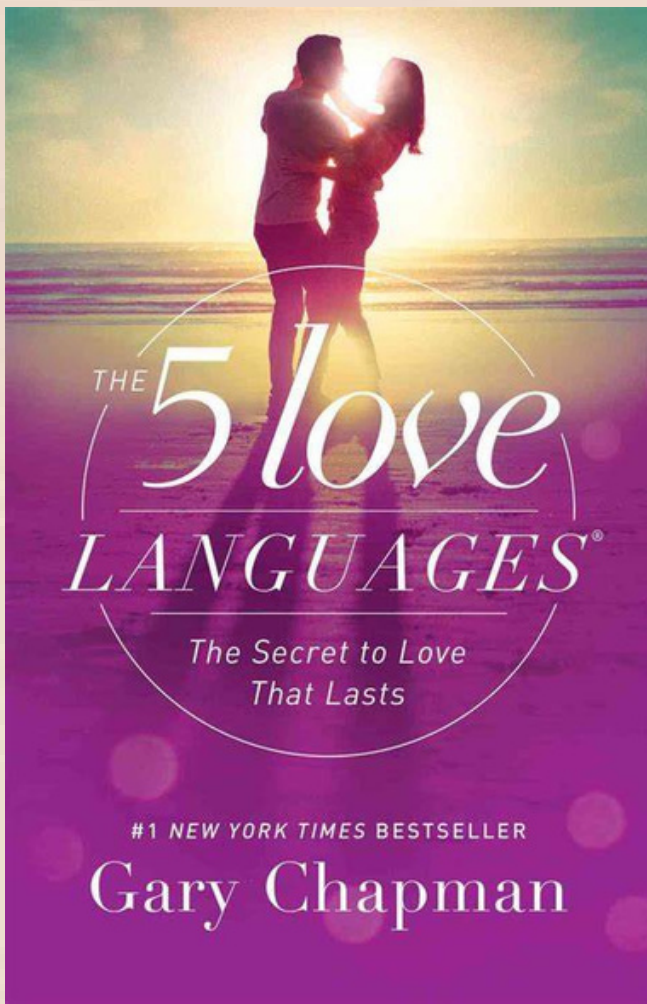


The Compound Effect by Darren Hardy

Paul J Meyers most memorable quotes reminds us of the importance of goals. "Whatever you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon...must inevitably come to pass!"

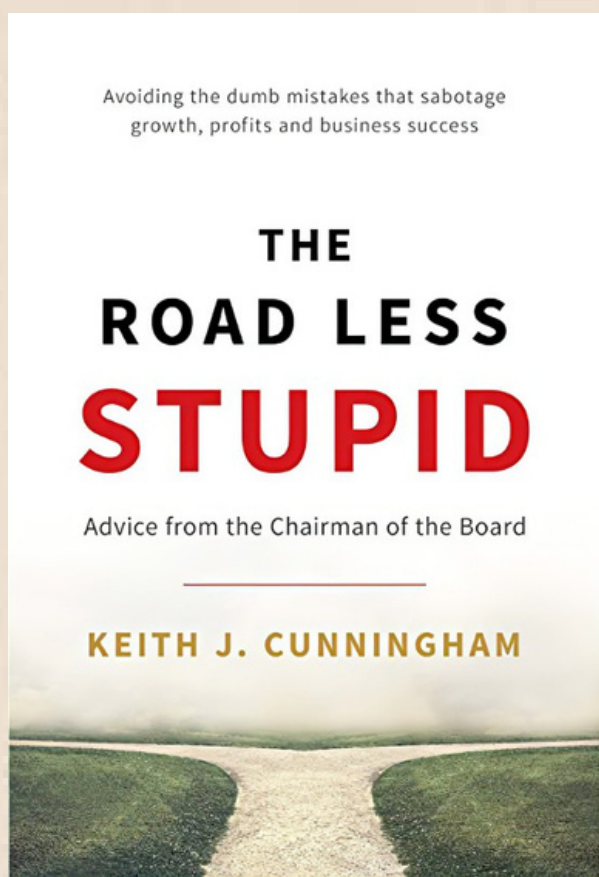


WE DEFY THE ODDS™



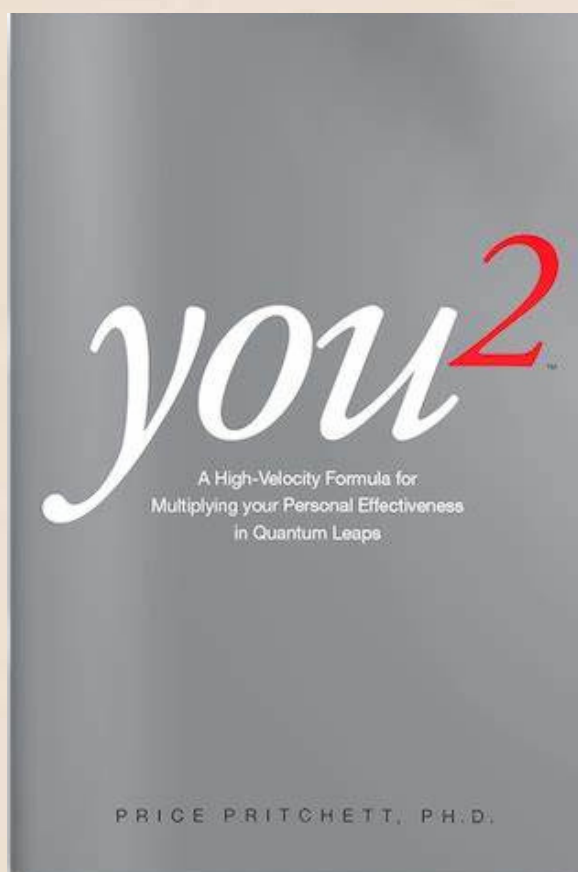
The 5 Love Languages by Gary Chapman

I truly believe in the 5 love languages to understand the people we love around us. The book explains to love people in their own love language, to make them feel truly loved. I've had my family and my team members at work take the quiz because I want to know how to make them feel loved.



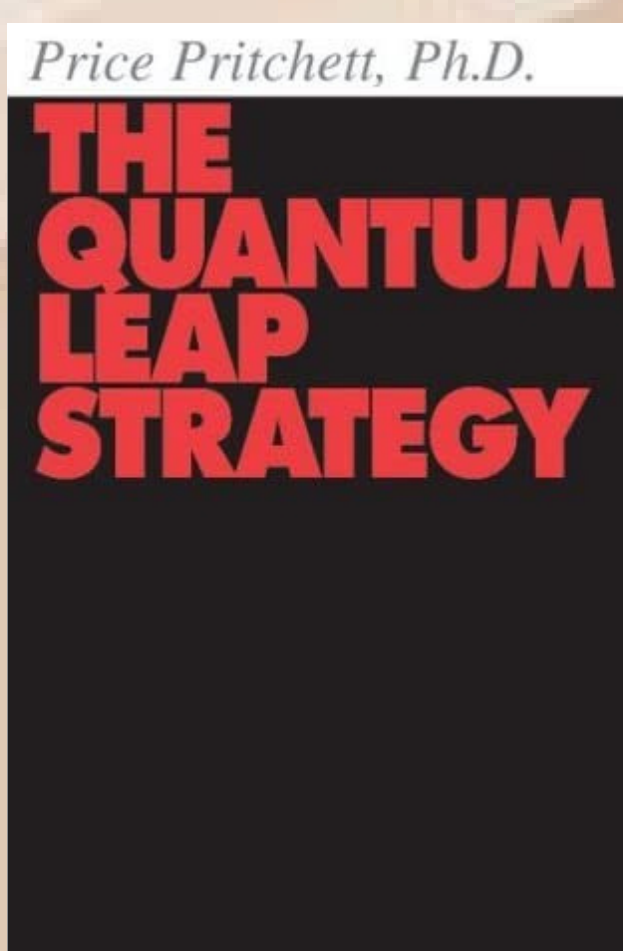
The Road Less Stupid by Keith J Cunningham

A must read for business owners! He explains the discipline of thinking time, and how outstandingly important having time to think is. It also goes over the three pillars of success, how to have team culture, and how to effectively run a business successfully



You 2 (squared) By Price Pritchett

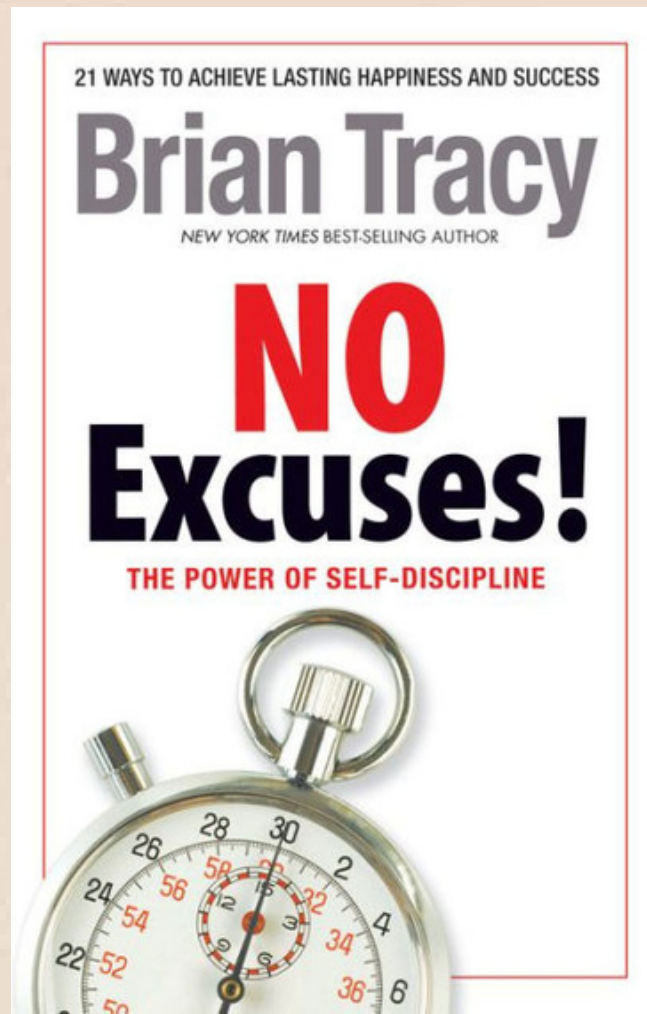
The book outlines unique, dynamic methods for leaping beyond ordinary performance and achieving dramatic breakthroughs. A very quick and uplifting read.



The Quantum Leap Strategy by Price Pritchett

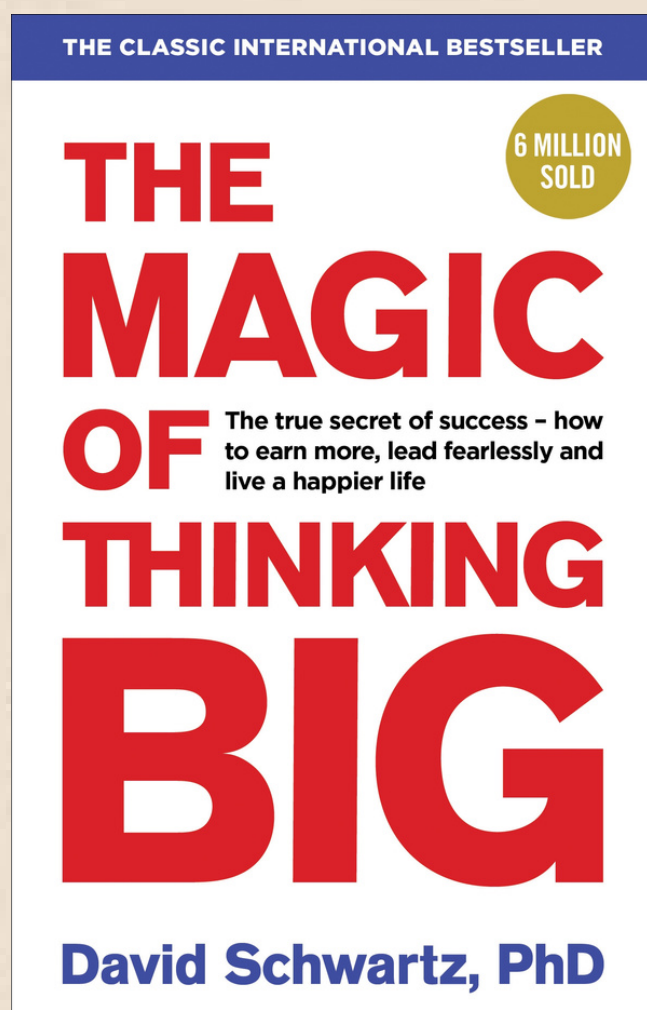
This is the sequel to You 2, the book further explains how your behaviors can lead you through break through performance, most importantly capture the magic of paradigm shifts.





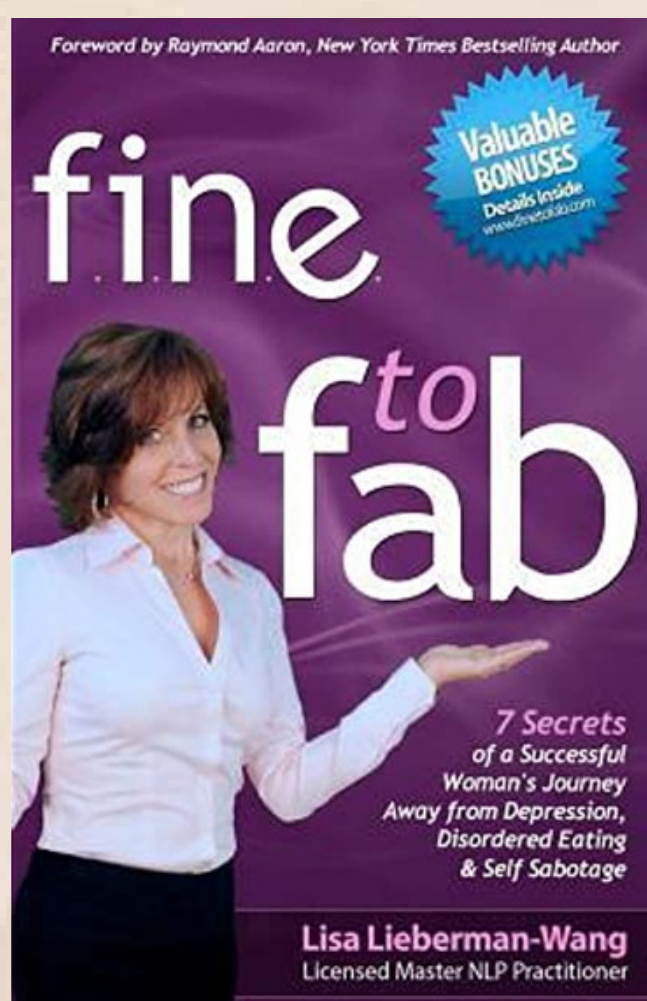
No Excuses! by Brian Tracy

No excuses is all about using self discipline to create your miracles. In chapter 16 he even goes into self discipline and personal health and how to live to be 100!



The Magic of Thinking Big by David Schwartz

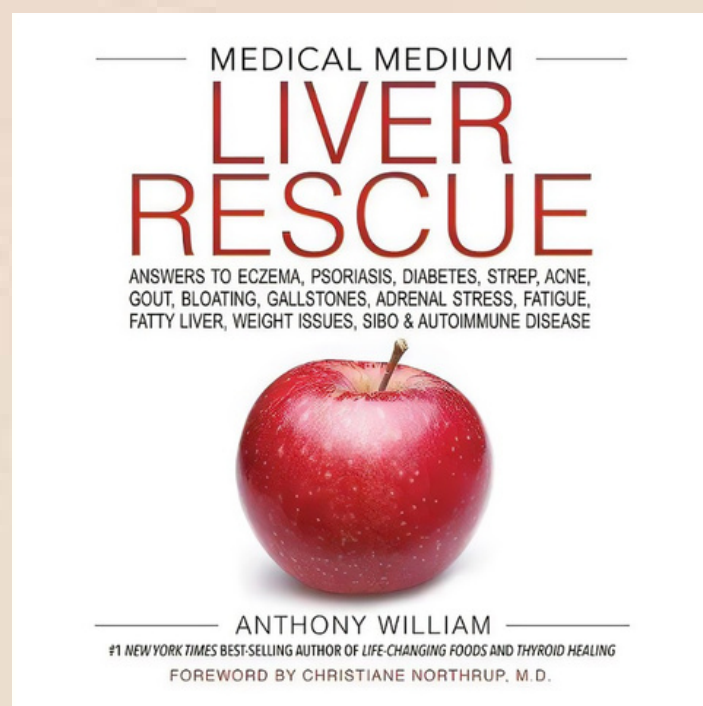
I really enjoyed the chapters on how to think like a leader and using your goals to help you grow. The book was all about techniques and principles that enable you to obtain the absolute power of thinking BIG.



Fine to Fab by Lisa Lieberman

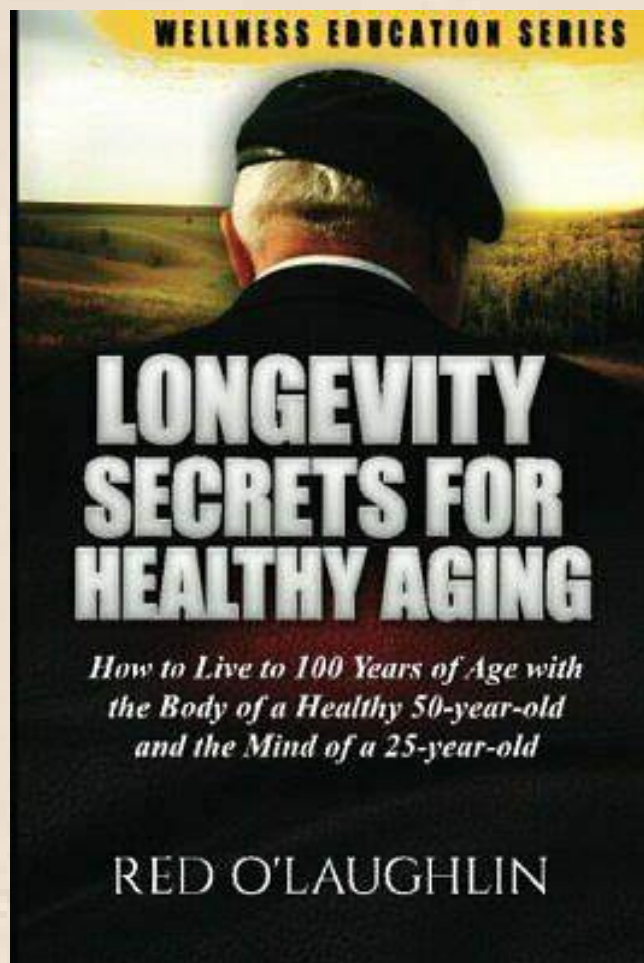
Lisa's book gives you a blueprint and the 7 secrets to going from Fine to Fab. Fine is defined as F*@%*d up, insecure, neurotic, and emotional....F.I.N.E, to F.A.B, Fabulous, Awesome, and Beautiful! I love the step by step guidance and the action steps in each chapter.

Health & Wellness



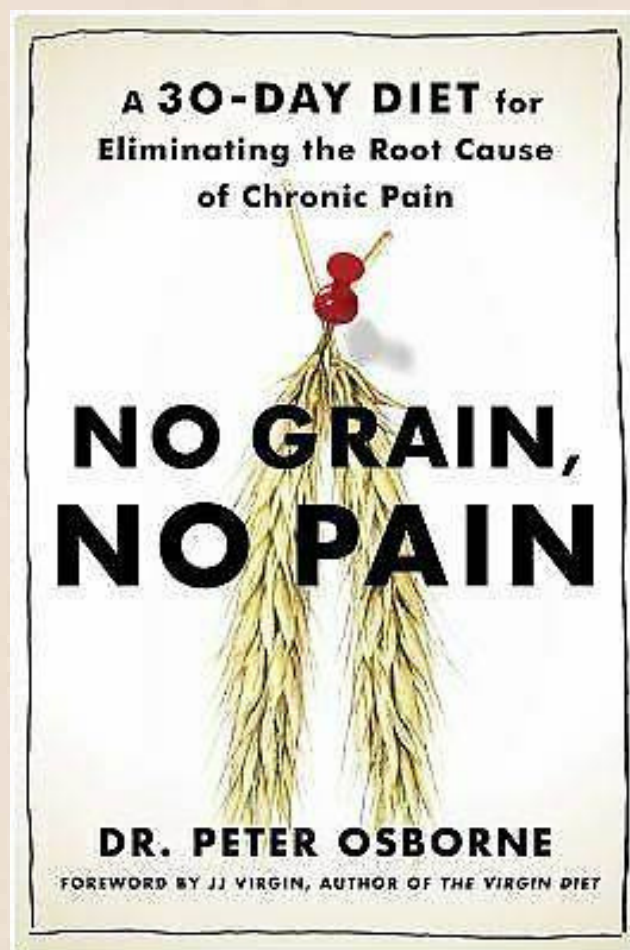
Liver Rescue by Anthony William

Anthony has appeared at Tony Robbins Life Mastery and other events, From his book I do the celery juice, lemon water, and juicing almost daily. He gives you HOW to cure your body, he's been given a spiritual gift at a very young age and has written many books on how to heal yourself using simple techniques that do not require medication.



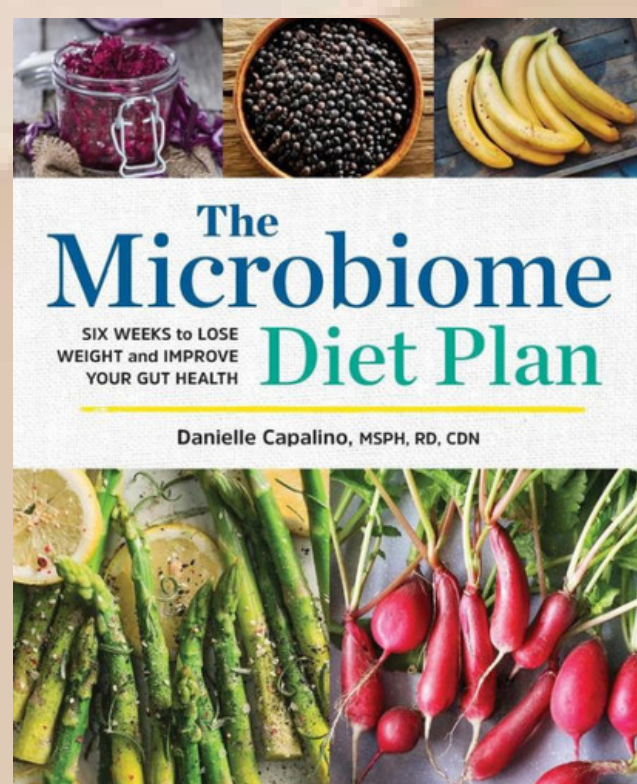
Longevity Secrets for Healthy Aging by Red O'Laughlin

Red O'Laughlin says there's 2 primary causes of aging and he gives you the inspiration that you can have the body of a healthy 50 year old when you attain the age of 100!



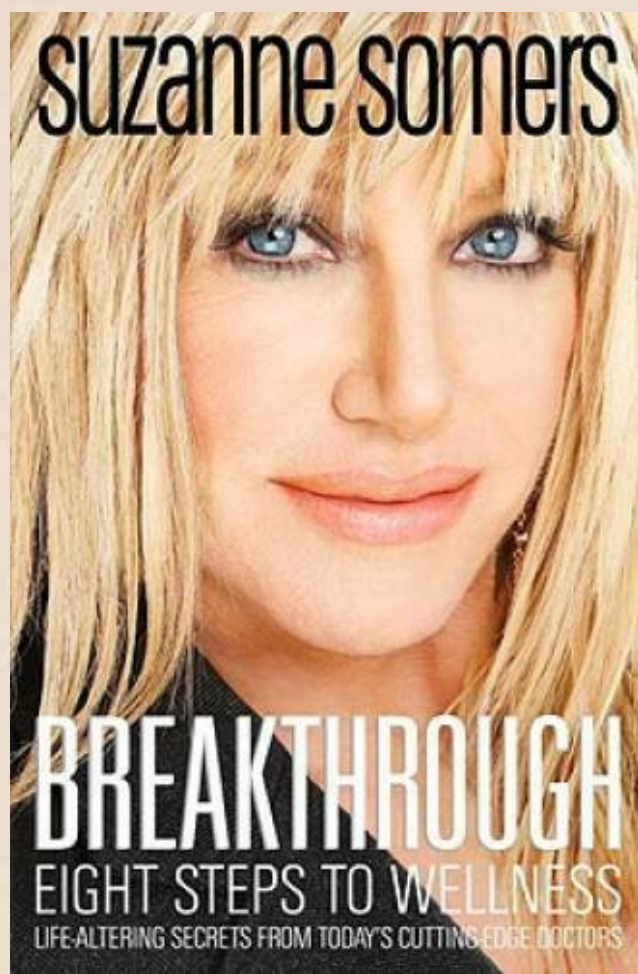
No Grain, No Pain by Dr. Peter Osborne

Dr. Osborne is the KING in my belief in understanding how gluten poisons the body. This book gives you the explanation and the tools needed to eliminate pain that comes from grain. It teaches you how to heal yourself and have a healthier, happier life



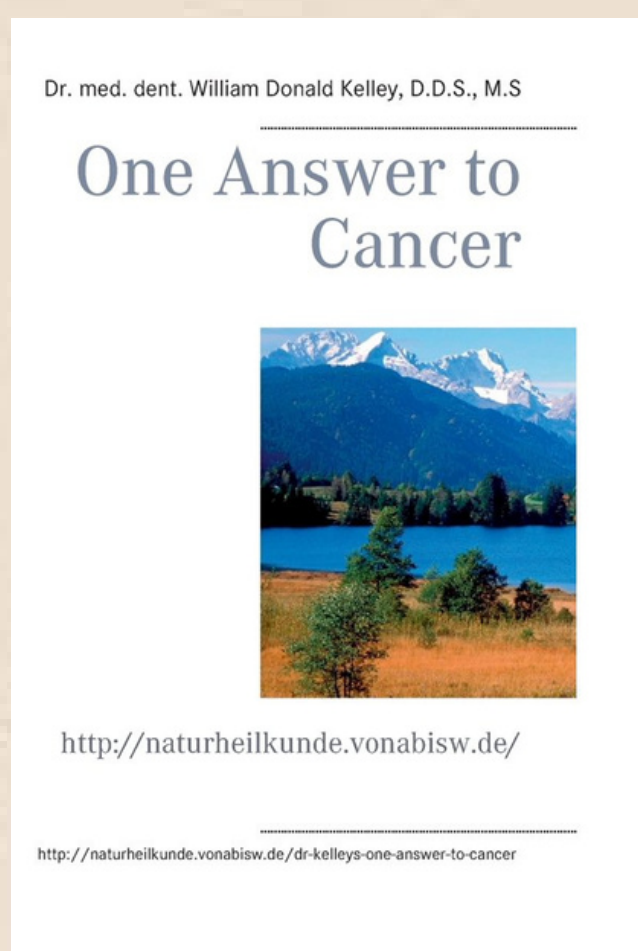
The Microbiome Diet Plan by Daniella Capalino

This book has a summary of the microbiome and how it can disrupt your gut. And if your gut aint happy, your body aint happy! She gives you the guidelines and recipes to have a healthy gut. Healthy gut= Healthy life



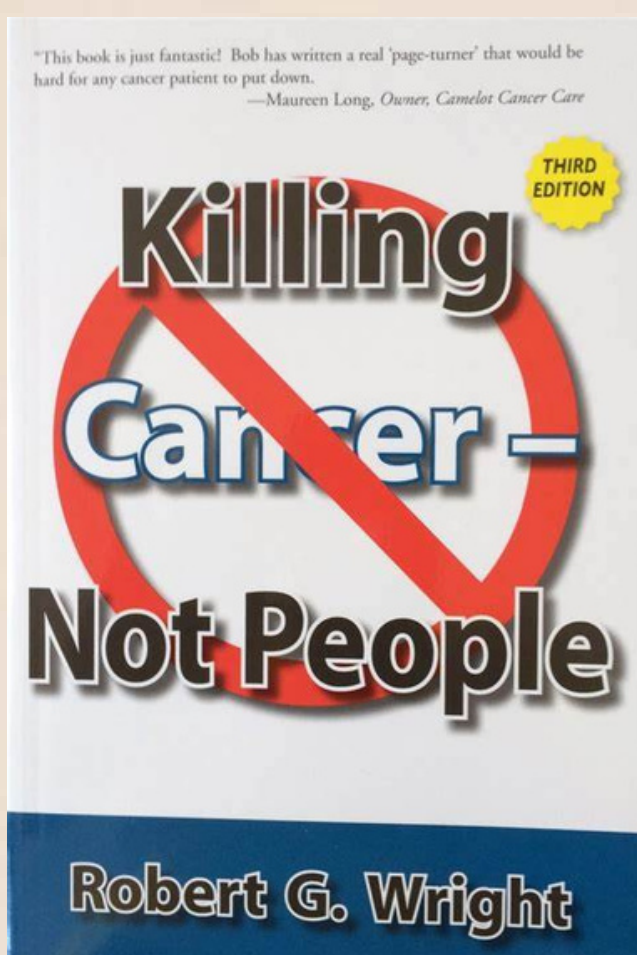
Breakthrough-8 Steps to Wellness by Susanne Somers

Somers interviews doctors in the field of anti aging medicine. She has 8 steps to wellness that form the cornerstone of break though medicine.



One Answer to Cancer by Dr. Med. Dent. William Donald Kelley

If you have cancer, this is a MUST book to read. It talks about what to eat, what to do, and how to live to cure cancer. This is the book where I learned about coffee enemas, lemon juice, and so much more. It also talks about the spiritual attitude "If your cancer has caused you to stop, think, pray, and know God better, it has been a blessing to you."



Killing Cancer-Not People by Robert G Wright

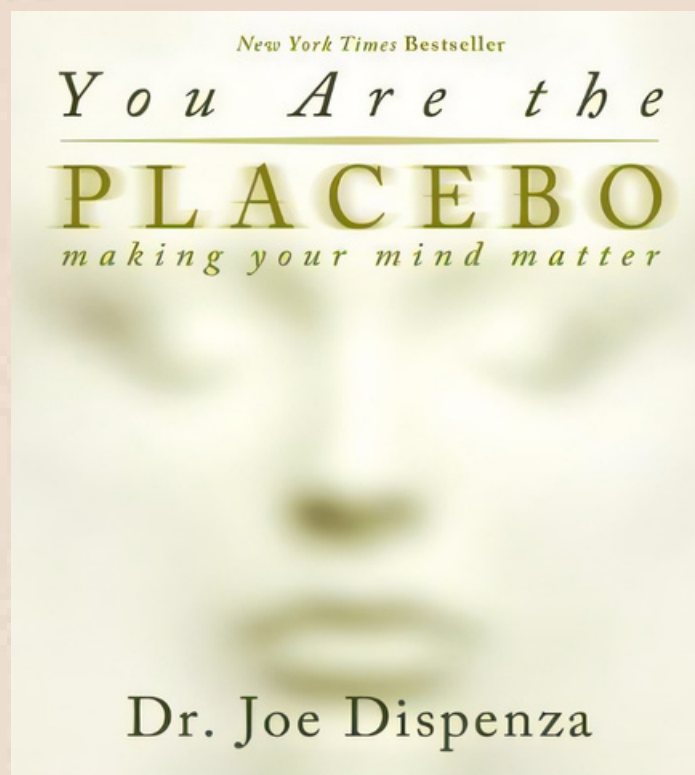
Another MUST READ if you have cancer. It gives you the tools to heal your body. It recommends supplements, such as drinking alkaline water, as well as other cancer remedies. It talks about how the body has acid, and how to make it more alkaline. "Emotions create acidity through the release of hormones that are then fermented, which produces the acid. And, we start craving the foods we should basically avoid."



Cancer-Free! by Jenny Hrbacek

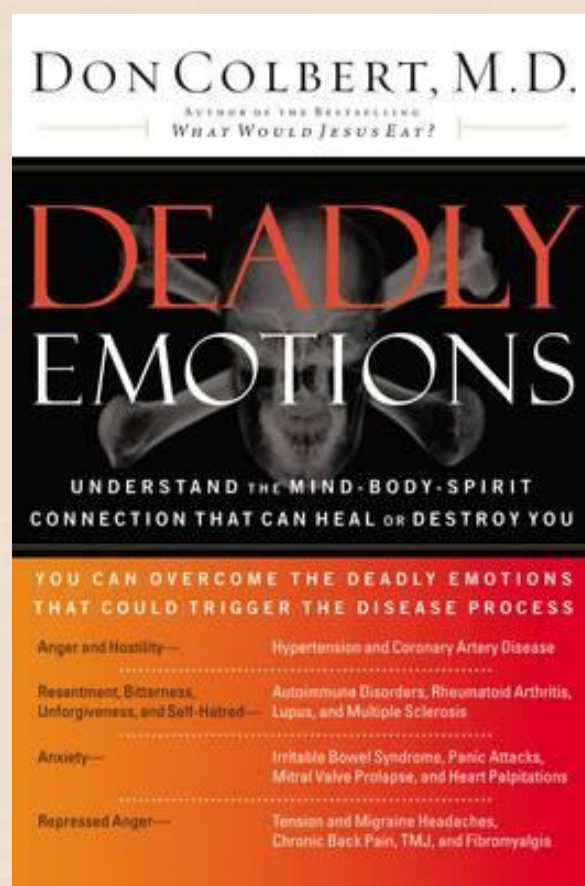
Jenny is an RN nurse who has cured her cancer. She gives you supplements, suggestions, and a lot of resources for those choosing to do chemotherapy. One of her recommendations (which I wish I had done at the beginning) is when they do surgery and they take a sample of your tissue, there is a place to send it to that will tell you the exact type of chemo that will be effective for you.





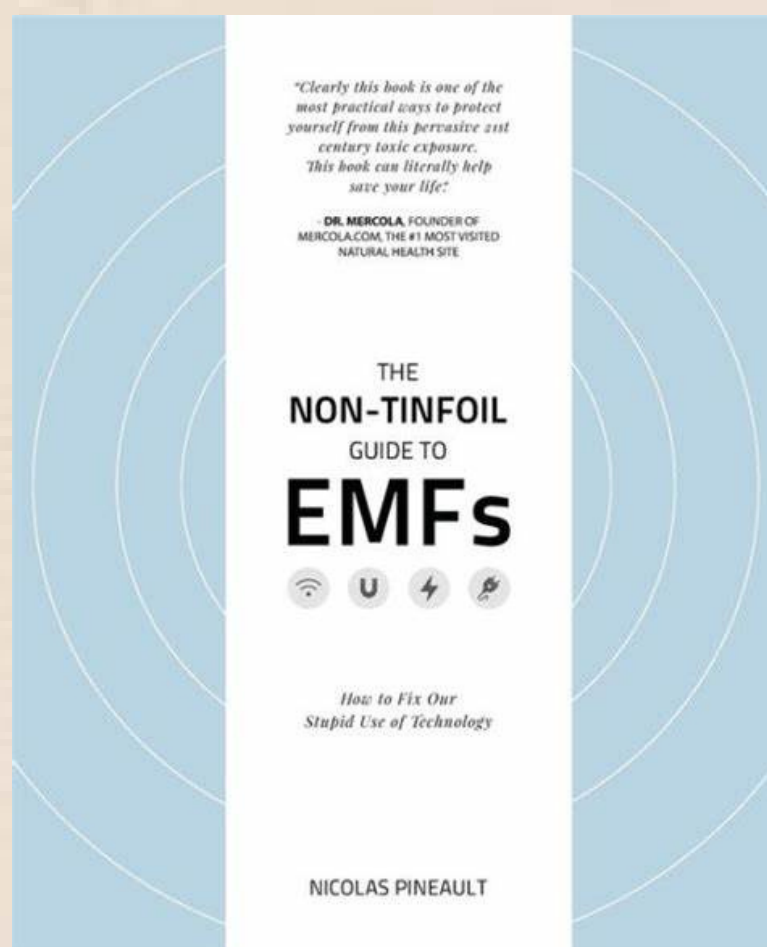
You Are the Placebo by Dr. Joe Dispenza

The placebo was an amazing read of how your mind can heal your body with belief. He has facts and studies where people were told they underwent surgery, woke up, and had no symptoms...yet they never had surgery. Joe is extremely scientific using quantum physics to demystify the workings of the placebo effect and how the seemingly impossible can become possible.



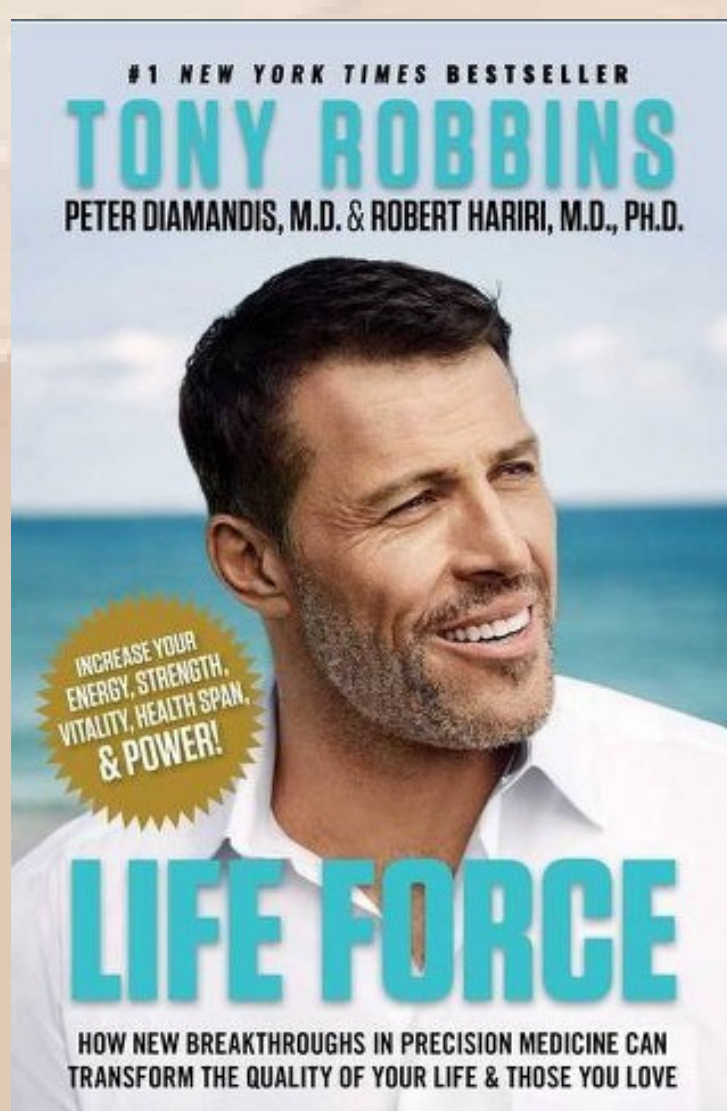
Deadly Emotions by Don Colbert M.D

Highly Recommend! This book taught me how buried hurt and buried pain can actually cause disease in your body. The only way to truly heal is to deal with the buried emotions and to learn true forgiveness. Because of this book I realize now why I got cancer. And when you know how you got cancer, you can get rid of the cancer.



The Non-Tinfoil Guide to EMFs by Nicholas Pineault

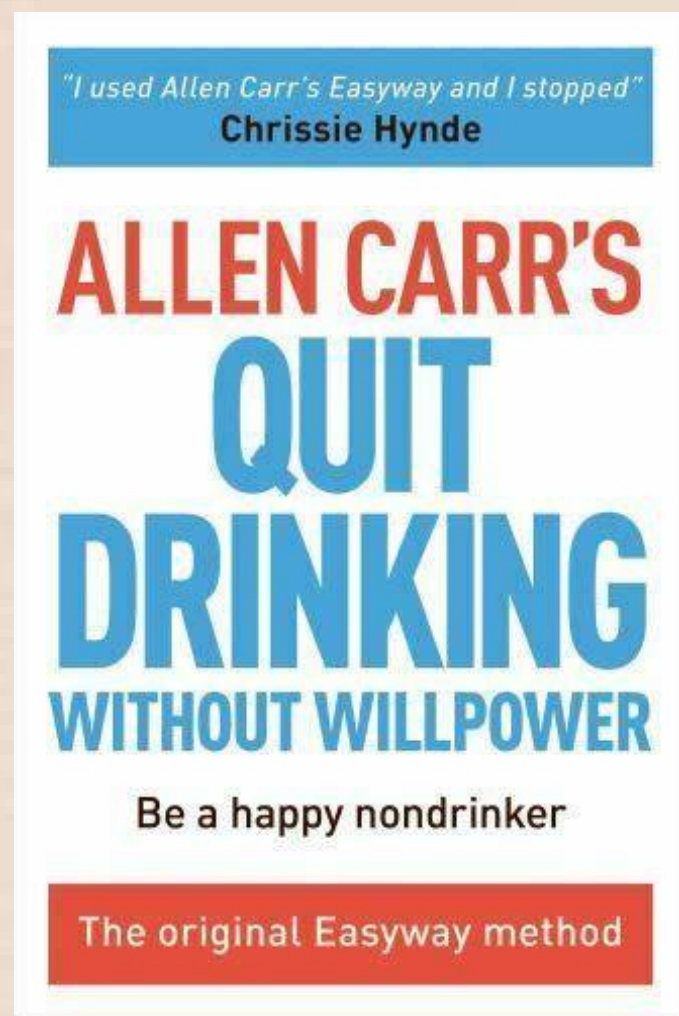
This book educates you on how to reduce your exposure to EMF (Electro Magnetic Fields) from wireless technologies that increase risk of cancer, infertility, insomnia, and depression.



Life Force by Tony Robbins

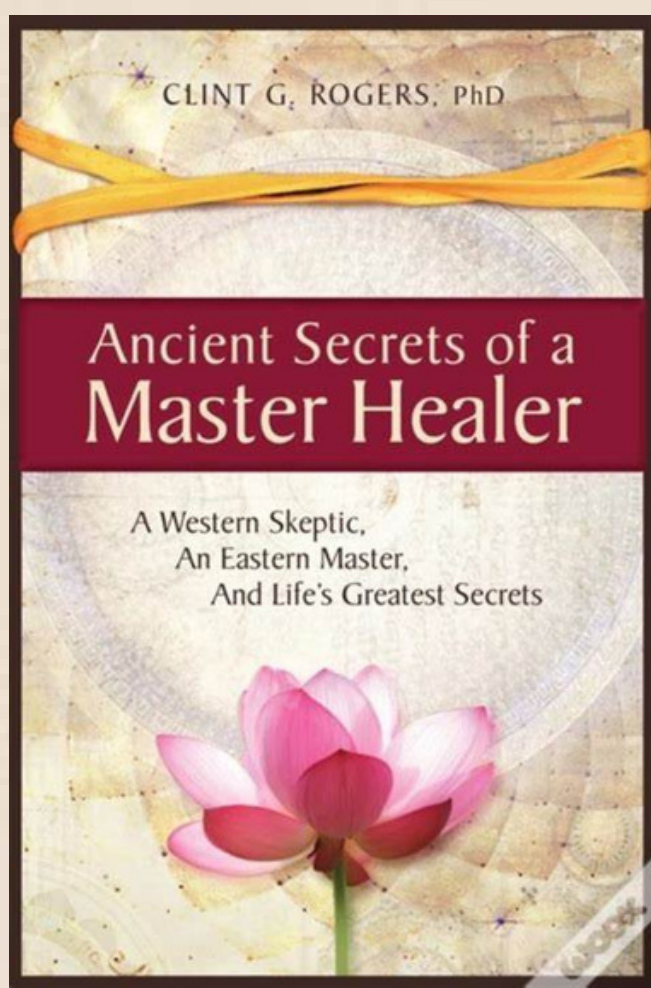
This is a must read for anyone concerned about their health! My favorite chapter is chapter 12: Longevity, Lifestyle, and Diet. In chapter 19 he describes how to win the war on cancer, which is all about the immune system. The book describes all the latest technologies for healing and longevity of life.





Quit Drinking without Willpower by Allen Carr

Almost all the cancer and health books I've read recommended not to drink alcohol. Since I was a teenage I was programmed to think that drinking is cool. This book allowed me to quit drinking easily, and how to do it happily. After I made the decision, my energy soared with happiness and healing.



Ancient Secrets of a Master Healer by Clint Rogers

Clint Rogers writes about his experiences with Dr. Naram who's ancient healing lineage that began with Lord Buddha's physician. It reveals some ancient secrets that can change your life.