

SUGGESTED READING

Cameron Bandler,	Emotional Hostage	Future Pace
Covey, Stephen	7 Habits of Highly Effective People	Fireside
Gawain, Shakti	Creative Visualisation	Bantam
Gendlin, Eugene	Focusing	Bantam
Glouberman, Dina	Life Choices and Changes Through Imagework	Mandala
Goleman, Daniel	Emotional Intelligence	Bloomsbury
Hay, Louise	You Can Heal Your Life	Hay House
Jeffers, Susan	Feel the Fear and Do It Anyway	Arrow
Merlevede, Patrick	7 Steps to Emotional Intelligence	Crown House
Scheele, Paul	Natural Brilliance	Learning Strategies