

recommended reading for growth and happiness

The Road Less Travelled	M Scott Peck MD
The Life Coaching Handbook & The Business Coaching Handbook	Curly Martin
The Happiness Hypothesis	Jonathan Haidt
Learned Optimism	Martin Seligman
The Power of Now & A New Earth	Eckhart Tolle
Buddhist Psychology	Caroline Brazier
Cognitive Behaviour Therapy for Dummies	Rob Wilson & Rhena Branch
How to Win Friends and Influence People	Dale Carnegie
Awakening the Buddha Within	Lama Surya Das
The Art of Happiness	Dalai Lama
Life Coaching for Dummies	Jenny Mumford
The Book on the Taboo of Knowing Who You Are	Alan Watts
You Can Have What you Want	Michael Neill
Business Coaching	Shaw & Linnecar
NLP at Work	Sue Knight
Unlimited Power	Anthony Robbins