



Recommended Reading List

The Sharp Solution by Heidi Hanna

Be Happy by Robert Holden

Change Anything by Stephen Covey

Biology of Belief by Bruce Lipton

The Insulin Factor by Anthony Haynes

Unlimited Power by Anthony Robbins

The Optimum Nutrition Bible by Patrick Holford

It's The Thought That Counts by David Hamilton

Put Your Heart In Your Mouth by Dr Natasha Campbell-McBride

The 7 Habits of Highly Effective People by Stephen Covey

Many of these authors have several books to their name and thus I would recommend searching for the author as well as just the title.