

## 9. Stress, Health, Well-Being, Self-Care and Self-Esteem

### Books

<b>The Theory and Practice of Meditation</b>	Ballantine, R
<b>Golden Cage</b> , The enigma of Anorexia Nervosa	Bruch, Hilde, M.D.
<b>I'm OK, You're OK</b>	Harris, Thomas
<b>Healing Your Aloneness</b>	Chopich, Erika J and Margaret Paul
<b>Revolution From Within: A Book of Self-Esteem</b>	<b>Gloria Steinem</b>
<b>The Cinderella Complex</b> , Women's hidden fear of independence (2)	Dowling, Colette
<b>Thin for Life</b> , 10 Keys to Success from people who have Lost Weight & Kept It Off	Fletcher, Anne M., M.S., R.D.
<b>The Upside of Stress</b>	<b>Kelly McGonal</b>
<b>Food for Thought Daily Meditations for Overeaters</b>	L. Elisabeth
Lighten Up: Survival Skills for People Under Pressure	Metcalf, C. W.
<b>Hepatitis C</b> , A personal guide to good health. What is Hepatitis C?, How do you get it? How can you test for it? ... Day to day coping	Roybal, Beth ann Petro, M.A.
<b>You Don't Look Sick</b>	Selak, Joy
<b>Sixty Ways To Make Stress Work For You</b>	Slaby, Andrew E.
<b>The Road Less Traveled</b>	<b>M Scott Peck</b>
<b>Stress</b>	Walter McQuade
<b>Holding Back</b> , Why we hide the truth about ourselves	Lindquist, Marie
<b>Self-Coaching</b> , How to heal anxiety and depression. What to do when your life gets out of control	Luciani, Joseph J., Ph.D.
<b>The Truth About Chronic Pain (2)</b>	<b>Rosenfield, Arthur</b>
<b>Notes on Love and Courage</b> , A book about old values: unselfishness, loyalty, honesty, forgiveness, courage...	Prather, Hugh
<b>Pulling Your Own Strings</b>	Dr. Wayne Dyer
<b>People Skills</b>	Robert Bolton, PhD
<b>The Seat of the Soul</b> , A remarkable treatment of thought, evolution, and reincarnation	Zukav, Gary

<b>Healing the Child Within</b>	Charles Witfield
<b>Bowling Alone</b>	Robert Pitman
<b>Fire In The Belly-On Being a Man</b>	Sam Keen
<b>Healing the Shame That Binds You</b>	Bradshaw, John
<b>Love, Medicine and Miracles</b>	Bernie Siegal
<b>The Seasons of a Man's Life</b>	Daniel Levinson