

LIFE MASTERY & SOUL-CENTERED LIVING II: A GATEWAY TO FREEDOM  
A 10-MONTH CERTIFICATE PROGRAM IN ADVANCED SPIRITUAL PSYCHOLOGY ONLINE

**RECOMMENDED READING LIST**

**HEALING OF MEMORIES: CLEANSING THE LENS OF YOUR PERCEPTION READING**

1. Brown, Brené. *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*. New York: Avery, 2015. ISBN-13: 978-1592408412.
2. Ferrucci, Piero. *The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life*. New York, NY: Tarcher, 2007. ISBN-10: 1585425885
3. Muller, Wayne. *Legacy of the Heart: The Spiritual Advantages of a Painful Childhood*. New York: Simon & Schuster, 1992. ISBN-10: 0671797840
4. Goodlife Journals. *The Five Minute Gratitude Journal*. Independently published, 2018. ISBN-10: 198041002X. ISBN-13: 978-1980410027.

**RELATIONSHIP AS SPIRITUAL OPPORTUNITY READING**

1. Bradshaw, John. *Family Secrets: The Path From Shame to Healing*. New York, NY: Bantam Books, 1996. ISBN-10: 0553374982
2. Hendricks, Gay and Kathlyn Hendricks. *Conscious Loving: The Journey to Co-Commitment*. New York, NY: Bantam Books, 1990. ISBN-10: 0553354116
3. Ruiz, Don Miguel. *The Mastery of Love*. San Rafael, CA: Amber-Allen Publishing, 1999. ISBN-10: 1878424424

**LIFE MASTERY & SOUL-CENTERED CO-CREATION AND MANIFESTATION & LIFE MASTERY & SOUL-CENTERED CO-CREATION AND MANIFESTATION SACRED YES PROJECT TEAMS READING**

1. Clear, James. *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*. New York: Penguin Random House, 2018. ISBN: 9780735211292.
2. Leonard, George. *Mastery*. New York, NY: Plume, 1992. ISBN-10: 0452267560
3. Loehr, Jim and Tony Schwartz. *The Power of Full Engagement*. New York, NY: Free Press, 2005. ISBN-10: 0743226755
4. Pressfield, Steven. *The War of Art: Break Through the Blocks and Win Your Inner Creative Battles*. New York, NY: Black Irish Entertainment, LLC, 2012. ISBN-10: 1936891026
5. Senge, Peter, C. Otto Charmer, Joseph Jaworski, Betty Sue Flowers. *Presence: Human Purpose and the Field of the Future*. Cambridge, MA: The Society for Organizational Learning, Inc. (Sol.), 2004. ISBN: 0-9742390-1-1.

**THE POWER OF NEUTRAL OBSERVATION READING**

1. Mackesy, Charlie. *The Boy, the Mole, the Fox and the Horse*. New York: HarperCollins Publishers, 2019. ISBN-13: 978-0-06-297658-1.

**FOUR-DAY ADVANCED SPIRITUAL PSYCHOLOGY PRACTICUM ONLINE**

1. Hawkins, David. *Letting Go: The Pathway of Surrender*. Carlsbad, CA: Hay House, Inc., 2012. ISBN-10: 1401945015. ISBN-13: 978-1401945015.
2. Additional Recommended Reading may be assigned.