

**(SOME) FAVORITE BOOKS AND CDS /DVDS**

ANIMAL SPEAK-TED ANDREWS

A NEW EARTH-ECKART TOLLE (good audio book)

CELESTINE PROPHECY-JAMES REDFIELD or DVD

EASTERN BODY WESTERN MIND -ANODEA JUDITH

ENERGY MEDICINE -DONNA EDEN

HANDS OF LIGHT- BARBARA BRENNAN

HEAL YOU LIFE-LOUISE HAY

HEALING WITH WHOLE FOODS – PAUL PITCHFORD

INFINITE MIND-VALERIE HUNT

LIGHT EMERGING-BARBARA BRENNAN

JOYS WAY-BROUGH JOY

MUTANT MESSAGE DOWN UNDER-MARLO MORGAN

NOURISHING TRADITIONS -SALLY FALLON

QUANTUM HEALING-DEEPAK CHOPRA

RAWSOME-BRIGITTE MARS

THE COMPLETE GUIDE TO CLEANSING AND DETOX the four winds holistic  
cleanse - NICHOLAS SCHNELL

\*TRUE BALANCE-SONJA CHOQUETTE (good basic information book)

THE LAW OF ATTRACTION-ESTHER/JERRY HICKS (especially fun audio book)  
Also on U-tube, lots of good video clips.

THE FIELD- LYNN MCTAGGART

THE FOUR AGREEMENTS – DON MIGUEL RUIZ THE FIFTH AGREEMENT -  
DON MIGUEL RUIZ AND DON JOSE RUIZ

THE HOLOGRAPHIC UNIVERSE- MICHAEL TALBOT THE SECRET- DVD or BOOK VIBRATIONAL MEDICINE- GERBER WHAT THE BLEEP.... -DVD

ANYTHING BY CAROYLN MYSS ANYTHING BY DEEPAK CHOPRA  
ANYTHING BY ESTHER/JERRY HICKS

ANYTHING BY ECKART TOLLE ANYTHING BY GREG BRADEN

Other fun explorations on line-Astro.com (Astrodienest) On Thursdays, full astrology readings for free. Need to know the exact time and place of your birth.

### **HERBAL BOOKS**

THE BOOK OF HERBALWISDOM-MATTHEW WOOD SEVEN HERBS PLANTS AS TEACHERS- MATTHEW WOOD THE EARTHWISE HERBAL -OLD WORLD MEDICINAL PLANTS

and NEW WORLD MEDICINAL PLANTS – MATTHEW WOOD (anything by Matt Wood!)

THE PRACTICING HERBALIST-MARGI FLINT

FORAGER’S HARVEST-SAM THAYER NATURE’S GARDEN-SAM THAYER

HEALING WISE-SUSUN WEED MENOPAUSAL YEARS the wise woman’s way – SUSUN WEED

HERBS FOR PETS- WULF/TILFORD

HERBAL ANTIBIOTICS – STEPHEN BUHNER (anything by Buhner!)

MIDWEST FORAGING- LISA M. ROSE MIDWEST MEDICINAL PLANTS – LISA M. ROSE (THE) HERBAL MEDICINE MAKER’S HANDBOOK-JAMES GREEN INDIAN HERBOLOGY OF NORTH AMERICA-ALMA HUTCHENS NATIVE PLANTS NATIVE HEALING traditional Muskogee way-TIS MAL CROW NURSE-HERBALIST -MARTHA MATHEWS LIBSTER

PLANT SPIRIT MEDICINE- ELLIOT COWAN PLANTS USED BY THE GREAT LAKES OJIBWA-JAMES MEEKER/JOAN ELIAS/JOHN HEIM (THE) WAY OF HERBS- MICHAEL TIERRA

WHAT’S DOIN’ THE BLOOMIN’? -CLAYTON AND MICHELE OSLUND ALL OF THE AUDOBON SOCIETY BOOKS

Botany in a Day - Thomas J Elpel

Necomb's Wildflower Guide - Lawrence Necomb