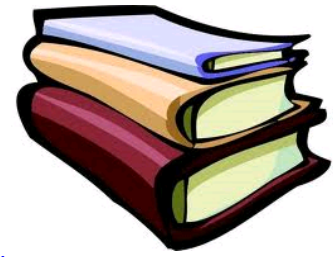


Anne's Suggested Reading/Listening List

- **BRENÉ BROWN ON VULNERABILITY**
 - "Courage is borne out of vulnerability, not strength. This finding of Brené Brown's research on shame and "wholeheartedness" shook the perfectionist ground beneath her own feet. And now it's inspiring millions to reconsider the way they live, parent, and navigate relations with members of the opposite gender."
 - Interview with Dr. Brown
<http://www.onbeing.org/program/brene-brown-on-vulnerability/4928>
 - TED Talk: <http://www.onbeing.org/blog/brene-brown-leaning-our-vulnerability-video/4903>
- **Happy Money: The Science of Smarter Spending**, by Elizabeth Dunn and Michael Norton
How to use money to increase your happiness
 1. Buy experiences (not things)
 2. Make it a treat
 3. Buy time
 4. Pay now, consume later
 5. Invest in others
- **The Power of Now: A Guide to Spiritual Enlightenment**, by Eckhart Tolle
- **Time Management from the Inside Out: The Foolproof System for Taking Control of Your Schedule – and Your Life**, by Julie Morgenstern
- **Making Work Work**, by Julie Morgenstern
- **What Happy People Know: How the New Science of Happiness Can Change Your Life for the Better**, by Dan Baker, Ph.D and Cameron Stauth
http://www.amazon.com/Time-Management-Inside-Out-Second/dp/0805075909/ref=sr_1_4?s=books&ie=UTF8&qid=1306512168&sr=1-4
- **The 10 Natural Laws of Successful Time and Life Management: Proven Strategies for Increased Productivity and Inner Peace**, by Hyrum W. Smith.
"The focus of this book is not exclusively on time management but on achieving inner peace. The secret to achieving inner peace lies in understanding our inner core values – those things in our lives that are most important to us – and then seeing that they are reflected in the daily events of our lives."
- **Life Lessons: Two Experts on Death and Dying Teach Us About the Mysteries of Life and Living**, by Elisabeth Kubler-Ross and David Kessler



- **The Power of Full Engagement: Managing Energy, Not Time, is the Key to High Performance and Personal Renewal**, by Jim Loehr and Tony Schwartz
“We race through our lives without pausing to consider who we really want to be or where we really want to go. We’re all wired up but we’re melting down.”
- **Authentic Happiness: Using the New Positive Psychology to Realize Your Potential and Lasting Fulfillment**, by Martin E. P. Seligman, Ph.D
- **The Ten Commandments of Financial Happiness : Feel Richer with What You've Got**, by Jean Chatzky
- **Polls, Wealth and Happiness: Where Money Seems to Talk** article from *The Economist* magazine, July 12th 2007
www.economist.com/world/international/displaystory.cfm?story_id=9475891
- **The SPEED of Trust: The One Thing That Changes Everything**, by Stephen M. R. Covey

PODCASTS on stress

- <http://www.wnyc.org/shows/radiolab/episodes/2005/02/11>
– Program description: The body has a system for getting out of trouble. Back when trouble meant being chased by a tiger, that system gave us a real survival edge. But these days, "trouble" is more likely to mean waiting in traffic... and "the system" is more likely to make us sick. Stanford University neurologist Dr. Robert Sapolsky takes us through what happens on our insides when we stand in the wrong line at the supermarket and offers a few coping strategies: gnawing on wood, beating the crap out of somebody, and having friends.
- <http://speakingoffaith.publicradio.org/programs/stress/index.shtml>
– *Stress and the Balance Within* Dr. Esther Sternberg works at the molecular level of the mind-body connection. The language of genes, neurotransmitters, and hormones, as she describes it, is helping science understand how our emotions and our bodies are connected — why stress can make us sick, and loving and believing can help us be well.
- You may also check my website for a complete list of suggested readings & podcasts:
annelightsey.com