

Are You Stressed Out?

Try These Chi-Balancing Books for the Body, Mind and Soul

☯ *40 Days to Personal Revolution: A Breakthrough Program to Radically Change Your Body and Awaken the Sacred Within Your Soul*

Baron Baptiste

☯ *Blessed Health: The African-American Woman's Guide to Physical and Spiritual Well-Being*
Melody Theresa McCloud

☯ *Chi Gong: The Ancient Chinese Way to Health*
Paul Dong

☯ *Everyday Calm: Relaxing Rituals for Busy People*
Darrin Zeer

☯ *Finding the Still Point: A Beginner's Guide to Zen Meditation*
John Daido Looi

☯ *Fit Over Forty: A Revolutionary Plan to Achieve Lifelong Physical and Spiritual Health and Well-Being*
James Rippe

☯ *Lit From Within: Tending Your Soul for Lifelong Beauty*
Victoria Moran

☯ *Living Yoga: Creating a Life Practice*
Christy Turlington

☯ *Natural Highs: Supplements, Nutrition and Mind-Body Techniques to Help You Feel Good All the Time*
Hyla Cass

☯ *Office Spa: Stress Relief for the Working Week*
Darrin Zeer

☯ *Stress Relief for Disasters Great and Small: What to Expect from Day One to Year One and Beyond*
Georgia Witkin

☯ *T'ai Chi: Ancient Physical Systems for Creating Inner Harmony and Equilibrium*
Andrew Popovic

☯ *T'ai Chi Chi Kung: Fifteen Ways to a Happier You*
Peter Chin Kean Choy

☯ *Ten Zen Seconds: Twelve Incantations for Purpose, Power and Calm*
Eric Maisel

☯ *The Art of Aromatherapy: A Guide to using Essential Oils for Health and Relaxation*
Pamela Allardice

☯ *The Art of Learning: A Journey in the Pursuit of Excellence*
Josh Waitzkin

☯ *The Fitness Option: Five Weeks to
Healing Stress*
Valerie O'Hara

☯ *The Guru's Guide to Serenity: A
Me-Time Menu of Celebrity Stress Reducers*
Laurel House

☯ *The Healing Power of Water*
Masaru Emoto

☯ *The Shaolin Way: Ten Modern
Secrets of Survival from a Shaolin Grand
Master*
Steve Demasco

☯ *The Tapping Cure: A Revolutionary
System For Rapid Relief from Phobias,
Anxieties, Post-Traumatic Stress
Syndrome and More*
Roberta Temes

☯ *The World Peace Diet: Eating for
Spiritual Health and Social Harmony*
Will M. Tuttle

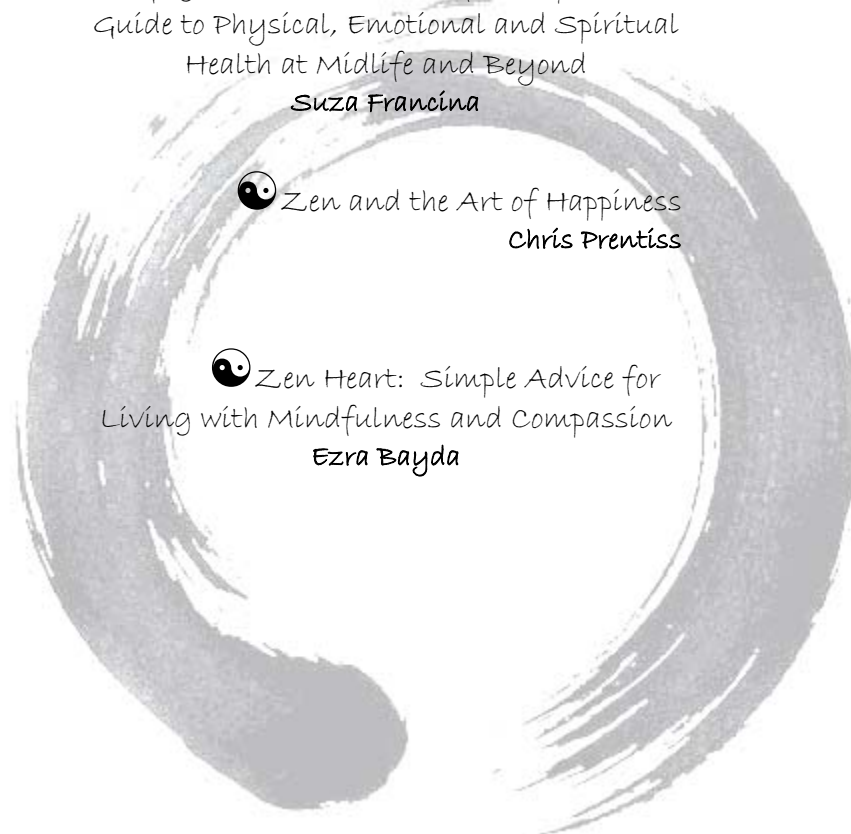
☯ *True Meditation: Discover the Freedom
of Pure Awareness*
Adayashanti

☯ *Upside-Down Zen: Finding the
Marvelous in the Ordinary*
Susan Murphy

☯ *Yoga and the Wisdom of Menopause: A
Guide to Physical, Emotional and Spiritual
Health at Midlife and Beyond*
Suza Francina

☯ *Zen and the Art of Happiness*
Chris Prentiss

☯ *Zen Heart: Simple Advice for
Living with Mindfulness and Compassion*
Ezra Bayda



Compiled by: MK November 2008

