**Books clients/Rita has recommended**

**Book Recommendations**

The Chimp Paradox

5 Languages of Love

The Road Less Travelled – Scott Peck

Conscious Loving

Emotionally Well

Dance of Intimacy

7 Steps to Happy Families – Steven Covey

Cutting for Stone

Hair with the amber eyes

Small great things - Jodi picoult

Kuebler - Ross: death and dying

The secret book of Frida kahlo

The husbands secret

Adult children of emotionally immature parents

The News by Alan de Botton

Big little lies

The diamond cutter

The four agreements

Habits

7 habits of highly effective people

<http://www.truthseekerz.com/Robert_Morse_-_The_Detox_Miracle_Sourcebook_EBOK.pdf?fref=gc&dti=216687125511753#page293>

Sign - Colin dray

Biology of belief – Bruce Lipton

Dying to be me – Anita Moorjani

Guess how much I love you – Sam McBratney

The games people play – Eric Berne

I’m okay, you’re okay – Thomas Harris

The plant paradox – Steven Gundry

Start with why - Simon Senek

The subtle art of not giving a fuck – Mark Manson

Claim your power - Mastin Kipps

3 billboard - finding your feet ???

The subconscious can do anything - John keho

The dance of anger - Harriet Lerner

Psychology of marketing - https://www.amazon.com/Psychology-Marketing-Cross-Cultural-Perspectives/dp/0566089033

The journey - Brendan bays

Cabot health - mood food

Believe & achieve - Paul Moro

You can do it - Paul Moro

Raising Intuitive children by Caron Goode & Tara Peterson

Getting the love you want - - a guide for couples – Harville Hendrix

**Movies to watch**

Lantana

Ladybird

sausage party

Zootopia 2

Ice age: collision course

10 cloverfield lane

Loving

A royal night

Whisky,tango foxtrot

The world trade centres

Palm trees in the snow

Neighbours 2 sorority rising

Mechanic - resurrection

Hunt for the wilderpeople

Fathers and daughters

Hitmans bodyguard

Bad Grandpa

Caroline Leaf

If meat eaters are vegetarian

Trumbo

Carol

Reuben Guthrie movie

Vince Flynn

Fresh of the boat - channel 11

Denial - lunar

The cure?

A cure for living

La la land?

Moonlight

Split

Fifty shades darker

Nell

Movie Netflix - food choices

Super hire me

Gone girl

Girl on the train

A miracle from heaven

Once we were warriors - kiwi movie

The shack - gomovies.to or .cs

ABC - u can't ask that (via Kowhai)

Return of xander cage

Berlin syndrome

Rake series - Netflix

Netflix - doco - brain train

Series: Peaky blinders

Online movie: Jeremy the dud

Thinking fast and slow

Michael cannoman

Big little lies (series)

Unstoppable stories tv

The young pope -sbs

The road

The book of Eli

Hidden figures

Spotlight

The good lie

House

The Knick

What makes a psychopath sbs-abc

The connection (3 yrs old)

Food matters

The magic pill

Trust me, I’m a doctor series

United Kingdom

God still exists

Hack Shaw ridge

Staircase (Netflix)

The choice (maybe Netflix)

**Websites to look up:**

Bruce Perry from USA

Ido Portel – the movement guy

**Facebook recommended:**

Jay Shetty

Tony robins

Prince EA

Tiny Buddha

**A play recommended:**

Cry havoc

**Websites re neuroplasticity:**

Maxwell maltz

Psycho cybernetic

**Utube recommended**:

Tony robins - I'm not your guru

Alison Armstrong

David Deida

Barbera d’angelos

Paul scanlon

Gregg braden

Daniel Goleman utube re Emotional Intelligence

Peter Levine

Judith Herman

Brene brown

Bessel A. van der Kolk

Power of the pussy

The richest man in Babylon

Lisa Nichols

Mel robins

Stuart Shanker re emotional regulation due to stressors

Joe Dispenza

Will Smith

Project life mastery

Dorothy & dealer

Eckhart Tolle

Simon Sinek (leadership)

FSL Modern

Gabor Mate

Louise Hay

Abraham Hicks (quantum physics)

Dwayne alley

Wheels of life - zig zigler

Brian Tracey - change your habits, change your life

Tedex - vulnerability

**Podcast recommended:**

Actual innocence

Sword n scale

Case file true crime

Serial

Lucky bitch

Sage Levine \*\*\*\*\*\*\*\*\*\*

The big shift - bill barren

Finding mastery -Dr Michael Gervais