

Fitness and Wellness Reading and Reference List

Strong Women, Strong Bones Miriam E. Nelson, Ph.D.

Not simply for those who have Osteoporosis, this book reviews nutrition and exercise for healthy living.

Well Being Dr. Julian Jessel-Keynon, Sterling Publishing Company.

Waiting for the Weekend Witold Rybezynski, Penguin Group/Viking Penguin, a division of Penguin Books USA. A history of leisure time and the origin of the weekend. R&R (rest and relaxation) is no accident but a well planned primal need designed by the human over the years.

The Power of Now Eckhart Tolle, New World Library.

Learn the skill of being present, shift into a new reality to enrich your life. Excellent reading for those in transition in career, personal growth and value management.

Slowing Down the Speed of Life Carlson and Bailey, HarperCollins Publishers, San Francisco.

Get Real about time. This book gives you hint to support increased effectiveness.

Self-Mastery, Mission and Meaning in Modern Life Ramon C. Corrales, Ph.D., Bookworks Publishing.

Used for research when designing my Leisure time workshop we find a road map for creating a well rounded individual who is effective in all areas of life.

Wherever You Go, There You Are Jon Kabat-Zinn, Hyperion Publishing, 1995.

The Wellness Book, The comprehensive guide to maintaining Health and Treating Stress- Related Illness

Herbert Benson, M.D., Eileen M. Stuart, R.N., C., M.S., Simon and Schuster, 1992.

Comprehensive is an understatement, this book approaches every aspect of Self Management. A great review of exercise, nutrition and stress management.

200+ Recipes for a Longer Life Gloria Rose, Avery Publishing Group Incorporated, 1994.

This book includes nutritional breakdown for each recipe, along with charts to assist you in making correct choices in food as well educating you about the fats and healthy substitutes.

Trail Guide to the Body Andrew Weil, Consolidated Press, Seattle, Washington.

Turning to One Another; Simple Conversations to Restore Hope to the Future Margaret Wheatley.

Leadership and the New Science Margaret Wheatley

The Diet Cure Julia Ross, MA, Penguin Books, N.Y., N.Y.

Super book which describes how imbalance in vital Amino Acids create cravings and leave our population feeding starving bodies trying to control physical and emotional needs with foods. Research outlined in this book show where predisposed needs come into play.

Wrinkle Cure Dr. Perricone.

Want to give up sugar, just turn to page 72 and 73 in this book. Adele Davis, wrote Sugar = Sagging in the '60's but Dr. Perricone explains just how the cellular breakdown occurs and changes the composition of skin cell structure that affects aging. Look for other nutritional habits that can support a youthful look.