



**Recommended Book List\*:** Here's a few books that have increased my knowledge and understanding of the following areas and helped me grow personally over the years.

**To Understand Biological Differences between Men & Women:**

- Sex on the Brain; the biological differences between Men & Women* by Deborah Blum
- Why Men don't Listen, and Women don't Read Maps* by Barbara & Allan Pease
- *Why Men Never Remember and Women Never Forget* by Marianne J. Legato, MD
- *Venus on Fire, Mars on Ice* by John Gray
- The Female Brain* by Louann Brizendine, MD
- The Male Brain* by Louann Brizendine, MD

**For Relationships:**

- Real Intimacy Now; The New Rules and Game of Intimacy for the 21st Century* by Dr. Cindy Brown
- The Five Love Languages; How to Express Heartfelt Commitment to Your Mate* by Gary Chapman
- Men, Women and Relationships; Making Peace with the Opposite Sex* by John Gray
- *Mars and Venus in the Bedroom* by John Gray
- Facing Love Addiction; Giving yourself the Power to Change the Way you Love* By Pia Mellody
- The New Rules of Marriage; A Breakthrough Program for 21<sup>st</sup> Century Relationships* by Terrence Real
- The Cinderella System: 7 steps to Attracting the Relationship of Your Dreams* by Dr. Cindy Brown

**For Personal Discovery and Growth:**

- You Can Heal Your Life* by Louise Hays
- Love Yourself Heal Your Life Workbook* by Louise Hays
- When Everything Changes, Change Everything* by Neale Donald Walsch
- A New Earth; Awakening to Your Life's Purpose* by Eckhart Tolle
- Who Are You? 101 Ways of Seeing Yourself* by Malcolm Godwin
- Me Five Years From Now; The Life Planning Book You Write Yourself*
- The Cinderella System: 7 steps to Attracting the Relationship of Your Dreams* by Dr. Cindy Brown

**\*Check back from time-to-time as I will be adding more books \***