

**UNIVERSITY OF SANTA MONICA**  
**LIFE MASTERY & SOUL-CENTERED LIVING II**  
 RECOMMENDED READING LIST

<b>HEALING OF MEMORIES READING</b>	
1	Brown, Brené <i>Rising Strong: The Reckoning. The Rumble. The Revolution.</i> New York: Spiegel & Grau, 2015. ISBN-10: 0812995821
2	Ferrucci, Piero <i>The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life</i> New York, NY: Tarcher, 2007. ISBN-10: 1585425885
3	Muller, Wayne <i>Legacy of the Heart: The Spiritual Advantages of a Painful Childhood.</i> New York: Simon & Schuster, 1992. ISBN-10: 0671797840
4	Goodlife Journals <i>The Five Minute Gratitude Journal. Independently published, 2018</i> ISBN-10: 198041002X. ISBN-13: 978-1980410027.
<b>RELATIONSHIP AS SPIRITUAL OPPORTUNITY READING</b>	
1	Bradshaw, John <i>Family Secrets: The Path From Shame to Healing</i> New York, NY: Bantam Books, 1996. ISBN-10: 0553374982
2	Hendricks, Gay and Kathlyn Hendricks <i>Conscious Loving: The Journey to Co-Commitment</i> New York, NY: Bantam Books, 1990. ISBN-10: 0553354116
3	Ruiz, Don Miguel <i>The Mastery of Love</i> San Rafael, CA: Amber-Allen Publishing, 1999. ISBN-10: 1878424424
<b>LIFE MASTERY &amp; SOUL-CENTERED CO-CREATION READING &amp; LIFE MASTERY &amp; SOUL-CENTERED CO-CREATION PROJECT TEAMS READING</b>	
1	Clear, James <i>Atomic Habits: An Easy &amp; Proven Way to Build Good Habits &amp; Break Bad Ones</i> New York: Penguin Random House, 2018. ISBN: 9780735211292.
2	Holden, Robert <i>Authentic Success: Essential Lessons and Practices from the World's Leading Coaching Program on Success Intelligence.</i> Carlsbad, CA: Hay House, 2011. ISBN-10: 1401928242
3	Leonard, George <i>Mastery</i> New York, NY: Plume, 1992. ISBN-10: 0452267560
4	Loehr, Jim and Tony Schwartz <i>The Power of Full Engagement</i> New York, NY: Free Press, 2005. ISBN-10: 0743226755
5	Pressfield, Steven <i>The War of Art: Break Through the Blocks and Win Your Inner Creative Battles</i> New York, NY: Black Irish Entertainment, LLC, 2012. ISBN-10: 1936891026
<b>CULTIVATING THE CONSCIOUSNESS OF THE SPIRITUAL SCIENTIST READING</b>	
1	Rosling, Hans <i>Factfulness: Ten Reasons We're Wrong About the World—and Why Things Are Better Than You Think.</i> New York: Flatiron Books. 2018. ISBN 978-1-250-10781-7