***BOOKS, MOVIES, PODCASTS***

***FAMILIAR WITH NOT FAMILIAR WITH***

*\_\_\_\_\_Altered Traits\_\_\_\_\_*

*\_\_\_\_\_The Emotional Life of Your Brain\_\_\_\_\_*

*\_\_\_\_\_Proof of Heaven\_\_\_\_\_*

*\_\_\_\_\_Map of Heaven\_\_\_\_\_*

*\_\_\_\_\_Living in a Mindful Universe\_\_\_\_\_*

*\_\_\_\_\_On-Being\_\_\_\_\_*

*\_\_\_\_\_The Dancing Universe\_\_\_\_\_*

*\_\_\_\_\_The Simple Beauty of the Unexpected\_\_\_\_\_*

*\_\_\_\_\_The Island of Knowledge\_\_\_\_\_*

*\_\_\_\_\_A Tear at the Edge of the Universe\_\_\_\_\_*

*\_\_\_\_\_The Absence of Mind\_\_\_\_\_*

*\_\_\_\_\_What Are We Doing Here?\_\_\_\_\_*

*\_\_\_\_\_Gilead\_\_\_\_\_*

*\_\_\_\_\_Beyond the Self\_\_\_\_\_*

*\_\_\_\_\_The Monk and the Philosopher\_\_\_\_\_*

*\_\_\_\_\_I AM\_\_\_\_\_*

*\_\_\_\_\_What the Bleep Do We Know?\_\_\_\_\_*

*\_\_\_\_\_Masaro Emoto\_\_\_\_\_*

*\_\_\_\_\_Heart Intelligence\_\_\_\_\_*

*\_\_\_\_\_The Science of the Heart\_\_\_\_\_*

*\_\_\_\_\_Transforming Stress\_\_\_\_\_*

*\_\_\_\_\_Molecules of Emotion\_\_\_\_\_*

*\_\_\_\_\_Your Body Is Your Subconscious Mind\_\_\_\_\_*

*\_\_\_\_\_Your Body’s Many Cries for Water\_\_\_\_\_*

*\_\_\_\_\_The Relaxation Response\_\_\_\_\_*

*\_\_\_\_\_Just Breathe Out\_\_\_\_\_*

*\_\_\_\_\_Full Catastrophe Living\_\_\_\_\_*

*\_\_\_\_\_The Untethered Soul\_\_\_\_\_*

*\_\_\_\_\_The Surrender Experiment\_\_\_\_\_*

*\_\_\_\_\_The Search for Truth\_\_\_\_\_*

*\_\_\_\_\_Embrace, Release, Heal\_\_\_\_\_*

*\_\_\_\_\_The Spark in the Machine\_\_\_\_\_*

*\_\_\_\_\_Jean claude guimbarteau\_\_\_\_\_*

*\_\_\_\_\_Einstein Bio\_\_\_\_\_*