## Recommended Reading List

Alexander, J. (2002). *The Weekend Healer.* Simon and Schuster.

Bly, R. (1999). *101 Ways to Make Every Second Count .* Career Press.

Carlson, C., & Carlson, R. (1985-2006). *"Don't Sweat the Small Stuff" Series.* Don't Sweat.

Carnegie, D. (1984). *How to Stop Worrying and Start Living .* Simon & Schuster.

Ferriss, T. (2007). *The Four-Hour Workweek.* Crown Publishing.

Gibson, D. (Composer). (1998). Natural Stress Relief.

Selye, H. (1978). *The Stress of Life.* McGraw-Hill.