

Diana's Favorites

Resources for exceptional living

People often ask me what other resources I recommend to support them in creating exceptional lives. Here are some suggestions based on what most served myself and my clients.

Books by Gay and Kathlyn Hendricks

Conscious Loving, Conscious Living, The Conscious Heart and Lasting Love

Books by Eckhart Tolle

The Power of Now, A New Earth, Stillness Speaks

Books by Byron Katie

Loving What Is, I Need Your Love-Is That True?, A Thousand Names For Joy

Books by David Deida

The Way of the Superior Man, Intimate Communion, Dear Lover, Blue Truth, It's a Guy Thing

Books on the Enneagram

The Enneagram is a wonderful personality typing system that supports the understanding of your individual fixation patterns.

The Wisdom Of The Enneagram, by Riso and Hudson

The Enneagram Made Easy, and
The Enneagram of Parenting by Baron and Wagele

Managing Energy

The Power of Full Engagement by Loehr and Schwartz

Living in Completion

Getting Things Done, by David Allen

Books By Osho

Love, Freedom, Aloneness, Joy, Courage: The Joy of Living Dangerously, and many more

Advanced Metaphysical Reading

A Course in Miracles

Attend A Training

My mentors and friends, Gay and Katie Hendricks, offer many wonderful trainings. I have an alliance with them so if you have advised with me, you can go directly into their advanced courses. You can learn more about their events by going to www.hendricks.com

I have attended trainings by most of the authors above and recommend them to all.

Be Supported by a Mentor

Contact me if you would like to learn more about the services I offer. There are many other wonderful mentors listed at www.hendricks.com

Participate in A Coaching Circle

I encourage you to create your own learning circle or work regularly with a learning buddy exploring conscious living.

Support Your Nervous System and Physical Structure

Consider Network Chiropractic, Yoga, Acupuncture, Breathwork, Meditation, Hakomi Therapy, Massage, Rebirthing, Feldenkrais Method, Cranial Sacral Therapy, Myofascial Release, Reiki, Homeopathy and other forms of energy medicine.

Support Your Energy System

Support yourself by eating natural, fresh foods oriented to your needs and sensitivities, drinking plenty of fresh water, exercising regularly, getting plenty of rest, spending time in nature, practicing conscious breathing, and engaging in creative expression.

