

Recommended Reading list – Module 3

- **The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention.** Dawson Church Ph.D.
- **Why Am I Sick?** Richard Flook
- **The Cortisol Connection.** Shawn M Talbott Ph.D
- **The Second Brain.** Michael D.Gershon
- **Restore Yourself – The Antidote for Professional Exhaustion.** Dr. Edy Greenblatt.
- **The Pain Management Workbook.** Dr. Rachel Zoffness
- **Centering, why mindfulness alone isn't enough.** Mark Walsh
- **Dying Was the Best Thing That Ever Happened to Me.** William E. Hablitze
- **The Diving Bell and the Butterfly: A Memoir of Life in Death.** Jean-Dominique Bauby
- **On Death and Dying.** Elizabeth Kübler-Ross
- **The Last Lecture.** Randy Pausch