

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
- **Centering, why mindfulness alone isn't enough.** Mark Walsh
- **Dying Was the Best Thing That Ever Happened to Me.** William E. Hablitzte
- **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

Training

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