

## Small Change, Big Results Resources

This page is a work in progress. Please check back weekly for new resources.

### Pause

Horstead, Sharon. *Living the Mindful Way: 85 Everyday Mindfulness Practices for Finding Inner Peace*. S.I.: Mindful Heart Learning Press, 2010.  
Zinn, Jon. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. New York, N.Y.: Delacorte Press, 1990.  
Zinn, Jon. *Guided Mindfulness Meditation: Series 1*, Sounds True, 2005, Audio CD.

### Imagine

Cameron, Julia. *The Artist's Way: A Spiritual Path to Higher Creativity*. Los Angeles, CA: Jeremy P. Tarcher/Perigee, 1992.  
Sher, Barbara. *Wishcraft*. 1979.

### Plan

Allen, David. *Getting Things Done: The Art of Stress-free Productivity*. New York: Viking, 2001.  
Forster, Mark. *Do It Tomorrow and Other Secrets of Time Management*. London: Hodder & Stoughton, 2006.

### Shrink

[TinyHabits.com](http://TinyHabits.com)

Arnold, Caroline L. *Small Move Using Microresolutions to Transform Your Life Permanently*. New York: Viking, 2014.

### Act

Duhigg, Charles. *The Power of Habit: Why We Do What We Do in Life and Business*. New York: Random House, 2012.  
McGonigal, Kelly. *The Willpower Instinct: How Self-control Works, Why It Matters, and What You Can Do to Get More of It*. New York: Avery, 2012.

### Flow

Burns, David D. *Feeling Good: The New Mood Therapy*. New York: Morrow, 1980.  
Greenberger, Dennis, and Christine A. Padesky. *Mind over Mood: Change How You Feel by Changing the Way You Think*. New York: Guilford Press, 1995.  
Rossman, Martin L. *The Worry Solution: Using Breakthrough Brain Science to Turn Stress and Anxiety into Confidence and Happiness*. New York: Crown Archetype, 2010.  
Wehrenberg, Margaret. *The 10 Best-ever Anxiety Management Techniques: Understanding How Your Brain Makes You Anxious & What You Can Do to Change It*. New York: W.W. Norton, 2008.

## **Celebrate**

Keltner, Dacher. *Born to Be Good: The Science of a Meaningful Life*. New York: W.W. Norton &, 2009.