

# \*INSPIRATION UNLIMITED\*

Lectures, Seminars, Workshops & Retreats in Health Promotion and Wellness  
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## 2010 Books, CD's and DVD Order List

<u>TITLE</u>	<u>PRICE</u> (Pls. circle choices)
<i>STAND LIKE MOUNTAIN, FLOW LIKE WATER</i> (10 <sup>th</sup> anniversary edition) <i>Reflections on Stress and Human Spirituality</i> (NEW!)	\$15.00
STRESSED IS DESSERTS SPELLED BACKWARD (2E) (NEW!)	\$17.00
<i>QUIET MIND, FEARLESS HEART</i> <i>The Taoist Path through Stress and Spirituality</i>	\$15.00
<i>HOT STONES &amp; FUNNY BONES</i> <i>Teens Helping Teens Cope with Anger and Stress</i>	\$13.00
<i>THE ART OF CALM: Relaxation Through the Five Senses</i>	\$10.00
ACHIEVING THE MIND-BODY-SPIRIT CONNECTION	\$25.00
<i>SEASONS OF THE HEART (Earth Prayers II) DVD</i> (36 minute relaxation DVD video) Simply Breathtaking!	\$25.00
<i>MANAGING STRESS: A Creative Journal (3<sup>rd</sup> edition)</i> (Over 70 soul-searching themes for self-exploration)	\$30.00
<i>MANAGING STRESS: Principles &amp; Strategies (6<sup>th</sup> edition)</i> (With a 60 minute relaxation CD with 4 meditations and workbook)	\$100.00
<i>A CHANGE OF HEART: Meditations and Guided Visualizations</i> (78 minute Audio CD with four meditations)	\$17.00
<i>SWEET SURRENDER: Meditation and Guided Visualizations</i> (78 minute Audio CD with four meditations)	\$17.00
<i>A WING &amp; A PRAYER: Meditation and Guided Visualizations</i> (78 minute audio CD with four meditations)	\$17.00
<i>ONE QUIET NIGHT: Relaxing Music CD</i> Instrumental Musical Selections from the Eversound Music collection	\$17.00
<i>STAND LIKE MOUNTAIN, FLOW LIKE WATER</i> (Instrumental CD) (NEW!) More Relaxing Musical Selections from the Eversound Music Collection!	\$17.00
<i>Jane Goodall's Message of Peace (DVD &amp; CD)</i> (NEW!) <i>* All books delightfully autographed upon request !</i>	\$25.00
<i>EARTH SONGS: Mountains, Water &amp; The Healing Power of Nature</i> (NEW!) A stunning documentary relaxation DVD narrated by Michael York	\$25.00

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