

# List of Recommended Books, Websites, CD's, & DVD's

## Created by Serena Goldsmith © 2015

To see my webinar presentation, go to [www.ibpf.org](http://www.ibpf.org) and click on "Archived Webinars & Lectures – View Here" and select Serena Goldsmith: A Story of Hope and Recovery (March 18, 2015).

### My Vegan Healing Diet

*Self Healing Colitis & Crohn's* by David Klein, Ph.D.

[www.colitisandcrohnscenter.com](http://www.colitisandcrohnscenter.com)

*Healing Bipolar and Depression* by Suzy Hoseus

[www.lifelearningministries.org](http://www.lifelearningministries.org)

*The China Study* by T. Colin Campbell

[www.nutritionstudies.org](http://www.nutritionstudies.org)

*The 80/10/10 Diet* by Douglas Graham, D.C.

[www.foodnsport.com](http://www.foodnsport.com)

*The Raw Secrets* by Frederic Patenaude

*Raw Food Controversies* by Frederic Patenaude

*Raw Freedom* by Frederic Patenaude

[www.fredericpatenaude.com](http://www.fredericpatenaude.com)

### Changing Thoughts & Beliefs

*You Can't Afford the Luxury of a Negative Thought* by John-Roger & Peter McWilliams

*The Biology of Belief* by Bruce Lipton

*Heal Your Body A-Z* by Louise Hay

*You Can Heal Your Life* by Louise Hay

*The Hidden Messages in Water* by Masaru Emoto

*The Science of Mind* by Ernest Holmes

*The Magic of Thinking Big* by David Schwartz

## **Bipolar Disorder/Depression/Suicide**

*Back from the Brink* by Graeme Cowan

[www.iambackfromthebrink.com](http://www.iambackfromthebrink.com)

*Suicide: The Forever Decision* (free downloadable eBook) by Paul Quinnett

[www.QPRInstitute.com](http://www.QPRInstitute.com)

*Suicide Hotline: 1-800-273-TALK (8255)*

*National Suicide Prevention Lifeline:* [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

*Are You Getting Enlightened Or Losing Your Mind?* by Dennis Gersten, M.D.

## **Stress Reduction**

Ahria's CD's: *Heaven Guide Me & Faraway Places Within*

[www.ahria.com](http://www.ahria.com)

*Yoga for Digestion Perfection* DVD by Annette Davidsson

[www.ayoga.us/DVD.html](http://www.ayoga.us/DVD.html)

*The Exercise Cure* by Jordan Metzl, M.D.