

A selection of inspiring Books, CD's & DVD's suggested by www.spiritualinspiration.co.uk

There are of course hundreds of wonderful books and other material available – the items below represent a small selection that can lead you to other great items by the same authors and more.

Some of the material will strike a chord with you better than others, so you can choose your own individual reading path to suit, as you sample these great works.

If the list seems daunting – you could check out the Six Book Plan

Allen Marc (no relation of James Allen) "As You Think" ISBN 1577310748
Bauby Jean-Dominique "The Diving-Bell & The Butterfly" ISBN 1857027795
Bird John "How to Change Your Life in 7 Steps" ISBN 0091907039
Bloom William "The Endorphin Effect" ISBN 0749921587
Branson Richard "Screw it, Let's do it - Lessons in life" ISBN 0753510995
Brightman Sarah -The Harem World Tour: Live from Las Vegas DVD
Butler-Bowden Tom "50 Spiritual Classics" ISBN 1857883497
Buzan Tony "The Power of Spiritual Intelligence" ISBN 10: 0722540477
Carlson Richard "Don't Sweat The Small Stuff..." ISBN 10: 0340708018
Carlson Richard "Stop Thinking & Start Living" ISBN 0722535473
Carson Rick "Taming Your Gremlin" (Illustrated by Novle Rogers) ISBN 0060520221
Carrington Patricia "The Power of Letting Go" ISBN 1843330121
Celtic Sounds – Inspired by tales of Middle Earth (2 CD Music Set)
Chopra Deepak "Journey into Healing" ISBN 0712674810
Chopra Deepak "The Way of the Wizard" ISBN 0712672079
Chopra Deepak "SynchroDestiny" ISBN 1844132196
Chopra Deepak "The Seven Spiritual Laws of Success" ISBN 059304083X
Cohen Ken "Taoism" (4 CD's & 32 page Study Guide - Running Time 4.5 Hours) ISBN 1591792940
Cole-Whittaker Terry "What you think of me is none of my business" ISBN 051509479X
De Bono Edward "Edward de Bono's Textbook of Wisdom" ISBN 0670870110
De Mello Anthony "The Way to Love - The Last Meditations of Anthony De Mello" ISBN 10: 038524939X
Dyer Wayne "Your Erroneous Zones" ISBN 0751504556
Dyer Wayne "How to get what you really, really, really, really want" & "Improve Your Life with the Wisdom of the Ages" DVD
Dyer Wayne 2 DVD Set - The Power of Intention LIVE public television special presentations
Emoto Dr. Masaru "The Hidden Messages in Water" ISBN 1582701148
Epictetus "A Manual for Living" by Labell Sharon ISBN 0062511114
Feldman Christina "The Buddhist Path to Simplicity" ISBN 10: 0007119070
Feldman Christina "Principles of Meditation" ISBN 0722535260
Feldman Christina "Silence" ISBN 1930485034
Field Lynda "Instant Life Coach - 200 Brilliant Ways to Be Your Best" ISBN 0091906709

Field Lynda "365 Inspirations for a Great Life" ISBN 0091887577
Freke Timothy "The Zen Card Pack (64 page book with 30 Koan Cards - ISBN 1556706510)
Gauding Madonna "Six Keys to Buddhist Living" ISBN 1841812528
Gelb Michael "How to think like Leonardo Da Vinci" ISBN 0007169655
Goble Eileen "Gift from an Angel" ISBN 0958657009
Gyatso Geshe Kelsang "Transform your life - A Blissful Journey" ISBN 0948006757
Hanh Thich Nhat & Anh-Huong Nguyen "Walking Meditation" ISBN1591794730 (1 CD, 1 DVD & 1 Book)
Hawkins David "The Eye of the I - From Which Nothing is Hidden" ISBN 0964326191
Hawkins David "Power versus Force" ISBN 0964326116
Hodge Stephen "Zen Master Class – A Course in Zen Wisdom from Traditional Masters" ISBN 1841811173
Hoff Benjamin "The Tao of Pooh and Te of Piglet" ISBN 0416199259
Jeffers Susan "Feel the Fear & Do It Anyway" ISBN 0712671056
Jeffers Susan "The Little Book of Confidence" ISBN 0712608265
Kabat-Zinn Jon "Mindfulness for beginners" ISBN 1591794641 (2 CD Set)
Katie Byron "Loving what is" ISBN 0712629300
Keith Kent M "Anyway - The Paradoxical Commandments" ISBN 10: 034082901X
Krishnamurti Jiddu "Think on These Things" ISBN 10: 0060916095
Krishnamurti Jiddu "Truth is a Pathless Land" ISBN-10: 1591790670 (2 CD's 2.5 hours)
Lama Dalai "The Dalai Lama's Little Book of Inner Peace" ISBN 0007172850
Lama Dalai "Living Wisdom" by Don Farber and The Dalai Lama ISBN 1591794579
Mandino Og "A Better Way to Live" ISBN 10: 0553286749
Mann Robert & Youd Rose "Buddhism: The Plain Facts" ISBN 0-9511769-7-8
Marshall Joseph M. III "Keep Going - The Art of Perseverance" ISBN 1591794692 (4 CD Set)
Mata Sri Daya "Enter the Quiet Heart" ISBN 087612175X
Matthews Andrew "Being Happy" ISBN 9810006640
Matthews Andrew "Happiness in a Nutshell" ISBN 0957757263
Norris Gunilla "Inviting Silence" ISBN 1844135756
Paulus Trina "Hope for the Flowers" ISBN 10: 0809182491
Peale Dr.Norman Vincent "The Power of Positive Thinking" ISBN 0762412550
Pilgrim Peace "Peace Pilgrim - Her Life & Works in her own Words" ISBN 10: 0943734290
Pilgrim Peace "Steps Towards Inner Peace" ISBN 10: 094373424X
Risner Nigel "The Impact Code - Live the life you deserve" ISBN 1841127167
Robbins Tony "Get the Edge" Audiobook
Robbins Tony "Notes from a friend" ISBN 074340937X
Ruiz Don Miguel "The Four Agreements" ISBN 1878424319
Shapiro Debbie "Your Body Speaks Your Mind" (Book & CD) ISBN 1591794188
Sharma Robin "Discover Your Destiny with the Monk Who Sold his Ferrari" ISBN 0007195710
Sharma Robin "Who Will Cry When You Die?" ISBN 1401900127
Tolle Eckhart "The Power of Now" ISBN 0340733500
Tolle Eckhart "Practising the Power of Now" ISBN 0340822538

Tolle Eckhart "Stillness Speaks" ISBN 0340829745

Tolle Eckhart "What is meditation?" DVD

Tolle Eckhart "The Flowering of Human Consciousness" (2 DVD's 3.5 Hours)

Wilson Paul "The Little Book of Calm" ISBN 0140285261

Wilson Stanley D "Qi Gong for Beginners" ISBN 0915801752

Wolinsky Stephen DVD (2.5 Hours) "I am that I am" The teachings of Sri Nisargadatta Maharaj

Yogananda Paramahansa "Sayings of Paramahansa Yogananda" ISBN 0876121164

Yogananda Paramahansa "Autobiography of a Yogi" ISBN 0876120796

Yogananda Paramahansa "Where There Is Light" ISBN 0876122764

Six Book Plan to get you out of a rut for good with a suggested reading order

"Stop Thinking & Start Living" by Richard Carlson ISBN 0722535473

"Your Erroneous Zones" by Wayne Dyer ISBN 0751504556

"A Manual for Living - Epictetus " by Sharon Labell ISBN 0062511114

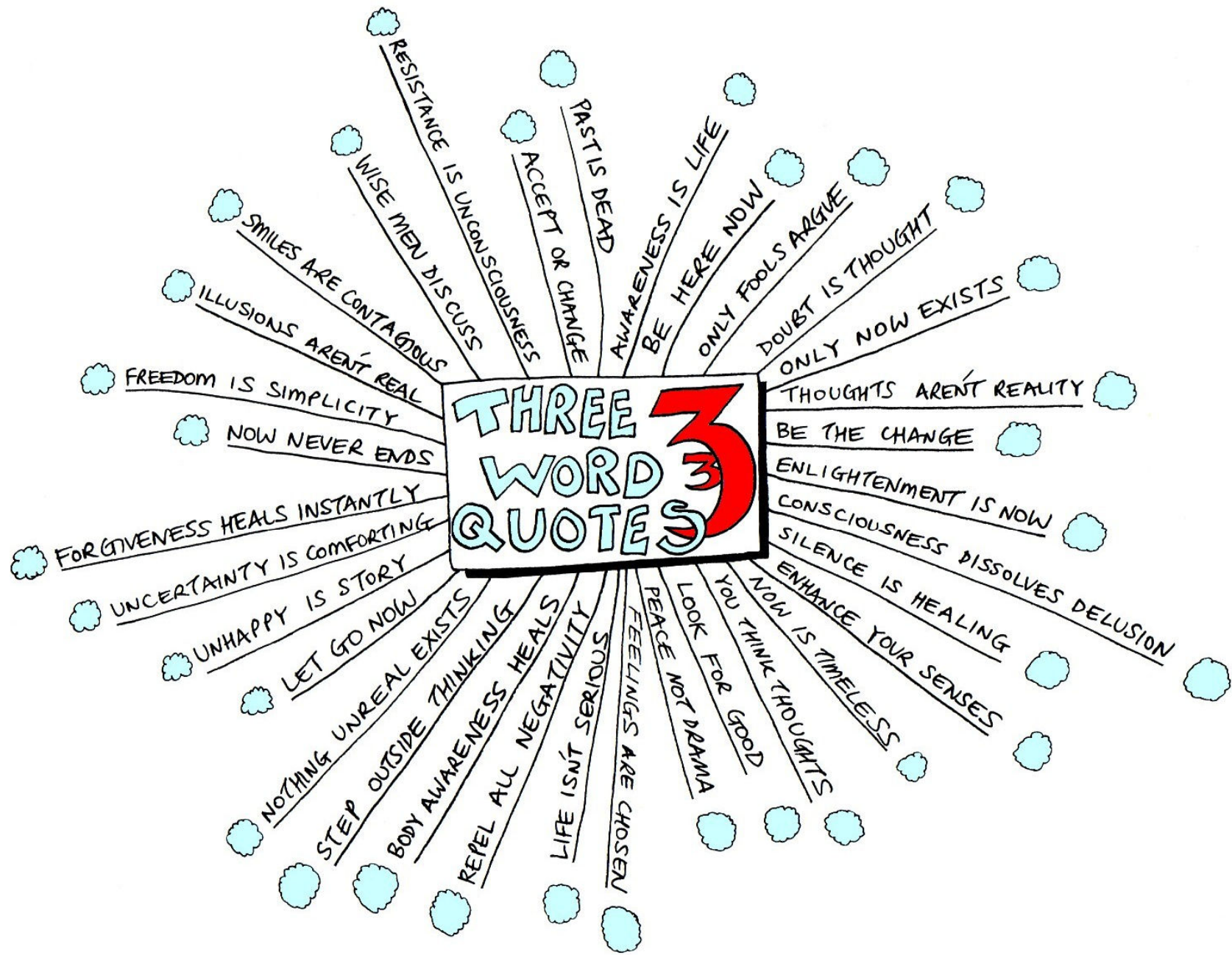
"The Way to Love - The Last Meditations of Anthony De Mello" ISBN 10: 038524939X

"Feel the Fear & Do It Anyway" by Susan Jeffers ISBN 0712671056

"Loving what is" by Byron Katie ISBN 0712629300

One to read any time:

"The Power of Now" by Eckhart Tolle ISBN 0340822538



To see more Mind Maps by Paul Foreman visit the
Mind Map Inspiration Website www.mindmapinspiration.co.uk

and

Subscribe to the Mind Map Inspiration Blog to receive
new Mind Maps, plus creativity and drawing tips.

Blog at www.mindmapinspiration.com

Mindmaps ® were invented by Tony Buzan

They help us progress from "linear" (one-dimensional) through
"lateral" (two-dimensional) to "radiant" (multi-dimensional) thinking.

For more information see his books and visit the following websites:

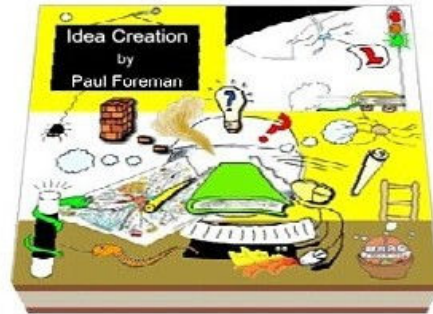
www.buzanworld.com

www.imindmap.com

Available from <http://www.mindmapinspiration.co.uk>

Idea Creation

101 Page E-Book £7.95



In this E-Book I share how I create ideas and help guide you towards the land of infinite possibilities.

Never be stuck for an idea again!

Contents

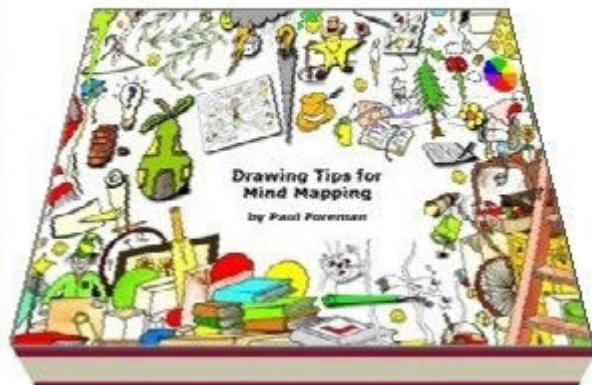
Why simple is often best
Fresh ideas
Use thinking – don't let it use you
Lifespan of an idea
Simplicity of an idea
Everything stems from a thought
Planning ahead and the bigger picture
Sparking ideas
Random thinking styles
Creativity Toolkit
Outside the box outside the box
Ideas don't dry up – thoughts do
Constant Daily Learner
Land of infinite possibilities

Includes the following Mind Maps:

5W1H
Idea Creation
Topical Ephemeral or Practical Immortal
Theory of the Brain
Idea
Planning Ahead and the Bigger Picture
Sparking Ideas
What is Original?
Thinking Styles
Thinking styles template
Creativity Toolkit Mind Map
Planetary Thinking
360° Thinking
Creative Focus
Odd Combinations
Thinking outside the Box
Thinking outside the Box Checklist
Curious Brain
Constant Daily Learner

Drawing Tips for Mind Mapping

110 Page E-Book £5.95



Beginners guide

Colour wheel and use of colours

Suggested Equipment

Drawing Fish

Drawing Cats

Drawing Books

Using Stencils & Templates

Drawing Hats

Mind Map Templates

Drawing Curves & Shapes

Detailed breakdown of "Fantasy Mind Map"

Enhancing Creativity through Thought Reduction

Drawing Speed Tests

Drawing Faces

Lettering

Photo to Cartoon transfer

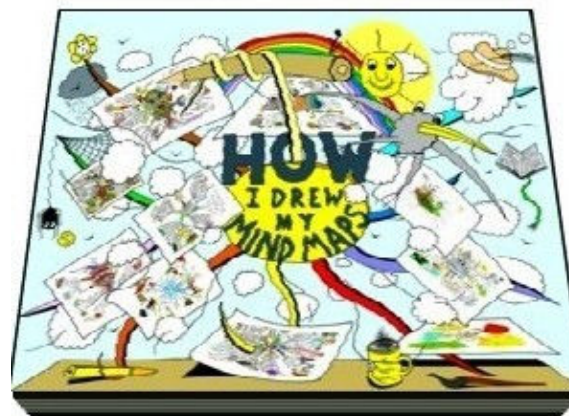
Drawing Tips and Tricks

Doodleboards

Mind Maps

How I drew my Mind Maps

71 Page E-Book £6.95



Learn how to take your drawing to the next level

in my second E-Book and discover the secrets of

"How I drew my minds"

Including:

The thoughts behind the maps

Mind Map structure

What products I use

Tips and tricks for drawing

Colour placement

Image placement

Detailed image analysis

Illustration walkthrough step by step

Fast sketching

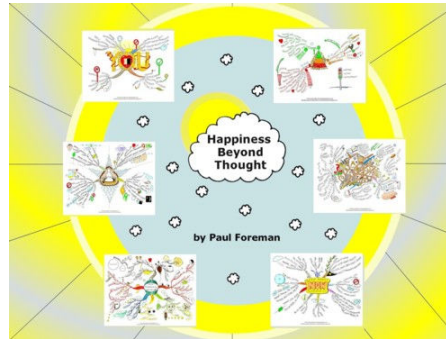
Idea generation

From a simple line and curve to an image

Overlap and 3D

Plus a few surprises!

“Happiness Beyond Thought” 85 Page illustrated E-Book - Including Mind Maps £5.99



Discover true happiness and inner peace

Learn how to stop incessant thinking
and take control of your thoughts

Learn how to meditate, relax your
mind and body and foster inner calm

How to stay in the present moment

How to let go, find simplicity and
transform your life for good

Simple tips and strategies for
a harmonious and stress-free life

Includes:

Happiness is your primary state
Stop Thinking
Happiness is inside you
Go Within
Meditation
Organisation – Inner & Outer
Coming back to now (Present Moment Awareness)

Includes the following Mind Maps:

Happiness is your primary state
Stop Thinking Tips
Happiness is inside you
Go Within
Meditation
Organisation
Present Moment Awareness
Positive Acronym Your Name
Letting Go
Plus a Bonus Mind Map