

**GERIATRIC CONSULTING SERVICES INC.**

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**Books that Nurture our Spirits:**

- **“The Art of Happiness at Work”- Dalai Lama, Howard Cutler, M.D. Riverhead books, NY, 2003**
- **“Heart Sense-Unlocking Your Highest Purpose and Deepest Desires”- Paula Reeves Ph.D, Conari Press, 2003**
- **“Kitchen Table Wisdom”- Rachel Naomi Remen M.D. Riverhead Books, 1996**
- **“You Live by Learning: Eleven Keys for a More Meaningful Life”- Eleanor Roosevelt Westminister Press, 1960**
- **“The Caring Spirit Approach to Eldercare” Nancy L. Kriseman L.C.S.W. – Health Professions Press, 2005**
- **“Growing Myself: A Spiritual Journey Through Gardening”- Judith Handelsman, Plume Books, 1996**
- **“The Dance: Moving to the Rhythms of Your True Self”- Oriah Mountain Dreamer, Harper San Francisco, 2001**
- **“It Could Always Be Worse” - Margot Zelmach, 1976**
- **“The Four Agreements”- Don Miguel Ruiz, Amber Allen Publishing,1997**
- **“Practicing the Sacred Art of Listening”- Kay Lindahl, Skylight Paths Publishing, 2003**
- **“Soul Coaching”- Denise Linn, Hay House, 2003**
- **“The Unmistakable Touch of Grace”- Cheryl Richardson, Free Press, 2005**
- **“Healing Through the dark emotions”- Miriam Greenspan, Shambhala, 2004**
- **“Emotional Intelligence”- Daniel Goleman, Bantam Books, 2005**

- **“Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives”- Wayne Muller, Bantam Books, 1999**
- **“Pathways to Spirituality: Connection, Wholeness and Possibility for Therapists and Client”- Bill O’Hanlon, W.W. Norton and Company, 2006**