

## ROM READING LIST

**Wherever You Go, There You Are** – Jon Kabat-Zinn (Mindfulness Meditation in Everyday Life) ISBN 0-7868-8070-8 Publisher: Hyperion

**Awareness** – John O Stevens (Exploring, Expanding & Deepening your Awareness) ISBN 1-870845-02-1 Publisher: Eden Grove Editions

**The Power of Now** – Eckhart Tolle (How to be Fully Present in Each Moment, Staying Focused and Free from Anxiety) ISBN 0-340-89891-7 Publisher: Hodder Mobius

**Stillness Speaks** – Eckhart Tolle (The Power of Personal Stillness and Remaining Grounded) ISBN 978-0-340-82974-5 Publisher: Hodder Mobius

**The 7 AHA's of Highly Enlightened Souls** – Mike George (How to Free Yourself from All Forms of Stress) ISBN 1-903816-31-9 Publisher: O Books

**The 7 Habits of Highly Effective People** – Stephen R Covey (Powerful Lessons in Personal Change) ISBN 0-684-85839-8 Publisher: Simon & Schuster

**TA Today: A New Introduction to Transactional Analysis** – Ian Stewart & Vann Joines (the guide to Transactional Analysis – looking at The Personality and how we interact with ourselves and others) ISBN 1-870244-00-1 Publisher: Lifespace Publishing

**I'm OK, You're OK** – Thomas Harris (Understanding the Personality) ISBN 9780099552413 Publisher: Random House

**Feel the Fear and Do It Anyway** – Susan Jeffers (Free Yourself from your Fears & have the Confidence to Live Fully) ISBN 978-0-0919-0707-5 Publisher: Random House

**QuickWin Digital Marketing** – Annmarie Hanlon (Answers to your top 100 Digital Marketing Questions) ISBN 978-1-904887-87-4 Publisher: Oak Tree Press

**Words That Change Minds** – Shelle Rose Charvet (Mastering the Language of Influence) ISBN 0-7872-3479-6 Publisher: Kendall Hunt Publishing

### BUSINESS DVD:

**Small Business Success** – The 7 Point Plan for Growing Your Business – Michael E Gerber. (Great Model for SME's to develop their businesses) ISBN 13: 978-1-906030-63-6 Published by Nightingale Conant

This list was compiled by Caroline Suggett of [www.rom-consultancy.co.uk/meettheconsultants.asp](http://www.rom-consultancy.co.uk/meettheconsultants.asp)