



## *The Path to Happiness Reading List*

### **On Changing Beliefs**

- Barry Neil Kaufman, ***Happiness is a Choice***, 1977, Fawcett Crest, New York.
- Barry Neil Kaufman, ***To Love is to Be Happy With***, 1991, Fawcett Columbine, New York.
- Ray Dodd, ***BeliefWorks: The Art of Living Your Dream***, 2006, Hampton Roads Publishing Company, Charlottesville, VA.
- Sonja Lyubomirsky, ***The How of Happiness***, 2007. The Penguin Press, New York, NY
- Stephan M. Pollan and Mark Levine, ***It's All in Your Head: Thinking Your Way to Happiness (The 8 Essential Secrets to Living a Life Without Regrets)***, 2005, Collins.
- Cheryl Richardson, ***Take Time for Your Life***, 1998, Broadway Books, New York
- Byron Katie, ***Loving What Is***, 2002, Harmony Books, New York.
- Arnold A. Lazarus, Ph.D., Clifford N. Lazarus, Allen Fay, M.D., ***Don't Believe It For a Minute! Forty Toxic Ideas that are Driving You Crazy***, 1993, Impact Publishers, Inc.
- Arnold A. Lazarus and Clifford N. Lazarus, ***The 60-Second Shrink: 101 Strategies for Staying Sane in a Crazy World***, 2000, Impact Publishers, Inc., Atascadero, CA.
- David D. Burns, M.D., ***The Feeling Good Handbook: Using the New Mood Therapy in Everyday Life***, 1989, William Morrow and Company, Inc.

### **On Happiness in General**

- Dan Baker, Ph.D. and Cameron Stauth, ***What Happy People Know: How the New Science of Happiness Can Change Your Life for the Better***, 2003, Rodale Press.
- The Dalai Lama and Howard C. Cutler, ***The Art of Happiness: A Handbook for Living***, 1998, Riverhead Books
- Willa A. Young, ***Happiness Instruction Kit: No Assembly Necessary***, 2002, The Williams Group, P.O. Box 3692, Santa Barbara, CA 93103.
- David Nevin, ***The 100 Simple Secrets of Happy People: What Scientists Have Learned and How You Can Use It***, 2000, Harper, San Francisco, New York.
- Tom Rath and Donald O. Clifton, Ph.D., ***How Full Is Your Bucket?: Positive Strategies for Work and Life***, 2004, Gallup Press, New York.
- Philip H. Friedman, Ph.D., ***Creating Well-Being: The Healing Path to Love, Peace, Self-Esteem and Happiness***, 1989, R& E Publishers, Inc., Saratoga, CA.



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### **Relationships**

Aaron T. Beck, M.D., ***Love Is Never Enough: How Couples Can Overcome Misunderstandings, Resolve Conflicts, and Solve Relationship Problems Through Cognitive Therapy***, 1988, Harper & Row Publishers, New York, NY.

David D. Burns, M.D., ***Intimate Connections***, 1985, Signet, New York, NY.

Arnold A. Lazarus, Ph.D., ***Marital Myths Revisited: A Fresh Look at Two Dozen Mistaken Beliefs About Marriage***, 2001, Impact Publishers, Inc., Atascadero, CA.

Marshall Rosenberg, Ph.D., ***Nonviolent Communication: A Language of Compassion***, 1999, Puddle Dancer Press.

### **Mind – Body Connection**

Louise Hay, ***You Can Heal Your Life***, 1987, Hay House, Inc. Santa Monica, CA 90406.

### **Contemplation of and dealing with dying and death**

Morrie Schwartz, ***Letting Go: Morrie's Reflections on Living While Dying***. 1996, a Delta Book published by Bantam Doubleday Dell.

Ted Menten, ***Gentle Closings: How to Say Goodbye to Someone You Love***. 1991. Running Press Publishers, Philadelphia, PA.

Ted Menten, ***After Goodbye: How to Begin Again After the Death of Someone You Love***, 1994. Running Press Publishers, Philadelphia, PA.

### **Wise books for the kid in each of us**

Dr. Seuss, ***Oh, the Places You'll Go!***, 1990, Random House.

Nancy Carlson, ***I Like Me!***, 1988, Viking.

Bradley Trevor Greive, ***Tomorrow: Adventures in an Uncertain World***, 2003, Andrews McMeel Publishing, Kansas City, MO.

Bradley Trevor Greive, ***The Blue Day Book: A Lesson in Cheering Yourself Up***, 2000, Andrews McMeel Publishing, Kansas City, MO.

### **On-line sources for out-of-print (and in print) books**

[www.alibris.com](http://www.alibris.com)      [www.abe.com](http://www.abe.com)      [www.amazon.com](http://www.amazon.com)      [bn.com](http://bn.com)

**Our website: [www.patthohappiness.com](http://www.patthohappiness.com)**

**Email: [Molly@patthohappiness.com](mailto:Molly@patthohappiness.com)**