

References & Recommended Reading List

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Emmons, Robert A. (2013) Gratitude Works!: A21-Day Program for Creating Emotional Prosperity

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Mountain, Anita & Davidson, Chris (2012) Working Together: Organizational Transactional Analysis and Business Performance

Travis, John W. & Ryan, Regina Sara (2004) The Wellness Workbook, 3rd ed: How to Achieve Enduring Health and Vitality

Weisinger, Hendrie (1985) Dr. Weisinger's Anger Work-Out Book: Step-by-Step Methods for Greater Productivity, Better Relationships, Healthier Life

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