

Suggested Readings for A Journey to Joy

Farnaz Masumian

Allen Luks. **The Healing Power of Doing Good: The Health and Spiritual Benefits of Helping Others.** New York: Fawcett Columbine, 1991.

Popov, Linda and Dan Popov. ***The Family Virtues Guide: Simple Ways to Bring Out the Best in Our Children and Ourselves.*** New York: Plume, 1997.

Ryan, M.J. ***Attitude of Gratitude: How to Give and Receive Joy Every Day of Your Life.*** San Francisco, CA: Conari, 2009.

Peale, Norman. ***The Power of Positive Thinking.*** New York: Fireside Rockefeller Center, 1956.

Khavari, Khalil. ***Spiritual Intelligence: A Practical Guide to Personal Happiness,*** Ontario: White Mountain Publications, 1999.

Lawrence, of the Resurrection brother. ***The Practice of the Presence of God with Spiritual Maxims.*** Old Tappan, N.J.: Fleming H. Revell, 1967.

Motlagh, Hushidar Hugh. ***The Spiritual Design of Creation: Solving the puzzle of human life and destiny,*** Mt. Pleasant, MI: Global Perspective, 2015.

Bays, Jan. ***How to Train a Wild Elephant: And Other Adventures in Mindfulness.*** Boston: Shambhala Publications, 2011.

Lyubomirsky, Sonja. ***The How of Happiness: A New Approach to Getting the Life You Want,*** New York: Penguin Press, 2008

Emmons, Robert. ***Thanks! How the New Science of Gratitude Can Make You Happier,*** New York: Houghton Mifflin Company, 2007.

Newberg, Andrew and Mark Waldman. ***How God Changes Your Brain: Breakthrough Findings from a Leading Neuroscientist.*** New York: Ballantine Books, 2009.

Gottman, John M. & Nan Silver. ***The Seven Principles for Making Marriage Work,*** New York: Random House, 1999.

Post, Stephen & Jill Neimark. ***Why Good Things Happen to Good People,*** New York: Broadway Books, 2007

Carnegie, Dale. ***How to Stop Worrying and Start Living: Time-tested Methods for Conquering Worry,*** New York: Pocket Books, 1984

Post, Stephen. ***The Hidden Gifts of Helping: How the Power of Giving, Compassion, and Hope Can Get Us Through Hard Times,*** San Francisco: Jossey-Bass, 2011.

Sanders, Tim. ***Today We are Rich: Harnessing the Power of Total Confidence,*** Carol Stream, IL: Tyndale House Publishers, Inc., 2011

Gandhi, Mohandas K. ***Ramanama***. Ahmedabad, India: Navajivan Publishing House, 1949.

Walsh, Roger. ***Essential Spirituality***, New York: John Wiley & Sons, 1999

Fredrickson, Barbara. ***Love 2.0: Finding Happiness and Health in Moments of Connection***, New York: Plume, 2013.

Salzberg, Sharon. ***Loving-Kindness: The revolutionary art of happiness***. Boston, Massachusetts: Shambhala, 1997.

Hanh, Thich Nhat. ***The Miracle of Mindfulness***. Boston: Beacon Press, 1987.

For Meditation and Contemplation Practices:

Visit the Cyber Temple:

An interfaith resource for meditation, contemplation, and relaxation

<https://www.cyber-temple.org/>