***YOUR OWNER’S MANUAL FOR LIFE***

 ***~ SOURCE CODE OF YOUR SOUL ~***

*Please note that because of the dynamic nature of the Internet, any web addresses or links contained in this material may have changed since publication and may no longer be valid.*

**Resources –** *References listed within Your Owner’s Manual For Life*

I’d like to express my sincere gratitude and appreciation for the material provided by the following which has contributed not only to my own clarity, but to this book as well as the world.

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***Jack Canfield***

Co-creator, #1 New York Times best-selling series Chicken Soup

for the Soul®

Author, *The Success Principles*

<http://jackcanfield.com/>

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Louise Hay

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**CHAPTER 10:**

***Louise L. Hay***

<http://www.louisehay.com/>

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***You Can Heal Your Life***

Louise Hay

<http://www.hayhouse.com/you-can-heal-your-life>

***Love Yourself, Heal Your Life Workbook*** (Insight Guide)

Louise Hay

<http://www.hayhouse.com/love-yourself-heal-your-life-workbook>

***How to Love Yourself*** (Audio)

***Cherishing the Incredible Miracle That You Are***

Louise Hay

<http://www.hayhouse.com/how-to-love-yourself-1>

***You Can Create An Exceptional Life***

Louise Hay and Cheryl Richardson

<http://www.hayhouse.com/catalogsearch/advanced/result/?name=You+can+create+an+exceptional+life>

***Divorceless Relationships***

Gary M. Douglas

[https://www.amazon.com/Divorceless-Relationships-Gary-MDouglas/%20dp/193926104X/ref=sr%201%201?s=books&ie=UTF8&qid=145%204604699&sr=1-1&keywords=divorceless+relationships](https://www.amazon.com/Divorceless-Relationships-Gary-MDouglas/%20dp/193926104X/ref%3Dsr%201%201?s=books&ie=UTF8&qid=145%204604699&sr=1-1&keywords=divorceless+relationships)

***Rosalind Sedacca***

***Child-Centered Divorce***

A support network for parents

<http://www.childcentereddivorce.com/>

***How Do I Tell the Kids about the Divorce? A Create-a-Storybook Guide to Preparing Your Children -– with Love!***

Rosalind Sedacca

<http://www.childcentereddivorce.com/rosalind-sedaccas-books/>

***Thank You For Leaving Me***

Farhana Dhalla

<http://www.amazon.com/dp/0980975123>

***Farhana Dhalla***

Speaker – Author - Guide

<http://www.farhanadhalla.com/>

***The Journey From Abandonment to Healing***

Susan Anderson

<http://www.abandonment.net/journey-from-abandonment-tohealing-susan-anderson>

***Dr. Susan Anderson***

<http://www.abandonment.net>

***Black Swan***

Susan Anderson

<http://www.abandonment.net/black-swan-book>

***Love After Love, Derek Walcott***

***The Poetry of Derek Walcott, 1948-2013***

[https://www.amazon.com/Poetry-Derek-Walcott-1948-2013/dp/0374125619?ie=UTF8&\*Version\*=1&\*entries\*=0](https://www.amazon.com/Poetry-Derek-Walcott-1948-2013/dp/0374125619?ie=UTF8&*Version*=1&*entries*=0)

***Dr. Marshall B. Rosenberg, Ph.D.***

Center for Nonviolent Communication

<http://www.cnvc.org/>

***Speak Peace in a World of Conflict: What You Say Next Will Change Your World***

Marshall B. Rosenberg

[https://www.amazon.com/s/ref=nb\_sb\_noss\_2?url=search-alias%3Dstripbooks&field-keywords=Speak+Peace+in+a+World+of+Conflict&rh=n%3A283155%2Ck%3ASpeak+Peace+in+a+World+of+Conflict](https://www.amazon.com/s/ref%3Dnb_sb_noss_2?url=search-alias%3Dstripbooks&field-keywords=Speak+Peace+in+a+World+of+Conflict&rh=n%3A283155%2Ck%3ASpeak+Peace+in+a+World+of+Conflict)

***Dr. Rosenberg’s books***:

[https://www.amazon.com/s/ref=dp%20byline%20sr%20book%201?ie=UTF8%20&field-author=Marshall+B.+Rosenberg+PhD&search-alias=books&%20text=Marshall+B.+Rosenberg+PhD&sort=relevancerank](https://www.amazon.com/s/ref%3Ddp%20byline%20sr%20book%201?ie=UTF8%20&field-author=Marshall+B.+Rosenberg+PhD&search-alias=books&%20text=Marshall+B.+Rosenberg+PhD&sort=relevancerank)

***How to End Your Relationship Deadlock Today***

David Noor, MA, LMHCA

Counselo PLLC - Redmond, WA

<http://www.counselo.com/how-to-end-your-relationship-deadlock-today/>

***Three Secrets to Ending the Struggle and Making Your Life Work***

Neale Donald Walsch

<http://www.elevatedexistence.com/?s=Ending+the+Struggle+and+Making+Your+Life+Work>

***Neale Donald Walsch***

<http://nealedonaldwalsch.com/>

***Conscious Uncoupling: 5 Steps to Living Happily Even After***

Katherine Woodward Thomas

[https://www.amazon.com/Conscious-Uncoupling-Steps-Living-%20Happilyebook/dp/B00RKWAGUU/ref=sr%201%202?s=books&ie=UTF%208&qid=1425335279&sr=1-2&keywords=conscious+uncoupling+ka%20therine+woodward+thomas](https://www.amazon.com/Conscious-Uncoupling-Steps-Living-%20Happilyebook/dp/B00RKWAGUU/ref%3Dsr%201%202?s=books&ie=UTF%208&qid=1425335279&sr=1-2&keywords=conscious+uncoupling+ka%20therine+woodward+thomas)

***How to Heal the 3 Breakup Mistakes That Cause Suffering,***

***Steal Joy and Prevent Future Love***

Katherine Woodward Thomas, MA, MFT

<http://evolvingwisdom.com/consciousuncoupling/free-online-class/b/>

***Calling in “The One”: 7 Weeks to Attract the Love of Your Life***

Katherine Woodward Thomas

<https://www.amazon.com/Calling-The-One-Weeks-Attract/dp/1400049296>

***Calling In “The One”*** online course

A 7-Week Program to Identify and Release Hidden Barriers to Love

and Become Irresistibly Magnetic to Your Soulmate

Katherine Woodward Thomas

<http://evolvingwisdom.com/callingintheone/enroll/e/>

**CHAPTER 11**

***The Leadership Brain For Dummies***

Marilee B. Sprenger

[https://www.amazon.com/Leadership-Brain-Dummies-Marilee-Sprenger/dp/0470542624/ref=sr\_1\_1?ie=UTF8&qid=1476329583&sr=8-1&keywords=leadership++brain+for+dummies](https://www.amazon.com/Leadership-Brain-Dummies-Marilee-Sprenger/dp/0470542624/ref%3Dsr_1_1?ie=UTF8&qid=1476329583&sr=8-1&keywords=leadership++brain+for+dummies)

***Marilee Sprenger***

<http://www.marileesprenger.com/>

***Denis Waitley, Ph.D.***

<http://www.waitley.com/>

***You Can Heal Your Life, The Movie***

Louise L. Hay

<http://www.hayhouse.com/you-can-heal-your-life-the-movie-landing>

***Gregg Braden***

<http://www.greggbraden.com>

***The Biology of Belief ~ Unleashing the Power of Consciousness,***

***Matter & Miracles***

Bruce Lipton, Ph.D.

<http://www.hayhouse.com/the-biology-of-belief-1>

***Michael Bernard Beckwith***

Agape International Spiritual Center

<http://www.agapelive.com>

***The Power of Awareness***

Neville Goddard

<http://www.amazon.com/The-Power-Awareness-Neville-Goddard/dp/1603865047>

***The Power of Awareness***

<http://www.thepowerofawareness.org>

***Boy Scouts of America®***

<http://www.scouting.org/>

***The Shadow Effect - Illuminating the Hidden Power of Your***

***True Self***

Deepak Chopra, Marianne Williamson, Debbie Ford

[https://www.amazon.com/Shadow-Effect-Illuminating-Hidden-%20Power/dp/0061962643/ref=sr%201%201?s=books&ie=UTF8&qid=14374%2012089&sr=1-1&keywords=the+shadow+effect](https://www.amazon.com/Shadow-Effect-Illuminating-Hidden-%20Power/dp/0061962643/ref%3Dsr%201%201?s=books&ie=UTF8&qid=14374%2012089&sr=1-1&keywords=the+shadow+effect)

***The Shadow Effect - A Journey from Your Darkest Thought to***

***Your Greatest Dream***

http://www.hayhouse.com/the-shadow-effect

This docudrama film guides viewers through eight exercises designed

to reveal the shadow effect in their lives and presents opportunities

to transcend personal limitations.

***The Shadow Effect OnLine Workshop***

Debbie Ford

<http://www.theshadoweffect.com>

Debbie Ford

<http://www.debbieford.com>

***Self-Mastery Through Conscious Auto Suggestion***

Émile Coué

[https://www.amazon.com/s/ref=nb\_sb\_noss?url=search-alias%3Daps&field-keywords=Self-Mastery+Through+Conscious+Auto+Suggestion](https://www.amazon.com/s/ref%3Dnb_sb_noss?url=search-alias%3Daps&field-keywords=Self-Mastery+Through+Conscious+Auto+Suggestion)

***I Can Do It – 2015 Calendar***

Louise L. Hay

<http://www.hayhouse.com/catalogsearch/advanced/result/?category=7&q=i+can+do+it+calendars>

***Tera Maxwell***

Affluence Coach

<http://teramaxwell.com/>

***Susan Jenkins***

Shamanic Healer

<http://www.shamanichealingwork.com>

***The Stress of Life***

Hans Selye

[https://www.amazon.com/Stress-Life-Hans-Selye/dp/0070562121/%20ref=sr%201%201?s=books&ie=UTF8&qid=1416110886&sr=1-1&keywor%20ds=the+stress+of+life+hans+selye&pebp=1416110906203](https://www.amazon.com/Stress-Life-Hans-Selye/dp/0070562121/%20ref%3Dsr%201%201?s=books&ie=UTF8&qid=1416110886&sr=1-1&keywor%20ds=the+stress+of+life+hans+selye&pebp=1416110906203)

***A Syndrome Produced by Diverse Nocuous Agents***

Hans Selye

<http://adaptometry.narod.ru/Selye1stPaper.pdf>

***The Power of Now: A Guide to Spiritual Enlightenment***

Eckhart Tolle

[https://www.amazon.com/Power-Now-Guide-Spiritual-Enlightenment/dp/1577314808/ref=sr\_1\_1?ie=UTF8&qid=1476329969&sr=8-1&keywords=The+Power+of+Now%3A+A+Guide+to+Spiritual+Enlightenment](https://www.amazon.com/Power-Now-Guide-Spiritual-Enlightenment/dp/1577314808/ref%3Dsr_1_1?ie=UTF8&qid=1476329969&sr=8-1&keywords=The+Power+of+Now%3A+A+Guide+to+Spiritual+Enlightenment)

***Eckhart Tolle***

<http://www.eckharttolle.com/>

***Dr. Andrew Newberg***

<http://www.andrewnewberg.com/>

***Finding the Right Meditation Practice***

Dr. Andrew Newberg

<http://www.maureendamery.com/Finding%20The%20Right%20Meditation%20Practice%20Dr.%20Andrew%20Newberg.pdf>

***Lisa Garr***

The Aware Show

<https://theawareshow.com/>

***Jack Kornfield***

<http://www.jackkornfield.com/>

***Getting in the Gap***

Dr. Wayne W. Dyer

<http://www.hayhouse.com/getting-in-the-gap>

***The Hidden Messages in Water***

Masaru Emoto

[https://www.amazon.com/Hidden-Messages-Water-Masaru-Emoto/%20dp/0743289803/ref=sr%201%201?s=books&ie=UTF8&qid=1425678539%20&sr=1-1&keywords=Water+Knows+the+Answer+masura+emoto](https://www.amazon.com/Hidden-Messages-Water-Masaru-Emoto/%20dp/0743289803/ref%3Dsr%201%201?s=books&ie=UTF8&qid=1425678539%20&sr=1-1&keywords=Water+Knows+the+Answer+masura+emoto)

***Masaru Emoto***

<http://www.masaru-emoto.net/english/water-crystal.html>

***The Power of Intention ~ Learning to Co-create Your World***

***Your Way***

Dr. Wayne W. Dyer

<http://www.hayhouse.com/the-power-of-intention>

***Deepak Chopra***

The Chopra Center

<http://www.chopra.com/>

***Oprah & Deepak 21-Day Meditation Experience***

<https://chopracentermeditation.com>

***Primordial Sound Meditation***

The Chopra Center

<http://www.chopra.com/search?keys=primordial>

***Guided Meditations***

Chopra Center

<http://www.chopra.com/ccl/guided-meditations>

***Oprah Winfrey***

<http://www.oprah.com>

**Mutted Timers**:

***Insight Timer - Meditation Timer***

Spotlight Six Software, LLC

<https://insighttimer.com/>

***Tibet Bowls Sound***

Tecworks

<http://tibet-bowls-sound.appstor.io/>

***On Line Meditation Timer***:

<http://www.onlinemeditationtimer.com/>

***Metta Meditation***

<http://metta.org/>

***The Now Effect: How a Mindful Moment Can Change the Rest of Your Life***

Elisha Goldstein Ph.D.

<https://www.amazon.com/The-Now-Effect-Mindful-Moment/dp/1451623895>

***Basics of Mindfulness Meditation: A 28 Day Program***

Elisha Goldstein, Ph.D.

<http://elishagoldstein.com/ecourses/basics-of-mindfulness-meditation/>

***A Mindfulness-Based Stress Reduction Workbook***

Bob Stahl and Elisha Goldstein, Ph.D.

http://www.amazon.com/A-Mindfulness-Based-Stress-Reduction-Workbook/dp/1572247088

***MindUP™***

The Hawn Foundation

<http://thehawnfoundation.org/mindup/>

CASEL - Collaborative for Academic, Social and Emotional Learning

<http://www.casel.org/guide/ratings/elementary/>

***MindUP: How Goldie Hawn Is Out to Change the Landscape of***

***Childhood Learning***

Lloyd I. Sederer, MD; Medical director, New York State Office of

Mental Health

<http://www.huffingtonpost.com/lloyd-i-sederer-md/betterlearningmindfulnessb859113.html>

***Scholastic®***

<http://www.scholastic.com/home/>

***Goldie Hawn and Dan Siegel at TEDMED 2009***

<https://www.youtube.com/watch?v=1OdBXGHwNCk>

***Mindsight: The New Science of Personal Transformation***

Daniel J. Siegel, M.D.

<http://drdansiegel.com/books/mindsight/>

**CHAPTER 12:**

***Dr. Maya Angelou***

Caged Bird Legacy, LLC

Continuing the work of Maya Angelo

<http://mayaangelou.com/>

***I Can See Clearly Now***

Dr. Wayne W. Dyer

http://www.hayhouse.com/catalogsearch/advanced/result/?category=7&q=i+can+see+clearly+now

***Kris Carr***

Crazy Sexy Wellness Revolution

<http://kriscarr.com/>

***A love note…to your younger self***

Kris Carr

<http://kriscarr.com/blog-video/younger-self/>

***Nancy Foley***

cienna moon

<http://www.ciennamoon.com/>

***Katie Ramaci***

Women of Wisdom

<http://www.womenofwisdominc.com/>

***Eric R. Kandel***

Nobel Lecture: The Molecular Biology of Memory Storage: A Dialog

between Genes and Synapses

December 8, 2000

<https://www.nobelprize.org/nobel_prizes/medicine/laureates/2000/kandel-lecture.html>

***Deepak Chopra***

The Chopra Center

<http://www.chopra.com/>

***Oprah & Deepak 21-Day Meditation Experience***

<https://chopracentermeditation.com>

***Oprah Winfrey***

<http://www.oprah.com>

***Sandy C. Newbigging***

Mind Calm

<http://www.mindcalm.com/>

Book:

Mind Calm: The Modern-Day Meditation Technique that Proves the Secret to Success is Stillness

CD:

Mind Calm Meditations: Experience the Serenity and Success That

Come from Thinking Less

***John Karedis***

Victors of Circumstance

<https://www.linkedin.com/pub/john-karedis/45/525/9bb>