

Self Love – sources of support for adults

The discussions and blogs on this website

Groups

www.actionforhappiness.org

helps people to take action for a happier and more caring world, and runs local support groups.

www.michaeljames.be Emerging Journeys + Michael's lists for handing over and gratitude

www.bemindful.co.uk

learning how to live with more appreciation and less anxiety

Coaching:

www.carlosierjones.com

The Caveman Principles - Here to change the world!

This website is for STRESSED OUT people looking for help!

www.johnchristianseminars.com

Life skills coach, including online, specializing in developing intuitive intelligence and self esteem

CD: Quantum Field Healing – David Hamilton

App: sam-app.org.uk understanding and managing anxiety

Books

I Heart Me – David Hamilton

Inner Fix – Persia Lawson and Joanne Bradford

The 10 Second Philosophy – Derek Mills

Love is Letting Go of Fear – Gerry Jamplosky

Natural Therapies

www.indigoessences.com

www.naet-europe.com

WWW.nationalfederationofspiritualhealers

www.cease-therapy.com

bob@accesspotential.net

Self Love – sources of support for our kids

The activity sheets, discussions and blogs on this website

"The Book for 21st century Mums and Dads' – Felicity Evans, out late March

Sitting Still like a Frog – Eline Snel, Book with a CD

Natural therapies

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www.naet.com

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bob@accesspotential.net

online

www.naturaldads.com

www.aspergerexperts.com

www.fixers.org.uk

in school:

www.actionforhappiness.org Kindness project pack for schools

The Primary Character Curriculum - Geoff Smith

Educating Ruby – Bill Lucas and Guy Claxton

Books

The Wholebrain Child – Daniel Seigel

The Reason I Jump - Naoki Higashida

Raw Magic - Kate Magic – great food ideas

*** *To ease moving forward – sources of support for adults***

The discussions and blogs on this website

Books the Lighthouse - Michael James - *see website below*

Caveman Principles – Carl Rosier Jones – great ways to understand family dynamics

Childhood Disrupted – Donna Jackson Nakazawa – traumas and difficulties, with some solutions

Groups, coaching, action

www.michaeljames.be emerging journeys

It doesn't matter how you are feeling, you can always feel better. Michael offers practical and groundbreaking ideas for enjoying life, from feeling low, feeling uninspired or feeling good to creating the life you want.

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www.brahmakumris.org

Overcoming Anger and other courses

Therapies

bob@accesspotential.net

Neuro-developmental Therapy can support kids who are struggling in school:

www.naet.com

For allergies, intolerances, to eliminate toxins and enable better absorption of nutrients:

www.indigoessences.com

These essences can profoundly support the kids of today.

Action to start 'handing over'

The sheets on this site: Handing Over; discussions and blogs

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Books

The Inner Fix – Persia Lawson and Joanne Bradford – *be stronger, happier and braver*

Out of the Darkness - Steve Taylor – *awakening after intense trauma and inner turmoil*

Dying to be me – Anita Moorjani, *The importance of being ourselves, and letting young people be themselves, and to not be afraid of death*

Love is Letting Go of Fear – Gerry Jampolsky

I Heart Me – David Hamilton – *establishing self love; plus other books and CDs*

The 10 Second Philosophy – Derek Mills – *a practical guide to success and happiness*

***Overcoming fear – sources of support for adults**

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I Heart Me – David Hamilton

Inner Fix – Persia Lawson and Joanne Bradford – *be stronger, happier and braver*

Childhood disrupted – Donna Jackson Nakazawa, how your biology becomes your biology and how you can heal

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