

THE BEST OF SELF PICKS FOR 2011

A Bootcamp that Gets your back to the basics in a Spiritual sense: Joyce Meyer's, one of my inspirational resources and after I named this series I watched television broadcasts named, Joyce's Bootcamp - Back to Basics, go figure! In any case, she has a spiritual checklist in her magazine that is perfect for someone combining their mind, body and soul journey, Click on: <http://www.joycemeyer.org/Magazine.aspx> and select current issue, go to page 13. Feel free to browse her website and see what works for you! This message is information for those seeking spiritual connection.

Re-defining Book: Ricky Martin: Me by Ricky Martin: An inspiring book about his journey to be free. A book about self reflection, social pressures, family acceptance and spotlight/fame. It is extremely enlightening and had a close cultural relation for me. It is a must read for people going through personal journeys and that is all of us!

A troubled past, moving each day toward a better future, day by day: Each day, a New beginning - daily Inspirations for Women by the author: This book seems to have the right mixture of philosophy, real life stories to relate to, religion and karmatic inferences. It has enough of each to put forth for food for thought and mindful advice that considers the heart. An excellent daily reflection book.

Inspirational CD: Speaking the Truth: Putting God's Word to work in your everyday life by Joyce Meyer. This teaching CD and 28 topic card set had an awesome impact on how victorious I envision my life to be. It is a must listen to!

Growth in Words: PASSION everyday - is a book that prompts thought and reflection by giving you a thought and allowing you space (2pages) in the book to write your raw feelings down without restrictions.

Food for you as a Human in this World: Zen Book by Daniel Levin - this book offers sayings, teachings and stories that will illicit intellectual thought and reflection. Good for inspiration before meditation.

Knowledge for your Life's Journey: The Power of the Now and A New Earth: Awakening Your Life's Purpose by Eckhart Tolle - are books that completely erase, re-build, determine, show, give and offer enlightenment towards an individuals life's purpose, path and process. Hard reads because it doesn't give you the answers they implore you to open yourself up to more and more each day.

Daily Thought: Something More: Excavating You Authentic Self by Sarach Ban Breathnach - this book offers an honest conversation about our authentic selves and how important the soul, starting over, surviving, settling, stumbling, being shattered and your senses always result in something more. We all deserve that something more.

Intrigue: James Patterson is a wonderful author and has a series called the Murder Club which consists of high-powered women who ban together and solve crime. They are up to the 8th book in the series. Start with 1st to Die, you won't be disappointed.

How to Make it Work Knowledge: How to Set His Thighs on Fire by Kate White - this book confirmed many of the thoughts and ideas that I had regarding how I should handle myself with Mr. Right or Mr. Wrong. If you want to keep things steamy pick up this book on clearance for only 2.99!

Workouts that Work: Billy Blanks and his Ultimate Tae Bo, PT 24/7 a killer workout with the added dynamic of his patented Billy Bands!

Sudor Taino 2011