ADDITIONAL RESOURCES

Books:

Creation Health – Secrets of Feeling Fit and Living Long,
by Des Cummings, Jr. with Monica Reed, M.D.

The CREATION Health Breakthrough, by Monica Reed, M.D.

The Creation Health Booklet Series

Health and Happiness, by Ellen G. White

Mind/Body Health: The Effects of Attitudes, Emotions, and Relationships,
by Karren, Hafen, Smith and Frandsen

Authentic Happiness, by Dr. Martin Seligman

60 Ways to Energize Your Life,
compiled by Jan W. Kusma, Kay Kuzma, and DeWitt S. Williams
(Small devotional book focusing on health topics.)

Energized, compiled by Jan W. Kusma, Kay Kuzma, and DeWitt S. Williams
(A full-size devotional book focusing on health topics)

Health Power: Health by Choice Not by Chance,
by Aileen Ludington, M.D. and Hans Diehl, DrHSc, MPH

Eight Sure Steps to Health and Happiness, by Lucile H. Jones

Learned Helplessness, By Dr. Martin Seligman

Choice Theory, by William Glasser

Healthy Pleasures, by Robert Ornstein and David Sobel

Feeling Fit: True stories of People Who Turned Their Health Around, by Aileen Ludington, M.D.

Dynamic Living: How to Take Charge of Your Health,
by Aileen Ludington, M.D. and Hans Diehl, DrHSc, MPH

Dynamic Living: How to Take Charge of Your Health Workbook,
by Hans Diehl, DrHSc, Aileen Ludington, M.D., Lawson Dumbeck, MEd

Charting Your Course: A Life-Long Guide to Health and Compassion,
by Sally Coleman and David Anderson.
Websites:
www.wisedecisions.com  (How to make wise choices. Excellent website to give you tools to help you make wise choices.)
www.criticalthinking.org  (Website offers tools for critical thinking.)
www.dstress.com  (Stress Reduction. Stress inhibits making good choices. This is the website of John Mason, PhD, a nationally known stress expert and author. His website includes information, tools and products to reduce stress. A free e-newsletter is also available at the site.)
www.netwellness.org/healthtopics/substanceabuse/faq4.cfm  (Teens. Helping teens make wise choices)

Other Resources:
CD, CREATION Health Music of Health and Healing
Vibrant Life magazine, www.vibrantlife.com

Songs that Will Encourage and Help You in Your Choices:
I Have Decided to Follow Jesus  (Hymn)
Give Me Jesus  (Hymn)
Holiness-Sonic Flood  (Praise and Worship)
Choose Life  (Christian Contemporary)
Abundantly  (Jennifer LaMountain - Christian Contemporary)

“Delight yourself also in the Lord, and He shall give you the desires of your heart. Commit our way to the Lord, trust also in Him, and He shall bring it to pass.”
- Psalm 37:4,5 NKJV
REFERENCES


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