

## **Suggested Reading for *Stress Management, Wellbeing and Meditation*:**

*"In Sickness and in Health"* – ed. O'Hagan & Richards; NZ DHAS, 1998

*"Personal Wellbeing"* – Ken and Elizabeth Mellor; Biame Network, 2007

*"Meditation for Beginners"* – Ken and Elizabeth Mellor; Biame Network, 2007

*"The Meditative Mind"* – Daniel Goleman; Tarcher, 1998

*"A Path with Heart"* – Jack Kornfield; Bantam, 1993

*"What Really Matters"* – Tony Schwartz; Bantam, 1995

To Order Biame Network material- email to [saraparsons@paradise.net.nz](mailto:saraparsons@paradise.net.nz)

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