**YouTube Informational Videos:**

<https://www.youtube.com/channel/UChXXvKG8I7vUhGBwraoxzdg>

<https://irmedicalcenter.com/head-heart-gut/>

<http://drdavidhamilton.com/does-your-brain-distinguish-real-from-imaginary/>

<https://www.youtube.com/watch?v=wfYbgdo8e-8>

<https://www.youtube.com/watch?v=tafGL02EUOA&list=PL7ANAXDDSNNqldGi9yOlErA8aGAMOjPDY&index=6&t=31s>

<https://flowpsychology.com/limiting-beliefs/#:~:text=Limiting%20Beliefs%20Definition%20A%20good%20definition%20of%20limiting,put%2C%20limiting%20beliefs%20refers%20to%20a%20false%20belief>.

<https://www.youtube.com/watch?v=0o2yyO0JAes&feature=youtu.be>

https://video.search.yahoo.com/search/video;\_ylt=A0geK.VYPeVfPogABspXNyoA;\_ylu=Y29sbwNiZjEEcG9zAzEEdnRpZANDMTMyMV8xBHNlYwNwaXZz?p=quantum+physics&fr2=piv-web&fr=yfp-t-s#id=4&vid=4707041f407ab673eaefccf5f734c76c&action=view

**Book Recommendations:**

The Power Of Now-Eckhart Tolle

The Big Leap-Gay Hendricks

You Are The Universe-Deepak Chopra

The Law Of Attraction-Esther & Jerry Hicks

Steering By Starlight-Martha Beck

The Mastery Of Love-Don Miguel Ruiz

Happy Pocket Full Of Money-David Gikandi

The Wisdom Of Your Cells-Bruce Lipton

The Five Invitations-Frank Ostaseski

The Surrender Experiment-Michael Singer