

# Something Like

# GOD

## Supplemental WORKBOOK

### About This Supplemental Workbook

This workbook was created especially for those who purchased the eBook and/or audio book of “Something Like God: Six Weeks to Spirituality.” Because the book contains a detailed spiritual exercise following each lesson, we felt it was important to offer this printable supplement so that everybody may enjoy the same benefits and ease of use.

Within the following pages, you will find every exercise in the order they appear in the book. When printed, this workbook will allow you to more easily track your progress and follow your six-week path to a higher level of spirituality.

Good luck and remember ... “There is ALWAYS time to Bee Spiritual!”



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## ✎ How To Use This Book

- ✓ Keeping track of your progress

Table 2: Progress		
Sections by Week	Start Date	Quick Reference
<b>Week 1</b> Lessons: 1 & 2 Faith and Living	(Today's date) ____/____/____	Exercise #1 – Quick Decisions Exercise #2 – Mindful Breaths
<b>Week 2</b> Lessons: 3 & 4 Health and Relationships	(7 days after Week 1) ____/____/____	Exercise #3 – Mini Workout Exercise #4 – Good Deeds
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<b>Week 6</b> Lessons: 11 & 12 Creativity and God	(7 days after Week 5) ____/____/____	Exercise #11 – Be a Vessel Exercise #12 – Favorite Titles



## Lesson 1: Faith

- ✓ Religion and spirituality

### Exercise 1 – Quick Decisions

Quick Decisions become easy to make when you have faith in yourself. By making quick decisions and being slow to change your mind, your faith will grow as will your ability to succeed.

#### Directions

Taking too long to make a decision (or making no decision at all) is often the worst “choice” we can make in life. People often spend their whole lives avoiding important decisions while time gradually passes them by. Procrastination during the decision-making process shows a lack of faith in your ability and/or your intelligence to make the “right” decision. This does not mean that you should make a hasty decision when you have no available information or inspiration. However, as soon as you get that intuitive nudge that tells you something is a good idea, you should already have your mind made up. Or, when you get the “feeling” that something is the wrong choice, you should listen to that voice and decide accordingly.

Many times, we think that we need to study each and every angle of the problem so that we can make the correct decision. However, more often than not, having more information only compounds the problem and dilutes our innate ability to know what is right for us at any given moment. Too much information can be far worse than not enough information because our conscious brain can become more confused when inundated with facts, figures and “what ifs.” In the end, ANY choice is better than no choice. If your choice is correct, you will soon be reaping the rewards. And if your choice is incorrect, you can quickly change course and choose the correct path knowing that you have already tried the alternative. However, if you make no choice at all, you will never get what you want out of life. For, what is life if not a series of thoughts, emotions, circumstances, and choices?

Show some faith in yourself and make quick decisions starting right now and for the rest of the week! Begin with those decisions that can be made in just a few moments and that do not generally have dire consequences, such as those found below:

1. Where to eat
2. Which route to take
3. Who to invite
4. Where to vacation
5. When to exercise

As you become more comfortable, start utilizing your quick decision-making power for the seemingly more difficult choices in your life.



## Lesson 2: Living

✓ The *trick* to being happy

### Exercise 2 – Mindful Breaths

Practicing Mindful Breaths is an easy way to bring your attention back to the present moment. By simply paying attention to your breathing, you can relax and enjoy your life more fully.

#### Directions

From the time we wake up to the time we go to bed, our minds often race into the future and/or the past. While it is sometimes necessary to look forward into the future to make plans or to look back into the past to avoid repeating a mistake, we need to stay primarily focused on the present moment in order to achieve a state of peace in our everyday lives.

When you find that your thoughts are not on the current moment, simply pay attention to your breathing. There is no need to change the way you are breathing for this exercise. Simply keep your attention on your inhalation and exhalation for five full breaths. This simple act will help you to refocus and re-energize in the current moment, which is the only true moment that exists.

Because we often do not even realize that we are daydreaming of past or future moments, you may need to use situational reference points as a reminder to practice. To get started, circle two of the 10 examples from below that best fit your lifestyle. Each time you find yourself in one of the situations you have chosen, focus on your breathing for five full cycles.

1. While stopped at a traffic light
2. Upon arriving to work
3. Before an important business call
4. While stuck in traffic
5. Before going to sleep
6. After a difficult conversation
7. Before reprimanding a child
8. While waiting in line
9. Before sitting down to a meal
10. \*Upon realizing that your mind has wandered

\*Always use this technique when you become aware that your mind has wandered away from the present moment and into the past or future.



## Lesson 3: Health

✓ Your body and mind

### Exercise 3 – Mini Workout

The Mini Workout is a five-minute daily exercise schedule. Make the following changes to your daily routine to help strengthen your body while you develop your mind.

#### Directions

##### Standing Posture (always)

- Distribute your weight between the balls of your feet and heels.
- Keep your feet about hip-width apart.
- Let your arms hang down with your thumbs facing forward.
- Keep your knees slightly bent (as opposed to locked).
- Tuck in your chin as if to hold an apple between your chin and chest.
- Pull your shoulders back and down.
- Breathe naturally.

##### Plank (2 minutes)

- Lay face down (prone) resting on your forearms.
- Lift your body up and back off the floor and onto your toes.
- Keep your back flat and straight from head to heels.
- Flex your rear end (gluteus maximus) and pull your hips in so that your lower back is not hyperextended.
- Hold for 20 to 60 seconds, then lower and repeat for 3–5 reps.
- Keep your eyes focused on the ground to keep your neck straight.
- Breathe naturally.

##### Bridge (2 minutes)

- Lie on your back (supine) with your feet on the floor hip-width apart.
- Rest your arms at your sides and bend your knees.
- Place your feet on the ground with your weight evenly distributed.
- Contract your stomach muscles and lift your hips off the ground.
- Keep your back straight at the top of the exercise.
- Hold for 20 to 60 seconds, then lower and repeat for 3–5 reps.
- Breathe naturally.

##### Smiling and Laughing (1 minute)

Studies consistently show the positive effects of smiling and laughter on your physical and mental health. These effects can occur whether or not the act is “fake” or real. So do yourself a favor and fake happiness for one minute every day. You will reduce the buildup of stress hormones in your body while increasing the effectiveness of your immune system. Who knows, you may even find yourself smiling and laughing more often in everyday situations.



**Nutrition** (always)

The only “diets” that actually work over long periods are those which are based in proper nutrition and can be adhered to indefinitely. In order to make progress starting immediately, circle three of the 11 items below and implement them at once.

**From this day forward I will ...**

1. ... drink more water.
2. ... watch less TV.
3. ... drink less soda.
4. ... turn off the TV while eating.
5. ... chew food slowly and thoroughly.
6. ... eat breakfast.
7. ... eat smaller portions more often.
8. ... eat more natural whole foods and less processed food.
9. ... eat more vegetables.
10. ... prepare meals with a wide variety of natural color.
11. ... decrease my intake of red meat to once per week.



## 🐦 Lesson 4: Relationships

✓ Love yourself

### Exercise 4 – Good Deeds

Good Deeds come in a variety of forms and are not only easy to perform, but also make us and others feel great. Exercise 4 takes only a moment, but its effects are life-changing.

#### Directions

Every day, starting today, make a point to do at least one good deed for somebody. This deed can be done for your spouse, neighbor, friend, or for a complete stranger. Below is a list of example deeds that you can carry out to energize your life, spirit, and relationships. Peruse the list and circle the good deed you will perform today.

#### 10 Example Deeds:

1. Smile at a stranger and silently wish them a great day.
2. Tell your co-worker how great they are doing.
3. Hug your spouse a little tighter and longer than usual.
4. Call a friend and let them know you are thinking of them.
5. Turn off the TV when someone wants to talk about their day.
6. Send a relative a greeting card when it is not a holiday.
7. Tell a cashier how great his attitude was while helping you.
8. Wash the dishes or take out the trash when it is not your turn.
9. Offer to pay for lunch.
10. Take a day off of work to spend time with a loved one.

There are infinite possibilities when it comes to doing good deeds. Be creative and try something a little different each day. If you do not get thanked for your good deed, or if your deed goes unnoticed, so much the better. You are not performing these acts in order to receive something specific in return. Rather, you are doing good deeds because they make you (and others) feel great. And when you feel great, your relationships will become even better.



## Lesson 5: Truth

- ✓ No lies and no baggage

### Exercise 5 – Truth Journal

The Truth Journal will help you to become more conscious of your own thoughts by learning to analyze the thoughts of others. Start immediately and continue indefinitely as needed.

#### Directions

All that you need to begin this exercise is this workbook and a pen. Carry these two items with you at all times for the next eight weeks. If you forget your workbook, any piece of scratch paper will work in a pinch. However, be sure to transfer any loose pages into your Truth Journal as soon as possible.

Every time you hear somebody state their opinion as fact, write down what they said and why it may not be the absolute truth. Listen carefully to others to see if you can pick out the subjectivity of what they are saying. Be sure to make at least one entry per day. It will look something like this:

#### Example Truth Journal Entry

##### January 29th

Heard Barbara say, “Dan was so lucky to get that job!”

Did Dan really get lucky? Well, he may not be the smartest guy I know, but he did go on several interviews in the past month. Also, I know that he was really motivated to find a great job and he let everybody know to keep an eye out for opportunities. Apparently, somebody did!

##### January 30th

Today my uncle told me that, “Life is hard, so just get over it.”

Is life really hard for everybody? No, it’s not. In fact, some people live their lives with relative ease and seem to have no worries whatsoever. They seem to effortlessly get what they want despite their apparent lack of “hard work.” Life may be hard for my uncle, but it can be easy for me. I will look for role models to support my theory that life can and should be easy and fun!!!



**Truth Journal (Print as needed)**

**Date:**

**What I heard:**

**Why it may not be the absolute truth:**

**Date:**

**What I heard:**

**Why it may not be the absolute truth:**



## 🐝 Lesson 6: Meditation

- ✓ Creating space for a quite mind

### Exercise 6 – Quiet Meditation

Quiet Meditation will intensify your spirituality by creating space between each thought. Add Exercise 6 to your daily routine and speed up your progress toward spiritual awareness.

#### Directions

Starting today, set aside 15 minutes for quiet meditation. Although 15 minutes may not seem like a long time, you might find it difficult at first to sit with your thoughts for *any* length of time.

For this exercise, start by practicing Version 2 every evening just before you go to sleep. If at first you can only sit for five minutes before your thoughts prevent you from relaxing, use five minutes as your starting line.

You will not be keeping a progress report for your meditative practice. Meditation is not something you stop doing when you reach a certain level. Therefore, while the goal is ultimately to be able to sit in peace for as long as an hour, there is no rush to get there and no finish line to cross. The benefit you realize from meditation is not so much dictated by the length of time you practice, but in the dedication to the practice itself.

Once you are comfortable with Version 2, you may start to practice Version 1a or 1b as well. However, if you find that you fall asleep before your 15 minutes are done, revert back to Version 2.

After practicing these meditations for a few weeks, you may find yourself suddenly more “aware” during your waking hours. This is perfectly normal and something to be embraced. If that awareness then suddenly evaporates as quickly as it appeared, simply let it go and know that it will return later even more profoundly and for a longer period of time.

#### Version 2 (Condensed)

This meditation begins by sitting cross-legged on the floor. Once sitting comfortably, lay your hands on your upper thighs or knees palm up. Your only goal is to sit quietly for a period of at least 15 minutes while clearing your mind of clutter. You may find that sitting with your thoughts even for one minute is unbearable, and that is to be expected. Over time, it will become easier to keep your attention focused on your body and away from the random thoughts that tend to creep in and stall your progress.

To clear your mind of the incessant and seemingly random series of thoughts that



are generated without your conscious attention, you may find it helpful to count your breaths. As you take in your first breath, count "1" in your head. As you exhale that same breath, count "2" in your head. By the time you have taken five deep breaths, you will have counted to 10. Once you have reached 10, simply start over at one and begin again. Many times, as silly as it may seem, those beginning this type of meditative practice will have difficulty counting to 10 before their mind pulls them off track and into involuntary thought. Whenever this happens, simply start your counting over beginning at one.



## Lesson 7: Failure

✓ There is no such thing

### Exercise 7 – Fail Often

If you Fail Often you are surely moving closer to your goals. Without failure, no learning can take place. We can learn through our own failures and/or the failures of others.

#### Directions

As we have already established, there is no such thing as failure. You either succeed at doing something, or you learn from doing something. Often times, our biggest setbacks in life come not from “failing” to do something, but from the fear of failure itself. The best way to get around this fear of failure is to fail more often. When you are at first unsuccessful, but keep moving further toward the direction of your goal(s), you begin to realize that by failing, you are getting even closer to success.

This exercise comes in two parts:

#### Part 1

In the space below, write down five things you would do with your life if you *knew* that you could not fail.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

#### Part 2

Each and every day, from this point forward, take one small step toward achieving your goals above by doing something that you do not believe you can do or are afraid to do (making that sales call, asking out that beautiful girl/guy, writing the first page of your novel, etc.). On the days where you succeed, write down (on the provided pages) the reasons why you were able to succeed when you thought you would surely fail. On those days when you are not successful in achieving your small step forward, make sure to note what you can improve upon the next time in order to increase your chances for success.

As you will quickly see, there are only two possible outcomes. When you succeed,



you will have learned that you can accomplish more than you ever thought. When you “fail,” you will have learned a valuable lesson which will help you better your chances of success on your next attempt.

Over time you will learn to love failure (or at least to fear it less). For failure brings with it the rewards and riches that instant success will never know.



**Success/Failure Notes (Print as needed)**

**Action:**

**Results:**

**How to improve:**

**Action:**

**Results:**

**How to improve:**



## Lesson 8: Money

- ✓ Another form of energy

### Exercise 8 – Visualization

Visualization is a must for creating anything and everything you want out of life. You can actively pursue the wealth you desire or you can continue to get muddled results by default.

#### Directions

Whether you realize it or not, you are practicing visualization all of the time. When you picture what it will be like to start your new job, visit a foreign country, or meet your blind date, you are visualizing. You may not have had conscious control over these visualizations in the past, but that is all about the change. It is time now to create improved pictures of your future and then bring those images to life through the practice of visualization.

As you have learned throughout this book, there is no fixed difference between thoughts and objects. At their most fundamental level, both thoughts and objects are forms of energy. There is, therefore, a line (although not always a straight one) between what we think and feel and what we materially attract throughout our lives. This is the basis for the law of attraction, which has garnered so much attention in recent years. In essence, the law of attraction states that like things are attracted to like things. If you want more money in your life, thinking about debt is not going to bring you more money. Rather, thinking about debt can only bring you more debt to think about.

In order to attract money, you therefore need to set your mind's "dial" to the money channel. To find the right frequency, you must think about what you would *really* like out of life. This is not the time to hold back. Whether you think your dreams are realistic is of no concern at the present moment. Think only of what you truly desire. Be creative and let your mind ponder the endless possibilities.

Now, in the spaces below, write the first three monetary goals that come to mind. These goals can be about how much you want to make this year, how much you want to have in five years, how much you want accumulate before you retire, etc.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Each day upon waking in the morning, pick one of your monetary goals from above,



practice 10 mindful breaths and then close your eyes. With your eyes closed, take a solid 3–5 minutes and imagine what it would *feel* like to have already achieved your stated goal. Would you be excited to wake up each morning? Would you dress differently, act differently and conduct your business differently? As you picture what your life would be like having already attained your goal, feel the emotions that would accompany your great success and relish in the fact that as you are seeing and feeling your end goal, you are bringing it ever closer to materializing.

During your visualizations, feel free to expand on your goals from above and imagine any worthy goal you desire. There are no rules or limitations to your dreams. The bigger your dreams, the better your results.

There are only three things that I ask you to adhere to if you wish your visualizations to become reality:

1. Think only about what you **DO** want, not what you wish to avoid.

For example, if you wish to get out of debt, you must visualize the opposite. Therefore, instead of thinking about your debt, you might imagine your bank account bursting at the seams from an endless stream of passive income. Focusing on the debt itself will only bring about more debt via the law of attraction.

2. Imagine what it would feel like to already have what you desire.

Seeing in your mind's eye what you wish to have is a good first step. However, you must truly *feel* the emotions of already having what you desire to expedite the process. You may at first feel foolish, but if being a little uncomfortable is the price you have to pay to become wealthy, then it's a small price indeed.

3. When you get a gentle nudge from the universe about how to attain your goal, listen to it intently and act immediately.

The universe loves action. You will know if you are taking the appropriate action because it will not feel like work. Instead, you will feel joy while taking action because you will be traveling the path of achievement, fulfillment, and enlightenment.



## 🕊 Lesson 9: Life

✓ Universal consciousness

### Exercise 9 – Non-Judgment

Non-Judgment is the practice by which we take in new information without labeling it as “good” or “bad.” This exercise will help you build an appreciation for every moment.

#### Directions

Starting today, you are going to become less judgmental of the people, places, and situations in your life. You can start this very moment by utilizing what you already have. Take a look around and pick a non-moving object within twenty feet of where you are now. While you observe this object, practice your mindful breaths.

Take a full minute to look at this object and notice things about it that you have never detected before now. Is it shiny or dull? Is it colorful? Does it cast a shadow? Notice every detail about this object as if you are seeing it for the first time.

If you have a particularly strong association with an item, be sure to pick something different. Choose an object that has no particular relevance to you one way or another. It may also be wise to select an item with little or no writing on it, as the purpose of this exercise is not to think about what the object is *for*, but merely to take in its characteristics.

By practicing this exercise at least once per day, you will begin to develop a newfound appreciation for the small things in your life. As you develop an appreciation for the small things you already have, you will begin to attract bigger things and better situations into your life for which you can feel further appreciation. Thus, you will have begun an unending cycle of feeling appreciation and then receiving your heart’s desires by utilizing the simple practice of non-judgment.



## 🐝 Lesson 10: Death

- ✓ Energy cannot be destroyed

### Exercise 10 – Imagine Death

Taking the time to Imagine Death, while morbid by definition, can be helpful in clarifying your thoughts in regards to your own mortality. This, in turn, will help you to live more fully in the present moment.

#### Directions

Now that you have been practicing your meditation skills for some time, I'm going to have you try the following exercise during a few of your meditation practices. This exercise need not be performed every time you meditate, just during those times when you feel fearful of your own death, the death of a loved one, or stressed out over the inconsequential matters of everyday life.

After you have cleared the most trivial of thoughts out of your mind during meditation, start to imagine what the universe would be like if you were no longer occupying space in a physical body. Feel free to let your thoughts roam to other parts of the world, into the sky and even into the very fabric of the universe. If your thoughts take you down a dark road, simply open your eyes for a moment to get grounded and then resume your exercise.

The objective of this exercise is two-fold. The first objective is to come to grips with the fact that your body will cease to exist at some point. In fact, in terms of universal time, we live only for a split-second. Once you have come to grips with the inevitability that all forms (including your own) will perish, it will begin to lessen any fear you may have of dying or of growing old. The second objective of this exercise is to realize that because our physical bodies are on this earth for only a short period of time, it is our duty to pursue those vocations, those relationships and those thoughts that make us happy and productive; to recognize our trivial problems as nothing more than fleeting situations. By coming to grips with our place in the greater universe, we begin to understand that the "problems" we thought we had, are not so big after all. In fact, they are not problems at all, but merely situations that are neither inherently good nor bad.

What would you do differently if you knew you would not be around to enjoy tomorrow? Ponder this as you ready yourself for tonight's meditation.



## Lesson 11: Creativity

✓ Tap into the source

### Exercise 11 – Be a Vessel

You were meant to Be a Vessel of creativity. Thinking that you are “not creative” is to believe that you are not an important part of this universe. Creativity is your birthright.

#### Directions

Becoming more creative is really quite easy. For some lucky individuals, who are brought up in a creative environment, it even seems natural. Others consider themselves to be “uncreative” or “un-artistic.” However, these self-imposed labels only work to further hamper our innate ability to be creative.

Have you ever had a million-dollar idea that was proven to be a sensation when somebody else brought the idea to the market a few years later? Or, have you ever had a great idea that you did not heed because you didn’t believe that you were the “creative type?” I’m sure that ideas come into your head all of the time, but you dismiss the creative ones because you think that somebody else could or would do a better job than you. However, if that were the case, why would the universe have given you this great idea? The difference was not in the creative thought process. The difference between you and the person who created the product or service was merely that they had a stronger “belief” that the creative process would eventually lead them toward materializing their idea into reality.

You may be afraid of letting creative thoughts into your head because the creative spirit was not fostered in your youth. Or, you may think that only a select few are born with the “creative gene” and the rest of us are just supposed to be drones in the workforce. This is simply not true. We are all creative beings by our very nature and it is your right to express your creativity in a healthy and productive way.

How then can we allow ourselves the opportunity to be creative when our everyday lives are already completely filled with work, family and other day-to-day stresses? The answer lies within the definition of creativity itself. Creativity is “the ability to produce something new through imaginative skill, whether a new solution to a problem, a new method or device, or a new artistic object or form.” By understanding the preceding definition, we can easily recognize that creativity may be harnessed while at work, with our families, and daily as needed to solve the numerous stresses of our modern lives. Some of us may wish to become an artist, musician, or sculptor. Others of us simply need more creative ways to express ourselves and to problem-solve.

In any event, there are certain things we can do to help accelerate our creativity over time. Each week, select one item from any of the following categories and make a



commitment to follow through for a least one hour. If you have fun, you can stick to the same item the following week. If you do not enjoy your choice, simply pick an alternative the following week or find something on your own that calls out to you.

Example practices for becoming more creative:

1. Study the works of other creative individuals.
  - a. Attend an art show.
  - b. Visit a local museum.
  - c. See a concert in a small venue.
  - d. Attend a play or musical.
  - e. Read an autobiography by your favorite actor/artist.
  
2. Take on a hobby that is creative.
  - a. Take an art class.
  - b. Begin the music lessons you have been putting off.
  - c. Start writing a novel or short story.
  - d. Search the web to see if an invention already exists.
  - e. Take sewing or knitting classes.
  
3. Enjoy time with yourself.
  - a. Take a walk on a nature trail.
  - b. Eat lunch by yourself in a neighborhood park.
  - c. Write non-stop in a journal with no particular goal in mind.
  - d. Have coffee by yourself and practice people-watching.

On the lines below, write the number and letter of the best choice from above and then make a commitment to see it through this week.

\_\_\_\_\_

number

\_\_\_\_\_

letter

Once you have found a creative outlet that really calls to you, set your mind on meeting others that have the same interest. Form a “mastermind group” of friends and/or acquaintances that can help hold you accountable for progressing and growing each week. We all like to think we can do it on our own, but sometimes we need a little help from our friends.



## Lesson 12: God

✓ Does He exist?

### Exercise 12 – Favorite Titles

Choose your two Favorite Titles from this book's suggested reading sections to help you further your knowledge base while you continue to maintain your daily spiritual practices.

#### Directions

Quickly take a look through the list below and choose your favorite two titles. Then, write the title and author of both books on the next page.

#### Lesson 1

- *Blink* by Malcom Gladwell
- *There's a Spiritual Solution to Every Problem* by Wayne W. Dyer

#### Lesson 2

- *The Power of Now* by Eckhart Tolle
- *As a Man Thinketh* by James Allen
- *The Way of Peace* by James Allen

#### Lesson 3

- *Eat This, Not That!* by David Zinczenk
- *The Human Body* by Charles Clayman, MD

#### Lesson 4

- *How to Win Friends and Influence People* by Dale Carnegie
- *The Five Languages of Love* by Cary Chapman
- *Law of Connection* by Michael J. Losier

#### Lesson 5

- *Chaos: Making a New Science* by James Gleick
- *Psycho-Cybernetics* by Maxwell Maltz, M.D.,F.I.C.S

#### Lesson 6

- *Five Good Minutes* by Brantley Millstine

#### Lesson 7

- *The Alchemist* by Paulo Coelho
- *Unleash the Warrior Within* by Richard "Mack" Machowicz

#### Lesson 8

- *Think and Grow Rich* by Napoleon Hill
- *Rich Dad, Poor Dad* by Robert Kiyosaki





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