

citrus resources – books, movies, magazines

books ~

Maximizing Potential ~

The 7 Habits of Highly Effective People, Stephen R. Covey

Powerful lessons in Personal Change

Top Performance, Zig Ziglar

How to develop excellence in yourself and others

How to have a Creative Crisis, H. Norman Wright

Change bad times into good – the most important secret of personal and professional growth!

Financial ~

Rich Dad, Poor Dad, Robert T. Kiyosaki

What the rich teach their kids that the poor and middle class do not

The Wealthy Barber, David Chilton

The common sense guide to successful financial planning

Business Development ~

The Tipping Point, Malcolm Gladwell

How little things can make a big difference

Get Clients Now, CJ Hayden

A 28-day marketing program for professionals and consultants

The Service Edge, Ron Zemke

Companies that profit from customer care

Building a Dream, Walter S. Good

A Canadian Guide to starting your own business

Discovering Dreams ~

Wishcraft, How to Get What You Really Want, Barbara Sher

A unique, step-by-step plan to pinpoint your goals and make your dreams come true

I Could Do Anything, If Only I Knew What It Was, Barbara Sher

How to discover what you really want and how to get it

What Color is Your Parachute? Richard Nelson Bolles

A practical manual for job-hunters and career-changers

Get yourself unstuck ~

Feel The Fear and Do It Anyway, Susan Jeffers

Dynamic techniques for turning fear, indecision and anger into power, action and love

Taming Your Gremlin, Richard D. Carson

A Guide to Enjoying Yourself

Telling Yourself The Truth, William Bachus & Marie Chapian

Find your way out of anxiety, fear, anger and other common problems by applying the principles of misbelief therapy

Inspirational ~

Who Dares Wins, Peter Legge

An inspirational collection of stories about those who succeeded by daring to live

Into Thin Air, John Krakauer

A personal account of the Mount Everest disaster

Relationship ~

Conscious Loving, Gay Hendricks & Kathlyn Hendricks

A way to be fully together without giving up yourself

Relationship Rescue, Phillip C. McGraw, Ph.D.

A seven step strategy for reconnecting with your partner

The Seven Principles For Making Marriage Work, John M. Gottman, Ph.D.

A practical guide from the country's foremost relationship expert

Love, Pain and the Whole Damn Thing, David Leibow

An invaluable resource for those who, already adult in body, are working towards becoming adult in heart and mind

movies ~

The Legend of Baggar Vance

Premise: A WWI veteran and war hero (Matt Damon) is asked to play two of the great golf players of the time (1931), Walter Hagen (McGill) and Bobby Jones (Gretsch), in a 36-hole match game to open a local golf course. Helping him get his game back after years away is a mysterious golf caddy, Bagger Vance (Will Smith), whose advice on how to deliver "The Authentic Swing" also seems to have relevance in how to live life as well.

The Rookie

Premise: An inspirational true story. Jim Morris (Dennis Quaid), father, teacher and high school coach, blew out his shoulder, and retired without ever making it to the big leagues. Then, in 1999, Coach Morris made a fateful bet with his perpetually losing team. If they won the district championship, Morris would try out for the majors. The team went from worst to first, and Jim, living up to his end of the bargain, threw caution to the wind and was on the road to becoming the oldest rookie in the major leagues.

Dead Poets Society

Premise: An idealistic teacher (Robin Williams), stirs up the conformed waters of a 1959 prep school, inspiring his students to "suck the marrow out of life". A wonderfully acted and beautifully told story of the quest to maintain your individual identity and follow your dreams.

magazine articles ~

"Life Shifts" Tony Wanless. How to chuck your old job and your old life – and prosper
BC Business Magazine – February 2003

"How (NOT) to get a Man" (or woman) Martha Beck. A life coach rethinks the dating game.
The Oprah Magazine – June 2003