

GaGa Sisterhood Meeting
January 13, 2013
Irene Madrid's Bibliography

Books and Periodicals

Carstensen, Laura. *A Long Bright Future*. Founding director of the Stanford Center on Longevity. Public Affairs, 2011.

Lustig, Robert H. M.D. *Fat Chance: Beating the Odds Against Sugar, Processed foods , Obesity and Disease* Hudson Street Press, 2012.

Presslet, Margaret Webb. *Cheat the Clock: How New Science Can Help You Look and Feel Younger*. Penguin Books, 2012

Well Being Journal: <http://wellbeingjournal.com/>

CDs

Magical Mind, Magical Body, Deepak Chopra, M.D.

Training the Mind, Healing the Body, Deepak Chopra, M.D.

The Enlightened Brain, Rick Hansen, Ph.D.

The Biology of Belief, Bruce Lipton, Ph.D.

The Wisdom of Your Cells, Bruce Lipton, Ph.D.

The Mind Body Code, Mario Martinez

The Language of Emotion, Karla McLaren

Everything You Need to Feel Go(o)d, Candace Pert, Ph.D.

Intuitive Listening, Mona Lisa Schultz, M.D.

DVDs

The Blood Sugar Solution, Mark Hyman, M.D. Ultra healthy program for losing weight, preventing disease, and feeling great now!

The Cure Is ... Transform Your Health <http://thecureismovie.com/>