

ToDo Institute
Certification Program
Required Reading

How to Live Well

By Takehisa Kora, M.D.

Morita Therapy and the True Nature of Anxiety-based Disorders

By Shoma Morita, M.D.

Naikan: Gratitude, Grace and the Japanese Art of Self-Reflection

by Gregg Krech

A Natural Approach to Mental Wellness (available as PDF or in library)

By Gregg Krech

Playing Ball on Running Water

By David Reynolds

The ToDo Institute's Concise, Little Guide to Getting Things Done

By Gregg Krech and Linda Anderson Krech

A Finger Pointing to the Moon (e-book)

By Gregg Krech and Linda Anderson Krech

Constructive Living

By David Reynolds

One Small Step Can Change Your Life: The Kaizen Way

By Robert Maurer

Life is a Matter of Attention (CD audio program)

By Gregg Krech

Little Dreams Come True: A Practical Guide to Spiritual Parenting

By Linda Anderson Krech

***plus* Resource Materials in Three-ring Binder from Summer Residential Program**

I certify that I have completed the reading of all the materials listed above.

Name

Date

FAX to (802) 453-2458 or mail to PO Box 50, Monkton, VT 05469