

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

By Gregg Krech

Playing Ball on Running Water

By David Reynolds

The Art of Taking Action: Lessons from Japanese Psychology

By Gregg 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