

alyson earl

telling stories on the web

Getting and Staying Focused in a World of Distractions

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Resource List

Books

[Anatomy of the Spirit](#), Caroline Myss

[Be the Person You Want to Find](#), Cherie Huber

[The Dance of the Dissident Daughter](#), Sue Monk Kidd

[Finite and Infinite Games](#), James P. Carse

[The Four Agreements](#), Miguel Ruiz

[Illusions](#), Richard Bach

[Leaving My Father's House](#), Marion Woodman

[Loving What Is](#), Byron Katie

[Please Understand Me II](#), David Keirsey

[Reflections on the Art of Living: A Joseph Campbell Companion](#), Diane Obson

[What Matters Most](#), James Hollis

[Women Who Run with the Wolves](#), Clarissa Pinkola Estés

[Finding Adam](#), Martha Beck

[Women Food and God](#), Geneen Roth

[A Whole New Mind](#), Daniel Pink

[Linchpin](#), Seth Godin

[The Book: On the Taboo Against Knowing Who You Are](#), Alan Watts

[The Artist's Way](#), Julia Cameron

Blogs

[Danielle LaPorte](#)

[Amy Oscar](#)

[Julie Daley](#)

[Art of Nonconformity](#)

[Jen Lemen](#)

[Melea Seward](#)

[Orangette](#)

Yoga

www.yogaglo.com