



Selected Principles-Based Books and Resilience References

By Kathy Marshall Emerson

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NOTE: *This is a comprehensive categorized list of selected principles-based books through 1/2018. This directory is intended to strengthen the resource base and understanding of interested helping professionals, trainers, and scholars. Please note the understanding addressed in these references is referred to primarily as Three Principles and in some instances as Psychology of Mind, Health Realization, Innate Health, Clarity, State of Mind, and Insight Principles.*

This list includes some historically significant out of print books. In other cases titles may be available in newer or earlier editions. Many are available in print, e-book or other digital versions. Self-published titles indicate "Author" as publisher. With a few exceptions audio visual resources are not included. Journal articles, professional papers, dissertations, theses and selected papers, not included here, are presented in a separate NRRC directory posted on this site.

Selected sample Resilience Research listings are limited to reader friendly summaries intended to bridge the gap between research and principles practice; only very selected seminal scholarly resilience research publications by pioneers Ann Masten, Emmy Werner and others are included. Additional resilience research is posted on this NRRC website.

This selected directory is updated from time to time and does not include all titles. To make this list more complete please send additional information to marsh008@umn.edu.

-- Kathy Marshall Emerson, 9/13/, 7/14, 9/15, updated 1/18

Community Empowerment

Pransky, J. (2011, 1998). *Modello: A Story of Hope for the Inner City and Beyond*. BC, Canada: CCB Publishing.

Mills, R. (with Krot, S.). (1993). *The Health Realization Primer: Empowering Individuals and Communities*. Alhambra, CA: California School of Professional Psychology, Community Health Realization Institute.

Mills, R. (with Spittle, E.). (1998). *The Health Realization Primer: Empowering Individuals and Communities*. Long Beach, CA: R. C. Mills & Associates, Inc.

Corporate and Personal Coaching

Bora, R. (2017). *How to Turn Stress on Its Head: The Simple Truth that can Change Your Relationship with Work*. Author.

Burns, C. (2015). *Instant Motivation: The Surprising Truth Behind What Really Drives Top Performance*. Harlow, England: Pearson Education.

Chandler, T. (2017). *Right Now: Mastering the Beauty of the Present Moment*. Anna Maria, FL: Maurice Bassett.

Coit, E. (2012). *101 New Pairs of Glasses: Essays on Perspective and Why Seeing is Everything*. Ventura, CA: Las Brisas Publishing. Coit, E. (2013). *Inner-Directed: Ten Keys to Fine Tune Your Gut Instincts*. Ventura, CA: Las Brisas Publishing.

Gleason, M. (2017). *One Thought Changes Everything*. Author.

Flood, A. (1991). *Management by Inspiration: Leadership Through Self-Understanding*. Bend, OR: Purgose Publications.

Freeman, J. (2013). *Life Beyond Money: Living to Earn? Or Yearning to Live?* Author.

Kausen, R. (1989). *Customer Satisfaction Guaranteed: A New Approach to Customer Service, Bedside Manner and Relationship Ease*. Trinity Center, CA: Life Education.

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- Neill, M. (2016). *The Space Within: Finding Your Way Back Home*. Carlsbad, CA: Hay House.
- Neill, M. (2018). *Creating the Impossible*. Carlsbad, CA: Hay House.
- Smart, J. (2013). *Clarity: Clear Mind, Better Performance, Bigger Results*. Oxford, United Kingdom: Capstone Publishing Ltd.
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- Smart, J. (2016). *Results: Think Less, Achieve More*. Chichester, West Sussex, United Kingdom: John Wiley and Sons Ltd.
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Education: Professional Development

- Aust, B. (2004). *See Them in Their Place of Knowing*. Salt Spring Island, BC, Canada: Author. (Development of this unpublished booklet requested by Syd Banks for specific educator use in Scotland and England led to the 2013 book below.)
- Aust, B. (2013). *The Essential Curriculum™: 21 Ideas for Developing a Positive and Optimistic Culture*. Author.
- Benard, B. & Marshall, K. (1997). A framework for practice: Tapping innate resilience. *Research/Practice*, Minneapolis: University of Minnesota, Center for Applied Research and Educational Improvement, Spring, pp. 9-15.
- Chen Mills-Naim, A. (2005). *The Spark Inside: A Special Book for Youth*. Auburn, WA: Lone Pine Publishing.
- Chen Mills-Naim, A. & Mills, R. (2014). *State of Mind in the Classroom: Thought, Consciousness and the Essential Curriculum for Healthy Living*. Author.
- Chen Mills-Naim, A. and Mills, R. (2016). *State of Mind in the Classroom: Thought, Consciousness and the Essential Curriculum for Healthy Learning*. Berkeley, CA: Spark Inside Publications, an imprint of Command Performance Language Institute.
- Educators Living in the Joy of Gratitude*. (14 webinars featuring expert educators integrating principles in K-12 schools) Facilitated by Kathy Marshall Emerson. Available: <https://threeprinciplessupermind.com/product/educators-living-in-the-joy-of-gratitude/>
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- Mills, R. (1997). Tapping innate resilience in today's classrooms. *Research/Practice. A Publication from the Center for Applied Research and Educational Improvement*. Minneapolis: University of Minnesota, pp. 19-27.
- Power of the Three Principles in Schools* (4 free online sessions for educators with Christa Campsall and Barb Aust.) Available: www.essentialcurriculum.ca/resources or www.ed-talks.com/resources.
- Stewart, D. (1993). *Creating the Teachable Moment*. Blue Ridge Summit, PA: TAB Books.
- Stewart, D., Timm, J. (1990). *The Thinking Teacher's Guide to Self-Esteem: Plus Simple Effective Strategies for Promoting Self-Esteem in the Classroom*. Authors.

Education: Curriculum and Books for Children and Youth

- Aresvik, S. (1995,1998). *An Adult Primer for a Happy Life*. Author.
- Aresvik, S. (2000). *Living in Flow: Second Part of Adult Primer*. Author.
- Aresvik, S. (2000). *The Adventures of Napper Ned: Ned Beats the Drabbies, Book 2. A Story fo Children and Adults*. Author.
- Aresvik, S. (2000). *The Adventures of Napper Ned: Ned Meets Yellow Bird, Book 1. A Story fo Children and Adults*. Author.
- Campsall, C. (1995, 1999). *Inner Resources Guide: Activity Book*. Salt Spring Island, BC, Canada: Proactive Training Inc.
- Campsall, C. with Marshall Emerson, K. (2018). *My Guide Inside, Learner Book I*. Author.
- Campsall, C. with Marshall Emerson, K. (2018). *My Guide Inside, Teacher's Manual, Book I*. Author.
- Campsall, C., Tucker, J. (2016). *My Guide Inside, Learner Book II*. Author.
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- Campsall, C., Tucker, J. (2018). *Whooo ... has a Guide Inside?* Author.
- Carpenos, L. (2015). *It's an Inside-Out World*. Author.
- Chen Mills-Naim, A. (2005). *The Spark Inside: A Special Book for Youth*. Auburn, WA: Lone Pine Publishing.
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- Pranksy, J. & Carpenos, L. (2000). *Healthy Thinking/Feeling/Doing from the Inside Out: A Middle School Curriculum and Guide*. Brandon, VT: Safer Society Press.
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- Pransky, J. & Kahofer, A. (2016). *What is Wisdom? (And where do I find it?)*. Author.
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- Tucker, J. (2003). *My Sunshine Journal: A Peace Skills:Social Skills Workbook for Primary Grades. Connecting with our Inner Source of Peace, Caring and Respect*. Middletown, MD: Inner Change Consulting.
- Turner, S. (2017). *Toby and the Train of Thought*. <https://www.mentalwellbeinginschools.org/toby>
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- Timm, J., Campsall, C. (1994, Fifth Edition). *The Self-Esteem is for Everyone Handbook*. Tampa, FL: Learning Advantages.
- Stewart, D. (1991). *The Kids Guide to Clear Thinking: Drug Prevention Curriculum for Upper Elementary and Middle School Students with Teacher's Instructional Guide, Activities and Worksheets*. Author.

- Stewart, D., Timm, J. (1990). *The Thinking Teacher's Guide to Self-Esteem: Plus Simple Effective Strategies for Promoting Self-Esteem in the Classroom*. Authors.
- White, M. & Marshall Emerson, K. (2011 in pilot process, final publication pending). *Discovering the Magnificent Me! Understanding How We Operate: A Handbook for Girls*. St. Paul: National Resilience Resource Center.

History

- Pransky, J. (2015). *Paradigm Shift: A History of the Three Principles*. British Columbia, Canada: CCB Publishing.
- Quiring, L. (2018). *Encounters with an Enlightened Man: The Early Years with Sydney Banks*. British Columbia, Canada: CCB Publishing.

Mental Health: Theory and Personal Accounts

- Bailey, J. (1999). *The Speed Trap: How to Avoid the Frenzy of the Fast Lane*. San Francisco: HarperSanFrancisco.
- Bailey, J. (2003). *Slowing Down to the Speed of Love*. New York: Contemporary Books.
- Bailey, J. (2007). *Fearproof Your Life: How to Thrive in a World Addicted to Fear*. Emeryville, CA: Conari Press.
- Barnett, A. (2016). *Ride the Wave: Journey From the Inside Out*. Passaic, NJ: Author.
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- Carlson, R. (1997). *Don't Sweat the Small Stuff...and it's All Small Stuff. Simple Ways to Keep the Little Things from Taking Over Your Life*. New York: Hyperion. (Also see other titles in this series.)
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- Carlson, R. (2003) *What About the Big Stuff? Finding Strength and Moving Forward When the Stakes Are High*. New York: Hyperion Books, 2003.
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- Hilides, E. (2012). *Mind-Fullness: The No-Diet Diet*. Author.
- Johnson, A. (2013). *Being Human: Essays on Thoughtmares, Bouncing Back and Your True Nature*. Author. (Includes broad permissions to reprint.)
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- Norwood, R. (2013). *The Gentle Path to Definitive Weight Loss*. Author.
- Pettit, S. (1987). *Coming Home: A Collection*. Fair Oaks, CA: Sunrise Press.
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[Recovery and Prevention](#)

- Bailey, J. (1990). *The Serenity Principle: Finding Inner Peace in Recovery*. San Francisco: Harper & Row.

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Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities. (2009). M.E. O'Connell, et al, (Eds.). Committee on the Prevention of Mental Disorders and Substance Abuse Among Children, Youth and Young Adults: Research Advances and Promising Interventions; Institute of Medicine; National Research Council. Washington, D.C.: National Academies Press. At: <http://www.nap.edu/catalog/12480.html>

Relationships and Parenting

Auer, C. (with Blumberg, S.). (2006). Bringing hope: A conversation with Kathy Marshall, In *Parenting a Child with Sensory Processing Disorder*. Oakland, CA: New Harbinger Publications, Inc.

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Resilience Research

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[Spirituality and Psychology](#)

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Sports

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Kramer, G. (2011). *Stillpower: Excellence with Ease in Sports and Life*. Hillsboro, Oregon: Atria Books/Beyond Words Publishing.
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[Related Website:](#) National Resilience Resource Center nationalresilienceresource.com