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# Dry Needling For Manual Therapists Points Techniques And Treatments Including Electroacupuncture And Advanced Tendon Techniques

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The Classic of Difficult Issues  
The Manual of Trigger Point and Myofascial Therapy  
An Evidence- and Clinical-Informed Approach  
Electro-Acupuncture for Practitioners  
The Practice of Informed Touch  
Including New Techniques and How Acupuncture and Electro-Acupuncture Really Works Scientifically  
A Practitioner's Guide to Myofascial Trigger Point Applications  
Spine and Joint Articulation for Manual Therapists  
Tension-Type and Cervicogenic Headache  
Points, Techniques and Treatments, Including Electroacupuncture  
Guide to Physical Therapist Practice  
Trigger Point Therapy for Myofascial Pain  
Myofascial Trigger Points - E-Book  
The Concise Book of Trigger Points  
Manual Therapy for Musculoskeletal Pain Syndromes  
The Science and Practice of Complementary and Alternative Medicine in Pain Management  
Dry Needling for Manual Therapists  
Comprehensive Pain Management in the Rehabilitation Patient  
Acupuncture  
Nan Jing  
Children With Cerebral Palsy  
Manual Therapy of the Extremities  
A Western Scientific Approach  
Harmony in the Face of the Tiger  
Advanced Techniques in Musculoskeletal Medicine & Physiotherapy  
Pathophysiology, Diagnosis, and Management  
Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation  
A Comprehensive Guide to Spinal and Peripheral Manipulations  
A Guide for the Use of Dry Needles on Neuromusculoskeletal Related Complaints  
Trigger Point Dry Needling E-Book  
The Trigger Point Therapy Workbook  
Textbook and Atlas  
A Manual for Therapists, Parents and Community Workers  
Points, Techniques and Treatments, Including Electroacupuncture and Advanced Tendon Techniques  
Dry Needling for Manual Therapists

Medical Acupuncture  
The Trigger Point Manual  
Biomedical Acupuncture for Sports and Trauma Rehabilitation E-Book  
Travell & Simons' Myofascial Pain and Dysfunction: Upper half of body

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*The Classic of Difficult Issues* Elsevier Health Sciences

This book examines a special topic, JMMT. Emphasis is on the etiology of trigger points with a critical overview of current concepts. The contributing authors are the most respected myofascial pain research and practice experts. The authors address the etiology of trigger points, the epidemiology of myofascial pain, clinical management of patients, specific treatment issues, and the role of trigger points in various pain syndromes.

**The Manual of Trigger Point and Myofascial Therapy** Jones & Bartlett Publishers

This book is meant as a textbook for students and practitioners to use as a reference to guide them in the safe and effective use of electroacupuncture. It includes the following:

- How acupuncture and electroacupuncture works scientifically.
- Effective means to treat inflammation anywhere in the body. And when to use each.
- How to stop a degenerative process.
- How to repair partially torn tendons, ligaments, etc. without surgery.
- How to speed up healing of broken bones.
- What various frequencies do and when to use them.
- New needling techniques and additional lines for scalp acupuncture.
- My theory for why we have microsystems.
- My theory on why magnets work.
- New uses/functions for existing points.
- New points that are useful clinically.
- What acupuncture points are and how best to use them.
- Proof the meridians are a secondary system for the circulation of extracellular fluid and what that means for treatments. New treatment based on that fact to treat lymphedema.
- How to treat a number of disorders with electroacupuncture.
- How and when to use a point locator.
- A new method to diagnose organ problems before Western tests.
- Ryodoraku acupuncture, a Japanese form of electrodiagnosis and treatment.
- I also cover Light therapy, Light and sound therapy, Hemisync, and a short course in Therapeutic touch.
- Other tips from a practitioner with over 30 years' experience.

*An Evidence- and Clinical-Informed Approach* North Atlantic Books

Trigger point therapy is one of the fastest-growing and most effective pain therapies in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve patients' formerly undiagnosable muscle and joint pain, both conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits. This book addresses the problem of myofascial trigger points—tiny contraction knots that develop in a muscle when it is injured or overworked. Restricted circulation and lack of oxygen in these points cause referred pain. Massage of the trigger is the safest, most natural, and most effective form of pain therapy. Trigger points create pain throughout the body in predictable patterns characteristic to

each muscle, producing discomfort ranging from mild to severe. Trigger point massage increases circulation and oxygenation in the area and often produces instant relief. The Trigger Point Therapy Workbook, Third Edition, has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. This edition includes a new chapter by the now deceased author, Clair Davies' daughter, Amber Davies, who is passionate about continuing her father's legacy. The new edition also includes postural assessments and muscle tests, an illustrated index of symptoms, and clinical technique drawings and descriptions to assist both practitioners and regular readers in assessing and treating trigger points. If you have ever suffered from, or have treated someone who suffers from myofascial trigger point pain, this is a must-have book.

*Electro-Acupuncture for Practitioners* Balboa Press

This Second Edition presents introductory general information on all trigger points and also detailed descriptions of single muscle syndromes for the upper half of the body. It includes 107 new drawings, a number of trigger point release techniques in addition to spray and stretch, and a new chapter on intercostal muscles and diaphragm.

*The Practice of Informed Touch* Elsevier Health Sciences

...gives a thorough understanding of what myofascial pain actually is, and provides a unique and effective approach to the diagnosis and treatment of this syndrome for the lower body muscles.

**Including New Techniques and How Acupuncture and Electro-Acupuncture Really Works Scientifically** Jones Int

Master the techniques and problem-solving skills needed to manage spinal and TMJ disorders!

Manual Physical Therapy of the Spine, 2nd Edition provides guidelines to manipulation, manual physical therapy examination, and treatment procedures of the spine and temporomandibular joint. Informed by evidence-based research, this text offers detailed instructions for reaching an accurate diagnosis and developing a plan of care. Written by well-known spinal manipulation expert Kenneth Olson, this resource provides the complete information you need to make sound decisions during clinical interventions. Descriptions of manual therapy techniques include evidence-based coverage of the examination and treatment of spine and TMJ disorders, along with discussions of alternative treatment methods and potential adverse effects and contraindications to manipulation. Guidelines for completing a comprehensive spinal examination include medical screening, the patient interview, disability assessment, and tests and measures, along with an evaluation of the examination findings and the principles involved in arriving at a diagnosis and plan of care. Impairment-based manual physical therapy approach includes a review of the evidence to support its use to evaluate and treat spinal and TMJ conditions. Case studies demonstrate the clinical reasoning used in manual physical therapy. Guide to Physical Therapist Practice terminology is incorporated throughout the book, using accepted terms familiar in physical therapy settings. Expert author Ken Olson is a highly respected authority on the subject of spinal manipulation in physical

therapy. A clear, consistent format for explaining techniques makes this reference easy to use in the clinical setting. NEW! Coverage of emerging topics includes soft tissue assessment, mobilization, dry needling, myofascial pain and trigger points, thoracic outlet syndrome, cervicogenic dizziness, and differentiation of headache types, plus expanded coverage of examination procedures and psychologically informed management strategies for chronic low back pain. NEW! Full-color design and photographs show essential concepts and procedures from multiple angles, illustrating hand and body placement and direction of force. UPDATED evidence-based research provides the latest thinking on manual therapy of the spine.

*A Practitioner's Guide to Myofascial Trigger Point Applications* Springer Science & Business Media  
*Dry Needling for Manual Therapists Points, Techniques and Treatments, Including Electroacupuncture and Advanced Tendon Techniques* Singing Dragon

*Spine and Joint Articulation for Manual Therapists* Dry Needling for Manual Therapists Points, Techniques and Treatments, Including Electroacupuncture and Advanced Tendon Techniques

A major development in the safe and effective treatment of myofascial trigger points and myofascial pain, this book is a concise, comprehensive, and well-illustrated reference on dry needling. John Sharkey—an international authority on myofascial trigger points, myofascial pain, myofascial trigger point dry needling, and neuromuscular therapy as well as an accredited clinical anatomist—draws on his thirty years of experience in bodywork and movement therapy to provide accurate and essential criteria for the identification and subsequent treatment of myofascial trigger points through the exclusive use of a fine, filiform needle. The ideal accompaniment to course notes and the perfect tableside reference guide, this book describes the origin, etiology, and pathophysiology of the myofascial trigger point as well as indications and contraindications for myofascial trigger point dry needling. Instructive illustrations support the text, along with standards and guidelines that ensure safe, effective, and appropriate application. Physical therapists including osteopaths, chiropractors, neuromuscular therapists, soft tissue therapists, physiotherapists, and sports massage therapists will find this guide indispensable. Because Sharkey explains why so many people have unresolved chronic pain and provides clear explanations of how pain is propagated, the book is also an invaluable source of information for patients with chronic pain and their care providers.

*Tension-Type and Cervicogenic Headache* SLACK Incorporated

*Dr. Ma's Manual of Neurologis Dry Needling for PT's, DN's MD's*

*Points, Techniques and Treatments, Including Electroacupuncture* F.A. Davis

The book is divided into 11 sections, covering evidence-informed techniques in massage, trigger points, neural muscle energy, manipulations, dry needling, myofascial release, therapeutic exercise and psychological approaches. In the general introduction, several authors review the epidemiology of upper and lower extremity pain syndromes and the process of taking a comprehensive history in patients affected by pain. In chapter 5, the basic principles of the physical examination are covered, while chapter 6 places the field of manual therapy within the context of contemporary pain neurosciences and therapeutic neuroscience education. For the remaining sections, the book alternates the upper and lower quadrants. Sections 2 and 3 provide updates on mechanical neck pain, whiplash, thoracic outlet syndrome, myelopathy, radiculopathy, peri-partum pelvic pain, joint mobilizations and manipulations and therapeutic exercises, among others. Sections 4 to 9 review

aspects of the shoulder, hip, elbow, knee, the wrist and hand, and finally the ankle and foot. The last two sections of the book are devoted to muscle referred pain and neurodynamics.

**Guide to Physical Therapist Practice** Simon and Schuster

Designed to be a go-to reference for assessment and treatment planning in the clinic, this is a clear and concise handbook for students and practitioners of dry needling, or medical acupuncture. It includes: · Comprehensive medical illustrations demonstrating trigger point locations and associated pain referral patterns · Easy-to-follow instructions and photographs demonstrating musculoskeletal dry needling points and electroacupuncture techniques · Dedicated section on the acupuncture treatment of tendinopathy · Vital information on palpation and correct needling techniques · Practical guidance on best practice, safety and treatment planning · Overviews of the history and key principles of Traditional Chinese medicine and acupuncture · Up-to-date research on the effect of acupuncture in the treatment of MSK conditions, myofascial pain, trigger points (MTrPS), fascia and pain. The book will be an essential aid for osteopaths, physiotherapists, sports rehabilitators, chiropractors, massage therapists, as well as traditional acupuncturists wishing to understand a Western approach on acupuncture. Other health professionals incorporating, or looking to incorporate dry needling into their treatment programme, will also find this book an invaluable resource.

**Trigger Point Therapy for Myofascial Pain** Singing Dragon

*Advanced Techniques in Musculoskeletal Medicine & Physiotherapy* is a brand new, highly illustrated guide to the diagnosis and treatment of musculoskeletal disorders. It demonstrates how to safely and effectively use selected minimally invasive therapies in practice. In addition to more well-established techniques such as acupuncture or dry needling, this ground-breaking resource also covers techniques including intratissue percutaneous electrolysis, mesotherapy, percutaneous needle tenotomy, and high volume image guided injections. Other featured chapters include those on specific musculoskeletal ultrasound such as sonoanatomy and ultrasound-guided procedures. Each chapter describes the principles, indications and contraindications, mechanisms of action and detailed outlines of techniques with an emphasis throughout on accessible practical information. Additionally, methodologies, research results and summaries of studies for particular minimally invasive therapies are presented. The book is also supported by a companion website - [www.advancedtechniquesonline.com](http://www.advancedtechniquesonline.com) - containing procedural video clips, a full colour image library and interactive multiple choice questions (MCQs). skills-based and clinically-oriented - reinforced by the latest contemporary scientific medical research chapters on outcomes in clinical practice indications and contraindications discussed clinical cases, key terms and key points boxes used throughout companion website - [www.advancedtechniquesonline.com](http://www.advancedtechniquesonline.com) - containing procedural video clips, full colour image bank and interactive MCQs

**Myofascial Trigger Points - E-Book** Elsevier Health Sciences

Comprehensively revised and expanded with vital new content, the second edition of *Medical Acupuncture* continues to explore the realistic integration of acupuncture into conventional medicine. Advocating the Western medical acupuncture approach (WMA), this science-based compendium provides the trained practitioner with all the latest research on the effectiveness of WMA and its associated mechanisms, techniques, clinical practice and evidence. Medical

Acupuncture demonstrates a variety of needling techniques and clinical applications within the context of WMA and its evolution from traditional Chinese acupuncture using current knowledge of anatomy, physiology and pathology alongside the principles of evidence-based medicine. Split into seven sections the book begins by establishing the roots of WMA in the Introduction and then progresses on to describe the mechanisms of action in Section 2, including peripheral components of stimulation and evidence from neuroimaging. Sections 3 and 4 cover clinical approaches (eg, superficial needling, electroacupuncture, safety of acupuncture) and techniques related to acupuncture (TENS, laser therapy). Section 5 takes a closer look at the difficulties faced by trials and reviews while Section 6 goes on to showcase 21 clinical uses of WMA, ranging from chronic pain, mental health, obstetrics and primary care to sports medicine, respiratory conditions and neurology. The final reference section contains dermatome/myotome maps, meridian/channel charts and standard international nomenclature. Comprehensive coverage of the scientific evidence and clinical application of acupuncture in medicine Balances the genuine benefits of acupuncture against unfounded claims Presents a wide range of treatable conditions from psychiatry and palliative care through to the pain clinic and veterinary medicine Clinical points boxes highlight key knowledge and learning Illustrated with over 130 drawings and photographs Content restructure and overhaul with contributions from over 40 world leading experts Individual chapters on the use of acupuncture for a wide range of medical conditions including gynaecology and infertility, cancer and palliative care, drug dependence, obesity, sports medicine, dentistry and veterinary practice Updated with the latest scientific evidence Expanded information on neuroanatomical and neurophysiological considerations in relation to the mechanisms of acupuncture

*The Concise Book of Trigger Points* New Harbinger Publications

Take an eclectic, evidence-based approach to orthopaedic manual therapy. From theory through practical application of soft tissue and joint mobilization techniques—this comprehensive resource delivers the depth and breadth of coverage you need to optimize patient outcomes through informed clinical decision-making as part of a comprehensive intervention regimen.

*Manual Therapy for Musculoskeletal Pain Syndromes* Singing Dragon

Pain and limited function of the locomotor system are the most common reasons for visiting a doctor or therapist. Muscles play a key part in these presentations as a result of their function and anatomy with current research suggesting that muscle imbalance, muscle tension and painful functional disorders are at the forefront when it comes to acute or chronic symptoms. The clinical correlate with all such symptoms is the myofascial trigger point. *Myofascial Trigger Points: Comprehensive Diagnosis and Treatment* examines all aspects of muscle physiology and the pathogenesis of myofascial pain. The book provides valuable advice on diagnosis and differential diagnosis and contains detailed, practice-oriented information and numerous illustrations of the various therapeutic procedures for the treatment of myofascial trigger points. Prepared by experts from throughout the world, *Myofascial Trigger Points: Comprehensive Diagnosis and Treatment* will be ideal for all manual therapists, physiotherapists, osteopathic physicians, osteopaths, chiropractors, acupuncturists, massage therapists and naturopaths. Offers practical and clinically relevant information to all practitioners and therapists working in the field Edited by an international expert in pain management and trigger point therapy Abundant use of pull-out boxes, line artwork,

photographs and tables facilitates ease of understanding Carefully prepared by a worldwide team of clinically active and research oriented contributors to provide helpful and clinically relevant information Presents the latest research findings for many aspects of trigger point therapy Provides a holistic view of patient care including the importance of patient communication and psychological aspects of pain control Provides a handy reference for rapid and effective diagnosis and treatment of trigger points Highlights the 65 most important muscles in a comprehensive practical style which includes anatomy, symptoms, pain patterns, physical examination and strategies for effective treatment Offers an ideal resource for training courses in trigger point injection, osteopathy, manual therapy and acupuncture Suitable for osteopathic physicians, osteopaths, chiropractors, manual therapists, acupuncturists and massage therapists as well as general physicians working in primary care, physical medicine, rehabilitation, pain management and internal medicine

*The Science and Practice of Complementary and Alternative Medicine in Pain Management* Singing Dragon

The first textbook covering physical therapy as well as physical medicine aspects of these two highly prevalent headache disorders from both a clinical and evidence-based perspective. Written and contributed by international experts, *Tension-Type and Cervicogenic Headache: Pathophysiology, Diagnosis, and Management* provides the best current evidence on the pathophysiology, diagnosis, and management of patients with the highly prevalent tension type and cervicogenic headache, integrating the most recent clinical research data with basic science knowledge. It covers both physical therapy and phy

*Dry Needling for Manual Therapists* Elsevier Health Sciences

Written by widely respected acupuncture expert Yun-tao Ma, PhD, LAc, *Biomedical Acupuncture for Sports and Trauma Rehabilitation* shows techniques that will enhance athletic performance, accelerate recovery after intensive workouts, and speed trauma rehabilitation after injuries or surgeries. Evidence-based research is used to support the best and most effective techniques, with over 100 illustrations showing anatomy, injury, and clinical procedures. Unlike many other acupuncture books, this book uses a Western approach to make it easier to understand rationales, master techniques, and integrate biomedical acupuncture into your practice. "Finally, a well-referenced, common sense approach to dry needling in sports medicine that discusses maintenance, overtraining, and the effect of the stress response in athletes. This is a long-awaited book that will leave you feeling comfortable with a technique that is very useful not only for athletes, but for all patients of your practice." Rey Ximenes, MD The Pain and Stress Management Center Austin, Texas "For any clinician involved with assisting athletes recover from injury, as well as providing services to enhance physical performance, this text will be indispensable. This book is a major accomplishment in the field of sports injury and treatment of musculoskeletal and neurological pain." Mark A. Kestner, DC, FIAMA, CCSP, CSCS Kestner Chiropractic & Acupuncture Center Murfreesboro, Tennessee Unique! Explores acupuncture treatments for sports injuries in the acute phase, rehabilitation, and prevention. Includes acupuncture for performance enhancement and injury prevention, emphasizing pre-event acupuncture used to help increase muscle output, assist with pre-competition stress, and prevent soft tissue injury. Provides evidence-based research to show the science behind the best and most effective techniques, based on the author's background

in neuroscience and cell biology and his 35 years of clinical acupuncture experience. Offers an overview of the science of biomedical acupuncture including the mechanisms of acupuncture, anatomy and physiology of acupoints, and discussion of human healing potential. Uses terminology and concepts familiar to Western-trained health professionals, making the material easier to understand and incorporate into practice. Includes more than 100 illustrations showing anatomy, injury, and clinical procedures. Covers useful techniques including those that increase muscle force output, joint flexibility and stability; prevent sports injuries like muscle sprain, tendonitis, bone strain, stress/fatigue fracture and bone spurs; reinforce muscle output for specific sports; normalize physiology of dysfunctional soft tissues; predict treatment response; reduce physiological stress; use the new Vacuum Therapy for deep tissue dysfunctions; and balance the biomechanics of musculoskeletal system.

*Comprehensive Pain Management in the Rehabilitation Patient* Singing Dragon

Fully updated throughout, this popular book explains the history, rationale, and detailed descriptions of the class of soft tissue manipulation methods known collectively as NMT techniques. Complete with accompanying website - [www.chaitowonline.com](http://www.chaitowonline.com) - which contains film sequences of the author demonstrating the techniques, this book will be ideal for bodyworkers and acupuncturists in Europe, the USA and beyond. Facilitates the rapid and accurate identification of local soft-tissue dysfunction Explains the origin of soft tissue distress Provides diverse maps and explanations for the patterns of tender and trigger points seen daily in clinical practice Includes guidance on the use of NMT for the treatment of the symptoms of fibromyalgia and abdominal dysfunction Gives important guidance on the treatment of trigger points in treating lymphatic dysfunction Discusses the use of NMT in the management of pain and hyperventilation Explains the diagnostic and therapeutic value of tender reflex points related to viscerosomatic and somatic-visceral reflexes Describes both European and North American versions of NMT Provides a clear set of treatment options for all bodywork therapists and acupuncture practitioners Authored by a highly respected, internationally known teacher, practitioner and author, with contributions from three leading practitioners from the U.S. and Europe Contains a new chapter on the value of Thai Yoga massage, associated with NMT methodology Contains source material and commentary on the contribution of Raymond Nimmo DC in the evolution of NMT Website - [www.chaitowonline.com](http://www.chaitowonline.com) - containing updated video clips demonstrating the application of NMT

*Acupuncture* Lippincott Williams & Wilkins

This newly revised and updated edition of Paul U. Unschuld's original 1986 groundbreaking translation reflects the latest philological, methodological, and sinological standards of the past thirty years. The Nan Jing was compiled in China during the first century C.E., marking both an apex and a conclusion to the initial development stages of Chinese medicine. Based on the doctrines of the Five Phases and yinyang, the Nan Jing covers all aspects of theoretical and practical health care in an unusually systematic fashion. Most important is its innovative discussion of pulse diagnosis and needle treatment. This new edition also includes selected commentaries by twenty Chinese and Japanese authors from the past seventeen centuries. The commentaries provide insights into the

processes of reception and transmission of ancient Chinese concepts from the Han era to the present time. Together with the Huang Di Nei Jing Su Wen and the Huang Di Nei Jing Ling Shu, this new translation of the Nan Jing constitutes a trilogy of writings offering scholars and practitioners today unprecedented insights into the beginnings of a two-millennium tradition of what was a revolutionary understanding of human physiology and pathology.

Handspring Publishing Limited

First as a student and later as an assistant instructor dry needling I noticed that there is a certain need amongst students and colleagues for a few clinical and practical examples or cases concerning practicing dry needling (DN). This is the reason why I wanted to write this practical quick guide which hopefully can contribute to develop confidence in effective needling. Dry needling is an innovative clinical successful and reasonable evidence based tool for the elimination of myofascial trigger points and thereby diminishing myofascial pain and movement restriction. It is important that musculoskeletal therapists apply it properly because it can give fast and lasting relief. On the other hand if dry needling and myofascial pain is not thoroughly understood there is obviously not a fast and lasting relief which could lead to frustrations for therapists and patients and could give dry needling a negative appearance. At the same time this practical quick guide wants to be an advocate for using dry needles not only as a myofascial pain syndrome tool but also primarily as a mobilizing tool. Dry needling has a well-known and documented mobilizing quality but this is in general not emphasized as a primary objective in dry needling myofascial pain. Dry needles can be used primarily as a tool to relax muscle fibres in the absence of an obvious myofascial pain pattern. The goal with this is to improve and restore normal mobility in a region and thereby diminishing strain in the whole kinetic chain. When dry needles in the first place are used as a mobilizing tool they fit very well in a manual therapist toolbox where improving of mobility is a main goal. This practical quick guide wants to stimulate musculoskeletal therapists to combine neuro-musculoskeletal therapeutic approaches including dry needling instead of choosing (un)consciously for one approach. For instance the approaches such as the myofascial pain syndrome (Travell, Simons), neuropathy (Gunn), segmental (embryology) neurophysiology and biomechanical (manual therapy). The goal of musculoskeletal dry needling therapy is bringing a swift, lasting, clearly decrease of complaints confirmed by the patient thereby reducing the number of required treatments. This practical quick guide is for musculoskeletal therapists who have successfully finished the basic practical courses for dry needling myofascial trigger points and the myofascial pain syndrome. At this point one should know how to dry needle hygienic and safe. The anatomic knowledge must be excellent. This quick guide is a practical guide and it does not elaborate on psychology, pain physiologic, anatomy or the theoretical aspects of the working hypotheses of dry needling. There are books, course syllabi and articles which explain the neurophysiologic mechanics of myofascial pain and dry needling. This guide is certainly not a substitute for the mandatory practice courses dry needling. The content of this quick guide is based on clinical experience and best evidence. It is not meant to be conclusive, it must be critical reviewed and it hopes to be an aid in stimulating clinical reasoned self-exploration with musculoskeletal dry needling.

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