

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 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.

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Name

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Date

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