

## Episode #384 Show Notes

I wanted to thank you so much for being a member of our newsletter community. I don't take that lightly and it's my goal to help you and serve you as much as I possibly can. Thanks for sharing our shows on [Facebook](#), Twitter and to your friends! :)

And thank you to those of you who have donated on [Patreon](#) or supported us from our [store](#) and bookmarked our [Amazon link](#)! We love you so much. [Click here](#) to find out more ways you can help us!

I appreciate each and every one of you...



– Kate & Justin (and Maggie)

### Show Notes For This Episode:

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- [Abraham Hicks](#)
- [David Wolfe](#) – [see books](#)
- [Fit For Life](#)
- [Byron Katie](#) – [see books](#)

- [Louise Hay](#) – [see books](#)
- [Your Body Is Telling You To Love Yourself](#)
- [Reinventing Yourself: How To Become The Person You've Always Wanted To Be](#)
- [Deepak Chopra](#) – [see books](#)
- [The Art of Living Foundation](#)
- [Dr. Richard Massey](#)
- [Gestalt Therapy](#)
- [Mind over Medicine](#)
- [30 Day Holistic Detox](#)
- [Landmark Forum](#)
- [Loving Yourself To Great Health](#)
- [Your Body can Heal Itself: Over 87 Foods Everyone Should Eat](#)
- [Flula Borg Joke](#)
- [Agape Fellowship](#)
- [Amy Schuber](#)
- [Justin's Youtube Rants](#)

## **Commercials During This Episode:**

[Commercial #1 – Bellicon Rebounders](#)

[Commercial #2 – Good Morning Qigong](#)

[Commercial #3 – The Q-1000 Laser](#)

[Commercial #4 – The Relax FAR Infrared Sauna](#)