

## Credits:

### Books:

***The Ultimate Guide to Alpha-Gal Syndrome; A Functional Approach to Relief, Investigation, and Recovery*** written by J. Dette Avalon

***Quit Smoking Hypnosis for Women: 10+ Guided Hypnosis Sessions Based on Proven Hypnotherapy Techniques to Stop Smoking, Reduce Cravings, and Feel Free in Your Body Again*** written by Helen Hill Narrated as Claire Turner

***Pregnancy & Postpartum Atlas for First-Time Moms; 10 Keys to Keep Your Couple Thriving; From Fertility Prep to Newborn Care, Fuel Diet, Balance Emotions, Restore Vitality, Tackle Motherhood as a TEAM*** written by Nora Will

***Narcissism Unmasked: The Complete Guide to Healing from Toxic Relationships, Trauma, Gaslighting, Narcissistic Abuse, Codependency, and Complex PTSD*** written by Allison Brown

***Overthinking in Relationships: Rewire Your Anxious Brain to Stop Toxic Thoughts, Let Go of Unhealthy Relationships, Cut Negative Spirals, and Find Emotional Freedom*** written by Allison Brown

***The Overcoming of Social Anxiety Through the Journey of Self-Discovery & Empowerment: Unlocking Confidence, Building Resilience, Strengthening Connections, and Embracing Authenticity*** written by Caroline Russell, Ph.D.

***Releasing the Chains of Self-Blame: Embracing Self-Forgiveness & Healing; Unraveling the Roots of Ager and Self-Blame; Psychological, Cultural, and Familial Origins and Their Impact on Mental and Emotional Well-being*** written by Carolyn Russell, Ph.D.

***Healthy Longevity in the 21<sup>st</sup> Century; Redefining Aging, Empowering Vitality, and Challenging Ageism for a Thriving Future*** written by Carolyn Russell, Ph.D.

***Integrative Medicine for Mental Health: Combining Conventional Therapies with Modern Science Through Holistic Practices – Increased Patient Involvement, Reduced Drug Reliance*** written by Carolyn Russell, Ph.D.

***Your Gut Instinct: Practical & Therapeutic Approaches to Enhancing the Gut-Brain Connection*** written by Carolyn Russell, Ph.D.

***How to Prevent the Chronic Disease of Obesity - Sustainable Solutions for a Healthy Future: Breaking Barriers, Building Habits, Reducing Risks, and Thriving*** written by Carolyn Russell, PhD.

***Restorative Sleep: Unlocking the Secrets to Deep Sleep & Cellular Healing – Revitalize Your Body, Strengthen Immunity, Lift Your Mood, Support Longevity*** written by Carolyn Russell, Ph.D.

***The New (Peri)menopause With Mindfulness – The 7 Keys to Master Hormonal Changes, Crush Stress, Sleep Issues & Weight Gain with Meditation, Yoga Nidra, Fitness & a Diet Plan for Vulvar & Vaginal Health*** written by Emily Munroe

***Co-Parenting and Parallel Parenting with a Narcissist – Practical Solutions*** written by Lena Danvers narrated as Emma Wilson

***Fast Forward and Other Stories*** written by Delia De Santis

***New Dads, A Basic Guide to Supporting the Breastfeeding Mother; Essential Knowledge for New Fathers, Mothers, Parents & Support People*** written by H. Mae Scott IBCLC, IAIM, BA

***Rapid Weight Loss Hypnosis for Women: The Best Hypnotherapy Techniques to Lose Weight, Overcome Emotional Eating, Stop Food Addiction, Appetite Control and Get a Weight Loss Mindset*** written by Helen Hill narrated as Claire Turner

***Feminine Energy and Femme Fatale – The Complete Guide: Unleash Your Divine Energy and Free Your Femme Fatale | Healing Meditations, Awakening Affirmations, Dark Feminine Secrets*** written by Victoria Garcia narrated as Emma Wilson

***Feminine Energy Manifestation: 28 Day Challenge for Awakening and Healing Your Divine Feminine Energy | Meditations and Affirmations Included*** written by Victoria Garcia narrated as Emma Wilson

***Femme Fatale and Dark Feminine Energy – Secrets Revealed: Unleash Your Inner Femme Fatale and Become an Alpha Woman | Manifesting & Positive Affirmations Included*** written by Victoria Garcia narrated as Emma Wilson

***Love Online*** written by Baily Cox

***Soprano in the Pressbox*** written by Jane Mooreman

***The Best Husband Award Goes to Me: How to Be a Better Husband and Learn to Recognize the Mistakes You Make, Change the Way You Treat Your Wife, and Make Her Fall in Love with You Again*** written by Martha B. Bailey

***The Ranch Detectives: Small-Town Mysteries*** written by Susan Garner Mitchell

***How to Not Clean the Kitchen*** written by Tamra Carter

***Capital Creations: Crafting Your Own Wealth Narrative and Reach Financial Freedom*** written by Lara Baytol

***Retirement Activities: Embracing Life's New Chapter: Things to Do to Explore, Prosper, and Achieve Your Dreams Post-Retirement*** written by Lorie Eubank

***Parenting an Explosive Child With ADHD: The 2.0 Guide for Raising Emotionally Intelligent Kids with a Fast Mind*** written by Julia Collins, narrated under the name Laura Richardson

***Liberation Psychology: 7 Steps to Self-Rejuvenation*** written by Julius Spes

***The Beautiful Life*** written by Natividad

***Love As One*** written by Marilyn R. Reid

***The ChatGPT Advantage: Transform Your Business with Artificial Intelligence-4 Books in 1*** written by Diana Sterling

***10 Lessons School Won't Teach You to Reach Your Goal and Happiness in Life*** written by Stephen W.

***Stop Being Invisible: Taking Your Business to the Next Level With a Proven \$2 Billion Public Relations Strategy*** written by Hugh Taylor CEO of Comms Factory

***The New Witch Spellbook; A Magic Guide for Real Wicca Incantations*** written by Adam Vogtli

***Discover Your Green Witch Path: Guide to Practicing the Magick in Plants & Herbs for Spellcasting, Rituals, Recipes & More to Create Harmony & Balance Within, You, Your Spirit & Those Around You*** written by Delphina D'Andres

***Love After Infidelity; A Story of Recovering from Heartbreak, Breakup and How to Regain Relationship*** written by W. Hart

***The Money Smart Mermaid; How to Get, Save and Spend Money*** written by Matilde Leon

***Discover Hidden Bible Sexual Freedom Book 4: Freeing All Guilt and Shame. Not Taught in Bible Colleges or Church*** written by Inkaboutit4u

***Discover Hidden Bible Sexual Freedom Book 3: Freeing All Guilt and Shame. Not Taught in Bible Colleges or Church*** written by Inkaboutit4u

***Discover Hidden Bible Sexual Freedom Book 2: Freeing All Guilt and Shame. Not Taught in Bible Colleges or Church*** written by Inkaboutit4u

***FASCINATING Stories for Kids Ages 4-12: Entertaining Bedtime Stories About Courage, Self-Confidence, Morality and Humanity*** written by HNM Books

***My Sister's Husband's Hucow; Oh Daddy!*** written by Hayden Ash

***Organize Your Life; Relax and Unwind With An Organized House, Life, and Mind*** written by Kristen Willet

***10-Day Green Smoothie Cleanse for Weight Loss. Sip Up, Slim Down! Lose weight and Gain Your Body Back Lose up to 15 Pounds in 10 Days!*** written by Tanya Simons

***60 Most Delicious Coconut Oil Recipes for A Perfect Weight Loss*** written By Tanya Simons

***Getting Rid of Negative Thoughts; The Power of Positive Thinking*** written By Valentina Maris

***Gaslighting & Narcissistic Abuse Recovery Secrets; Recognize Covert Narcissist Relationships. Recover from Hidden Emotional & Psychological Abuse and Finally Break Free from the Toxic Manipulation!*** written by Firebird Publishing House

***ADHD: Raising an Explosive Child; A New Approach to Parenting and Empowering Complex Kids. Discover Emotional Control Strategies to Help Your Children Self-Regulate (Including Yell-Free Disciplining)*** written by Firebird Publishing House

***Gaslighting: The Complete Guide to Identifying, Handling & Avoiding Manipulation. Recover from Emotional Abuse and Build Healthy Relationships*** written by Linda Hill.

***Stop Overthinking; Evidence-Based Tips and Techniques to Conquer Negative Thoughts, Manage Anxiety and Quickly Calm the Mind*** written by Linda Hill

***Codependency Recovery Guide; A Woman's Guide to Stop Being Codependent, Find Inner Freedom and Never Be Needy Again*** written by Linda Hill

***Borderline Personality Disorder; How to Talk to Loved Ones About BPD, Reduce Conflict, Manage Their Emotions, and Recover from Emotional Abuse*** written by Linda Hill

***The Holistic Book of Herbal Medicine & Natural Remedies; The 7-Step Herbalism Guide for Beginners to Overcoming Common Ailments from Home (Includes 73 Ancient Antibiotics)*** written by Small Footprint Press

***The Pony Express Heroes*** written by Susan Garner Mitchell

***Hangry for Sex; The Benefits of Regular Sexual Activity and How to Better Achieve It*** written by Kimber Austin

***Wake; Fairy Tales and Other Stories of Wisdom, Kindness and Compassion*** written by NahMo

## **YouTube:**

***The Windows Club*** (<https://youtu.be/i4jQodzAoPk>)

***CryptoFlix*** (<https://youtu.be/LKl6n8U0npY>)

***Medicinal Backyard*** (<https://youtu.be/A80oMOkGXPo>)

***IPhone Text Messages***  
***3 Minute Virtue***

Numerous advertisements and product testimonials, corporate explainer videos, and several series of meditations and children's stories.

## **Advertisements:**

Neurosocks  
Kia EV-9 Concept  
Onder Law

## **Other:**

Corporate Training Video V/O's

Meditation V/O's

Educational Video V/O's

"History of the Saint Saturnin Church"

## **Available Now on Amazon:**

***Bridal is Brutal*** written and narrated by Vicky David

***The Bodyshop*** written by Vicky David (available in paperback or as an ebook)

## **Coming Soon:**

***The Bodyshop*** written and narrated by Vicky David