



Stacey C. Stevens, MS, LMHC

LICENSED MENTAL HEALTH COUNSELOR

Recommended Readings:

It's a Meaningful Life: It Just Takes Practice
Bo Lozoff


A New Earth: Awakening to your life's Purpose
Eckhart Tolle

Reinventing Your Life: The Breakthrough Program to End Negative Behavior...and Feel Great Again
Jeffrey E. Young & Janet S. Klosko

The Shack
William T. Young

The Places That Scare You: A Guide to Fearlessness in Difficult Times
Pema Chodron

These resources have been recommended by Stacey C. Stevens, MS, LMHC as adjuncts to Individual Counseling Sessions and are not meant to replace individual counseling sessions.



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