Recommended Reading - Charmaine Ladner

The Well Gardened Mind : Rediscovering Nature in the Modern World by Sue Stuart-Smith

Quiet : The Power of Introverts by Susan Cain

Phosphorescence : On awe, wonder and things that sustain you when the world goes dark by Julia Baird

Punk Monk : New Monasticism and the Ancient Art of Breathing by Andy Freeman and Pete Grieg

Thrive by Ariana Huffington