

Stage Six

Stage Six resources include yoga, meditation, mindfulness, finding and (re)igniting passion into all facets of your life, pursuing dreams, goal setting, creativity, manifesting excellence, maximizing peak performance zones and many other practices, traits and skills. You owe it to yourself to put these ideas into practice. Authors who write, teach, and conduct workshops about different aspects of Stage Six include Jack Canfield, Deepak Chopra, Wayne Dyer, Mark Victor Hanson, Jack Kornfield, Anthony Robbins, Brian Tracey, Jon Kabat-Zinn, and many others. Do the things you love and success will follow. The resources below offer many ways to improve your well-being and increase the level of satisfaction with your life. Stage Six is about performing at your best and flourishing in all aspects of your life.

Books

[The 7 Habits of Highly Effective People](#)

By Stephen R. Covey

A holistic approach to living a fulfilling life.

[The 8th Habit: From Effectiveness to Greatness](#)

By Stephen R. Covey

Tools to move beyond yourself to be something greater

[Beyond Positive Thinking: A No-Nonsense Formula for Getting the Results You Want](#)

By Robert Anthony

Step by step visualization techniques to meet your goals.

[The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams](#)

By Deepak Chopra A short book that teaches you how to apply spiritual principles to all aspects of your life to achieve your goals

[The Success Principles\(TM\): How to Get from Where You Are to Where You Want to Be](#)

By Jack Canfield

Jack Canfield, co-creator of the bestselling Chicken Soup for the Soul® series, offers strategies on achieving your goals.

[Unlimited Power: The New Science Of Personal Achievement](#)

By Anthony Robbins

Achieve your personal and professional goals in the “age of success”

[Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny!](#)

By Anthony Robbins

Take control of various elements in your life to achieve future success

[Flourish: A Visionary New Understanding of Happiness and Well-being](#)

By Martin Seligman

The principles of positive psychology to achieve a greater and more meaningful existence

[Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment](#)

By Martin Seligman

This national bestseller teaches you how to monopolize on your strengths or “virtues” to live your happiest life.

[Learned Optimism: How to Change Your Life and Your Mind](#)

By Martin Seligman

[The Wisdom of Human Kind](#)

By Leo Tolstoy & Guy De Mallac

[Art of Being](#)

By Erich Fromm

[A Mindfulness-Based Stress Reduction Workbook](#)

By Bob Stahl & Elisha Goldstein

This workbook provides scientifically based tools to lead a more centered and present life.

[The Mindfulness Solution: Everyday Practices for Everyday Problems](#)

By Ronald D Siegel

Step-by-step instructions to use mindfulness techniques to deal with stressors in daily life.

[Flow: The Psychology of Optimal Experience](#)

By Mihaly Csikszentmihalyi

Discover true happiness by using Csikszentmihalyi’s consciousness technique of “flow”

[The Happiness Project](#)

By Gretchen Rubin

One woman’s self discovery of true happiness.

Websites

[Deepak Chopra](#)

Acknowledged as one of the world's greatest leaders in the field of mind body medicine, Deepak Chopra, M.D. continues to transform our understanding of the meaning of health. Through his creation of The Chopra Center for Wellbeing in California in 1995, Dr. Chopra established a formal vehicle for the expansion of his healing approach using the integration of the best of western medicine with natural healing traditions of the East. Dr. Chopra serves as the Director of Education at The Chopra Center, which offers programs in mind body medicine, yoga, self-discovery, emotional wellness, meditation and personal empowerment. Dr. Chopra's work is changing the way the world views physical, mental, emotional, spiritual and social wellness.

[Tony Robbins](#)

What's your definition of an extraordinary life? There are as many answers as there are people. For some it may be to make \$5 million. For some it may be to make \$5 million and give it away to charity. For others, it may be to be a loving husband or a great mother. Whatever your definition is, you deserve to be fulfilled in whatever direction you take your life. The challenge is that in today's complex world, it's so easy to get caught in the process of achieving so much, that it's sometimes easy to lose focus of what you really want. We believe to attain an extraordinary life—a life on your terms, one filled with unbridled joy, ultimate success and lasting fulfillment—it's imperative you make progress in the areas of life that are most important to you. Anthony Robbins has uncovered and refined a unique system for anyone who wants to take their life to the next level.

[Dr. Wayne Dyer](#)

Wayne W. Dyer, Ph.D., is an internationally renowned author and speaker in the field of self-development. He's the author of 30 books, has created many audio programs and videos, and has appeared on thousands of television and radio shows.

[Stephen Covey](#)

The Stephen Covey community is an Internet-based community where individuals from around the world are coming together to achieve personal greatness through four areas; learning, goal setting and tracking, making friends and global support networks, and online journal writing.

[Jack Canfield](#)

For more than 40 years, Jack has been teaching, training and coaching entrepreneurs, educators, corporate leaders, and people from all walks of life (and of all ages, cultures and backgrounds) to create the life they desire

[Brian Tracy](#)

Well known for his ability to help others achieve their highest potential in their personal and business goals. Tracy's methods will assist you in bettering all aspect of your life.

[Mark Victor Hansen](#)

For more than 30 years, Mark Victor Hansen has focused solely on helping people and organizations to reshape their personal vision of what's possible. His powerful messages of possibility, opportunity, and action have helped create startling and powerful change in thousands of organizations, and millions of individuals worldwide.

[Peggy McColl](#)

As a speaker, author, and mentor Peggy is an expert at goal achievement and promoting success in any area of your life.

[Jack Kornfield](#)

Jack Kornfield is a psychologist and one of the leading Buddhist teachers in America. A practitioner for over 40 years, he is one of the key teachers to introduce mindfulness and meditation to the West. His approach emphasizes compassion, loving kindness and the profound path of mindful presence.

[Spirit Rock Meditation Center](#)

Spirit Rock Meditation Center is dedicated to the teachings of the Buddha as presented in the vipassana tradition. The practice of mindful awareness, called Insight or Vipassana Meditation, is at the heart of all the activities at Spirit Rock. The Center hosts a full program of ongoing classes, daylong programs, and residential retreats.

<http://www.mindfullivingprograms.com/whatMBSR.php>

Everything you need to know about Mindfulness Based Stress Reduction. Learn about the benefits of MBSR; find programs and other helpful resources.

[BBC News presents: Happiness Formula –](#)

A look at what makes us happy in life.

[University of Pennsylvania Positive Psychology](#)

This site offers quizzes and resources to utilize concepts from popular psychology

Articles

[Inspiration and Purpose](#)

By Wayne W. Dyer

Being passionate and loving what you do inspires you and helps you develop a purpose in your life.

[Zig Ziglar's Lessons From The Top: True Success in a Balanced Life](#)

By Erin Casey

Lessons about how to be successful and live a balanced life.

[Doing the Impossible](#)

By Zig Ziglar

How to activate your motivation and achieve your goals.

[Brian Tracy Goals](#)

By Brian Tracy

Brian Tracy on the key factors on setting and attaining your goals.

[Mastering Your Own Mind](#)

By Katherine Ellison

Meditation can help train you to become better at certain skills.

[The Ten Keys to Business Success](#)

By Brian Tracy

A look at 10 critical areas to help you make better decisions to get you better results.

Have a resource that helped you or think could help others? Please share it with us in the comments section below. Stage Climbing is constantly evolving and searching for resources that could benefit our community. We value your comments and feedback, so let us know how we can make this section better.