

***The Best Free Training's  
First Annual  
Mental & Spiritual Health  
Collection***



**A Collection of Reviews of Some of the Best, Absolutely Free, Training & Educational Resources to Support Mental & Spiritual Health  
as Posted from November 2007 – November 2008  
by Michael Greer on The Best Free Training blog**

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**A special thanks to Brian Johnson**, whose amazing work at his **Zaadz**, **PhilosophersNotes** [<http://philosophersnotes.com/bestfreetraining>], and **ThinkArete** websites has inspired me both personally and professionally. Following his intellectual trail of bread crumbs, I have grown, laughed, and have been led to much of what is good and valuable in this collection of reviews. **Look for credits and links to his work throughout.** **Whoo- Hoo! Go, Brian!**

--- Mike G

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