

RECOMMENDED BOOKS AND AUDIOTAPES

for personal growth and healing

Abramson, Edward, Ph.D. *Emotional Eating, A Practical Guide for Taking Control*

Allende, Isabel. *Aphrodite: A Memoir of the Senses*

Andrews, Lynn V. *Medicine Woman*

Walk in Balance: Meditations with Lynn Andrews

Andrews, Ted. *Animal Speak*

Animal Wise

Aron, Elaine. *The Highly Sensitive Person: How to Thrive When the World Overwhelms You*

Auel, Jean. M. *Clan of the Cave Bear*

Ban Breathnach, Sara. *Simple Abundance, A Daybook of Comfort and Joy (book and audio)*

Barks, Coleman, (translator) *The Essential Rumi.*

Betold-Bond, Annie. *Clean and Green: The Complete Guide to Nontoxic and Environmentally Safe Housekeeping*

Blum, Ralph. *The Book of Runes.* (St. Martin's Press 1982)

Bolen, Jean Shinoda, M.D. *Goddesses in Everywoman* (Harper & Rowe 1984).

Crossing to Avalon

The Millionth Circle: How to Change Ourselves and the World: The Essential Guide to Women's Circles.

Brennan, Barbara Ann. *Hands of Light - A Guide to Healing Through the Human Energy Field*

Brockway, Rev. Laurie Sue. *A Goddess is a Girl's Best Friend*

Bruyere, Rosalyn L. *Wheels of Light - Chakras, Auras and the Healing Energy of the Body*

Cameron, Julia, with Mark Bryan. *The Artists Way*

Camp, Robert. *Love Cards*

Campbell, Don. *The Mozart Effect.* (Avon Books, 1997).

Chernin, Kim. *The Hungry Self: Women, Eating and Identity* (Harper & Row 1986).

Childre, Doc and Howard Martin. *The Heartmath Solution*

Choquette, Sonia. *The Psychic Pathway: A Workbook for Reawakening the Voice of Your Soul.* (Crown Trade Paperbacks, 1994) (Nightengale Conant audio)

Chopra, Deepak. *Quantum Healing*

Ageless Body, Timeless Mind. (Harmony Books, 1993).

Cousins, Gabriel, M.D. *Conscious Eating*

Covey, Stephen. *The 7 Habits of Highly Effective People.* (FranklinCovey audio & book)

Cox-Chapman, Molly. *The Case for Heaven* (Putnam, 1995).

Crabtree, Maril. *Sacred Feathers - The Power of One Feather to Change Your Life*

Crenshaw, Teresa, Ph.D. *The Alchemy of Love and Lust*

Curry, Helen. *The way of the Labyrinth: A Powerful Meditation for Everyday Life*

D'Adamo, Peter, N.D. *Eat Right for Your Blood Type*

David, Marc. *Nourishing Wisdom*

Diamant, Anita. *The Red Tent*

Diamond, Neale Walsh. *Conversations with God*

Domar, Alice, Ph.D. *Self Nurture: Learning to Care for Yourself as Effectively as You Care for Everyone Else*

Dossy, Larry, M.D. *Healing Words: The Power of Prayer and the Practice of Medicine*

Eisler, Riane. *The Chalice and the Blade*

Fiero, Nancy. *Hildegard and Her Vision of the Feminine* (audio tape)

Findhorn Community. *The Findhorn Garden*

Ford-Grabowsky. *Mary: Sacred Voices – Essential Women's Wisdom Through the Ages*

Frawley, David, M.D. & Lad, Vasant, M.D. *The Yoga of Herbs*

Gabbay, Simone. *Nourishing The Body Temple: Edgar Cayce's Approach to Nutrition*

Gass, Robert. *Chanting* (Broadway. 1999) (Book and CD of chants)

Gawain, Shakti. *Creative Visualization*

Gilligan, Carol. *A Different Voice*. Harvard University Press

Gittleman, Ann Louise. *Your Body Knows Best*

Gray, Henry. *Gray's Anatomy* (Bounty Books 1977)

Hahn, Thich Nhat. *Living Buddha, Living Christ*

Hay, Louise. *You Can Heal Your Life*
Heal Your Body

Jeffers, Susan. *Feel the Fear and Do it Anyway*. (book and tape)

Judith, Anodea and Selene Vega. *The Sevenfold Journey: Reclaiming Mind, Body & Spirit Through the Chakras*

Juengst, Sara Covin. *Breaking Bread. The Spiritual Significance of Food*

Jung, C.G. *The Collected Works* (Bollingen Series XX) (Princeton Univ. Press 1994).

Katie, Byron. *Loving What Is: Four Questions That Can Change Your Life*

Kidd, Sue Monk. *The Dance of the Dissident Daughter*. (Harper Collins, 1996).

Kingston, Karen. *Creating Sacred Space with Feng Shui*

Knapp, Caroline. *Appetites*.

Kok Sui, Choa. *Pranic Healing* (Weiser, 1990).

LaMott, Anne. *Traveling Mercies: Some Thoughts on Faith*

Lucy, Janet and Terry Allison. *Moon Mother, Moon Daughter*

Lesser, Elizabeth. *The New American Spirituality*

Luis, Don Miguel. *The Four Agreements*

Lynn, Denise. *The Secret Language of Signs- How to Interpret the Coincidences and Symbols in Your Life*

Sacred Space

Maclean, Dorothy. *To Honor the Earth: Reflections on Living in Harmony with Nature*

McGaa, Ed, Eagle Man. *Mother Earth Spirituality* (Harper & Row, 1990).

Native Wisdom (Four Directions, 1995).

Mountain-Dreamer, Oriah. *The Invitation*

The Dance

Myss, Caroline, Ph.D. *Anatomy of the Spirit* (Sounds True audio.)

Energy Anatomy (Sounds True audio.)

Spiritual Madness (Sounds True audio)

Naparstek, Belleruth. *Your Sixth Sense: Unlocking the Power of Your Intuition*

Northrup, Christiane, M.D. *Women's Bodies, Women's Wisdom* (Bantam, 1998).

O'Donohue, John. *Anam Cara*.

Ogden, Gina, Ph.D. *Women Who Love Sex: An Inquiry into the Expanding Spirit of Women's Erotic Experience*

Orloff, Judith, M.D. *Second Sight* (Warner Books, 1996).

Pennington, M.Basil. *Thomas Merton Brother Monk: The Quest for True Freedom*.

Pert, Candace, Ph.D. *Molecules of Emotion* (Schribner, 1997).

Pinkola-Estés, Clarissa, Ph.D. *Women Who Run With the Wolves* (Ballantine, 1992).

Piper, Mary. *Reviving Ophelia (giving away the sense of self at puberty)*

Plaskow, Judith. *Standing Again at the Sinai – Judaism from a Feminist Perspective*

Ponder, Catherine. *The Dynamic Laws of Healing*. (Devorss and Co., 1996).

Redfield, James. *Celestine Prophecy*

Ram Dass. *Journey of Awakening*

Rinpoche, Sogyal. *The Tibetan Book of Living and Dying*. (Harper Collins, 1982).

Robinson: James M. *The Nag Hammandi Library*

Ross, Julia, M.A. *The Diet Cure - The 8-Step Program to Rebalance Body Chemistry...*

The Mood Cure - The 4-Step Program to Rebalance Emotional

Chemistry...

Roth, Geneen. *Appetites*

When Food Is Love

Breaking Free from Compulsive Eating

Feeding the Hungry Heart

When You Eat at the Refrigerator, Pull Up a Chair

Saunders, Cat, Ph.D. *Dr. Cat's Helping Handbook*

Savage, Linda, Ph.D. *Reclaiming Goddess Sexuality*

Schulz, Mona Lisa. *Awakening Intuition*. (Harmony Books, 1998).

Sewell, Marilyn. *Cries of the Spirit: A Celebration of Women's Spirituality*

Siegel, Bernie, M.D. *Peace Love and Healing: Body Mind Communication and the Path to Self Healing: An Exploration* (Harper & Rowe, 1989).

St. James, Elaine. *Inner Simplicity*
Simplify Your Life

Somer, Elizabeth, M.A., R.D. *Food and Mood: The Complete Guide to Eating Well...*

Spiller, Jan and Karen McCoy. *Spiritual Astrology – Your personal path to self-fulfillment*

Stanchich, Lino. *The Power Eating Program*

Strubbe-Wittenberg, Janice, R.N. *The Rebellious Body: Reclaim Your Life from Environmental Illness and Chronic Fatigue Syndrome.*

Sugrue, Thomas. *There is a River: The Life of Edgar Cayce*

Tannen, Deborah, Ph.D. *You Just Don't Understand.*

Todeshi, Kevin J. *The Encyclopedia of Symbolism.*

Tolle, Eckhart. *The Power of Now.*

Trungpa, Chogyam. *Shambala. The Sacred Path of the Warrior* (Bantam 1986).

Van de Castle, Robert, Ph.D. *Our Dreaming Mind*

Waterhouse, Debra. *Why Women Need Chocolate* (a wise witty book)
Outsmarting Female Food Cravings

Weed, Susun S. *Menopausal Years The Wise Woman Way*
Wise Woman Herbal – Healing Wise

Wiel, Andrew, M.D. *Health and Healing: Understanding Conventional and Alternative Medicine*

Williamson, Marianne. *A Woman's Worth*
Return to Love
An Inspirational Companion (Harper audio.)
On Work and Career (Harper audio.)

Woodman, Marion. *Addiction to Perfection.* (Inner City Books, 1982).

Woodman, Marion, with Jill Mellick. *Coming Home to Myself: Reflections for Nurturing a Woman's Body and Soul.* (Conari Press, 1988).

Woolfolk, Joanna Martine. *The Only Astrology Book You'll Ever Need*

Wright, Machel Small. *Behaving As If The God in All Life Mattered*

Zampieron, N.D., and Ellen Kamhi, Ph.D., R.N. *The Natural Medicine Chest*

In addition, I recommend the series *Mystical Classics of the World:*

The Tibetan Book of the Dead, Trans. By Robert A. F. Thurman.

Tao de Ching. Translated By Victor H. Mair.

The Bhagavad-Gita, Translated By Barbara Stoler Miller.

The Essential Kabbalah by Daniel C. Matt.

The Way of a Pilgrim. Translated. By R.M. French.

The Essential Rumi. Translated by Coleman Barks.

Note: All books are to be read with your own individuality and truth in mind. Take from them what you need.