

RECOMMENDED BOOK LIST

Below are some of my most recent and some of my old favorite picks for reading that have really assisted in my inner process and given me some guidance in external relationships, how to organize my world and how to communicate my needs more clearly. This list grows almost daily, and does not include any of my old favorites-the list would be too long!

Visit www.HealingFromTheCore.com any day and you can see my most updated list.

Calling the Circle by Christina Baldwin is a wonderful, foundation book that should be read by everyone joining the Healing From the CoreSM circles (or operating in any group or circle in their life). It gives good, grounded information about being in a peer group that supports and listens to its members.

Warmly,



Family Issues

Expecting Adam by Martha Beck – wonderful, heartwarming story of life’s magic and children.

Raising Cain: Protecting the Emotional Life of Boys by Daniel Kindlon & Michael Thompson

Speaking of Boys: Answers to the Most-Asked Questions About Raising Sons also by Michael Thompson

The Shelter of Each Other: Rebuilding Our Families by Mary Pipher, Ph.D. is excellent about healing family structure in our fast paced times. I don’t agree with everything she says but there are some fabulous suggestions throughout.

Reviving Ophelia also by Mary Pipher, Ph.D – about raising healthy daughters

The Sex Lives of Teenagers: Revealing the Secret World of Adolescent Boys and Girls by Lynn Ponton

Relationship Information

Disarming the Narcissist by Wendy Behary

How to Spot a Dangerous Man: Before You Get Involved by Sandra L. Brown

The Verbally Abusive Relationship and *Victory Over Verbal Abuse* by Patricia Evans

Trapped in the Mirror by Elan Golomb

Conscious Loving by Gaye and Kathlyn Hendricks – gives a wonderful blue print for the energy dynamics of a healthy committed relationship.

I Hate You – Don't Leave Me: Understanding the Borderline Personality by Jerold Kreisman & Hal Straus

Hot Monogamy by Pat Love taught me how to take control of my sexuality and match it to my partner's, even though we have very different rhythms and needs and desires. It is a fabulous primer for creating a juicy sex life.

How Can I Get Through to You: Reconnecting Men and Women by Terrence Real

The New Rules of Marriage: What You Need to Know to Make Love Work also by Terrence Real. All three of Terrence Real's books are excellent for both men and women. He is the clearest, most honest writer I know about relationship and what works and what doesn't in today's world.

The Mastery of Love: A Practical Guide to the Art of Relationship by Don Miguel Ruiz, also author of *The Four Agreements*. Ruiz focuses on emotional healing by helping us look at our fear-based beliefs and assumptions that undermine love and lead to suffering and drama in our relationships.

Passionate Marriage by David Schnarch is another groundbreaking book for anyone wanting a long term, passionate relationship.

The Sociopath Next Door by Martha Stout

Boundaries and Relationships: Knowing, Protecting, and Enjoying the Self by Charles L. Whitfield, MD.

Men's and Women's Issues

Wisdom of Women The Ecozoic Reader: Critical Reflection, Story and Shared Dream Experience of an Ecological Age. Volume 5, Number 1, 2007. A collection of articles, poems and artwork on the emerging consciousness of the feminine, including Reclaiming the Feminine Field, p. 12, by Suzanne Scurlock-Durana.

Found online at www.healingfromthecore.com/resources

Women's Bodies, Women's Wisdom by Christiane Northrup is a basic primer for all women

The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change, Revised Edition also by Christiane Northrup

A Woman's Worth by Marianne Williamson is an inspiring empowering book for women

For Women Only by Berman and Berman is another basic primer for women's health issues

Iron John by Robert Bly

The Gift of Fear by Gavin de Becker goes right along with Snortland's book (above) except that it speaks to men and women and gives wonderful detailed information about healthy physical boundaries and safety that goes right along what I teach intuitively in my circles.

Aphrodite's Daughters: Womens Sexual Stories and the Journey of the Soul by Jalaja Bonheim

The Heart and Soul of Sex: Making the ISIS Connection and *The Return of Desire: A Guide to Rediscovering Your Sexual Passion* by Gina Ogden

Both Ogden and Bonheim's books are basic primers for female sexuality – excellent reading for women and men.

The Multi-Orgasmic Woman: Sexual Secrets Every Woman Should Know by Mantak Chia, Rachel Carlton Abrams

Circle of Stones by Judith Duerk about the power of women to sustain and nurture each other.

The Vagina Monologues by Eve Ensler – great “perceptual Lens” widener!

My Lover, Myself, Self Discovery Through Relationship by David Kantor

The Dance of the Dissident Daughter by Sue Monk Kidd, a well known Christian writer. An in-depth, well written book, of one woman's journey, into the negative impact of patriarchy on the spirituality of both men and women without putting down men, personally.

King, Warrior, Magician, Lover by Robert Moore, uses mythology to identify the roles men are called to perform if they are to be fully present for themselves and those around them.

Crucial Conversations, Tools for Talking when Stakes are High by Kerry Patterson, et.al is a book to help you improve your dialogue and communication skills even when you are hurt or angry and not feeling safe. It even helps to shift from abrasive to persuasive.

I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression by Terrence Real is still at the top of my list. A powerful book about the hidden depression in our men (or our



male sides if you are of either gender.) Written from Terrence's own gripping life story – it really explodes some myths that are so taken for granted in our world today.

The New Feminine Brain: Developing Your Intuitive Genius by Mona Lisa Schultz M.D. Ph.D.

Beauty Bites Beast by Ellen Snortland is my latest find in the area of having healthy boundaries and walking with confidence in the world and being a woman. She is brilliant in how she explodes the cultural myths that we as women are all raised with about our physical safety (and therefore our power) in the world. A MUST read for those interested in reclaiming that power in a proactive way.

Difficult Conversations by Douglas Stone, Bruce Patton, Shelia Heen

Healing Through Chronic Pain: A Physical Therapist's Personal Journey of Body/Mind/Spirit Transformation by Mary Ruth Velicki

We Are The Ones We Have Been Waiting For: Inner Light in a Time of Darkness by Alice Walker. Walker's acute sense of justice and observations on the spiritual path, particularly the chapter beginning p. 47, All Praises to the Pause: The Universal Moment of Reflection, supports the process of engaging the Five Principles in our lives.

Vagina: A New Biography by Naomi Wolf

Healing Topics

Cell Talk and just about everything else written by Dr. John Upledger, too numerous to name here!

Life on Land by Emilie Conrad is a basic primer in healing movement, using sound, resonance and fluidity to heal and grow parts of ourselves we have forgotten or never known.

BodyWise: Discovering Your Body's Intelligence for Lifelong Health and Healing by Rachel Carlton Abrams M.D.

Finding Your Own North Star: Claiming the Life You Were Meant to Live by Martha Beck

The Great Work by Thomas Berry gives a cosmological and historical presentation on how the 21st century needs to unfold in order to bring about a healing community for all beings, families, etc.

Dream of the Earth also by Thomas Berry. A collection of essays on what it means to be human and living in relationship with the earth in a mutually sustaining manner. Recognized worldwide for his contribution to the eco-spiritual movement, his works will be archived by Harvard for the future.

Radical Acceptance by Tara Brach is a great book on Vipassana meditation and the process self-forgiveness.

Getting Our Bodies Back by Christina Caldwell

The Heartmath Solution by Doc Childre and Howard Martin

The Biology of Transcendence by Joseph Chilton Pearce

I Thought We'd Never Speak Again by Laura Davis – an exquisite book on the process of reconciliation in the most difficult of life situations. Also has an audio series to go with it: *The Last Frontier – Is Reconciliation Possible After Sexual Abuse?*

Dream Power and *The Dream Game* by Ann Faraday both wonderful primers for working with your dreams.

The Open-Focus Brain: Harnessing the Power of Attention to Heal Mind and Body by Les Fehmi, PhD and Jim Robbins

The Dark Side of the Light Chasers and *The Secret of the Shadow* by Debbie Ford

Trapped in the Mirror by Elan Golomb is a real “wake up” book for those raised with narcissistic parents. It really highlights and wakes us up to the patterns that have affected our energy fields in current time, based on what we were taught growing up (by their behavior).

Healing Through the Dark Emotions by Miriam Greenspan, a wonderful expression of how emotions work and can be allies rather than the enemy

Sacred Mirrors: The Visionary Art of Alex Grey by Alex Grey, Ken Wilber and Carlo McCormick this book has exquisite visual imagery to go with the feeling sensation of HFC explorations – slides from this book are in my power points in my courses (with permission)



The Dancing Healers by Carl A. Hammerschlag, M.D. - a doctor's journey of healing with Native Americans.

There is Nothing Wrong with You: Going Beyond Self Hate by Cheri Huber is a clear, concise, intuitively simple primer on how the messages in our heads paralyze us and how to start to change that.

The Healing Companion by Jeff Kane, M.D. – a wonderful primer on how to be present, verbally in the dying process with someone, particularly as a healthcare provider.

Waking the Tiger by Peter Levine is a great look at the nervous system and how it can be released from old ingrained patterns from past trauma. We use this in our work together with weekend where we do the “frozen – shiver – soothe and settle” work together.

In an Unspoken Voice also by Peter Levine, PhD

The Biology of Belief by Bruce Lipton, PhD.

From My Hands and Heart: Achieving Health and Balance with Craniosacral Therapy by Kate MacKinnon

Drama of the Gifted Child by Alice Miller

Invisible Heroes by Belleruth Naparstek – an invaluable new text on PTSD and the effects of complementary therapies on the healing process.

Molecules of Emotion by Candace Pert is a primer for anyone in the healing field today. Her explanations are cutting edge and brilliant about how the mind-body-emotions-spirit all work together.

My Grandfather's Blessings and ***Kitchen Table Wisdom*** by Rachel Naomi Remen, M.D. - exquisite story teller with so much heart.

Shadow Dance by David Richo

Why Zebras Don't Get Ulcers by Robert M. Sapolsky

The Mindful Brain by Daniel J. Siegel

The Power of Now by Eckart Tolle is a great foundation for present moment consciousness.

The Body Keeps the Score by Bessel van der Kolk, MD

Not Crazy: You May Not Be Mentally Ill; Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families; and A Gift to Myself: A Personal Workbook and Guide to Healing My Child Within and many others by Charles L. Whitfield, MD.

Kosmic Consciousness by Ken Wilber, 10 CD set of great interviews on the overview of consciousness.

Fiction

These books can assist you in “widening your perceptual lens” about how life can be viewed in ways differently than our standard cultural biases and offering alternative ways to think about the world and our lives and what influences us in subtle ways.

The DaVinci Code by Dan Brown

Reservation Nation by David Cook

The Red Tent by Anita Diamant is a fabulous look at ancient feminine power and how it was used and nurtured.

Entering the Circle by Olga Kharitidi, MD. is a wonderful (perhaps non-fiction, but I cannot vouch for it so I put it in this category) look at shamanic practices in Siberia. The story will carry you along.

The Secret Life of Bees by Sue Monk Kidd - couldn't put it down.

The Fifth Sacred Thing by Starhawk is a favorite of mine on many levels and I frequently use the invocation in the beginning to open trainings.

Spirtwalker: Messages From the Future,

Medicinemaker: Mystic Encounters on the Shaman's Path, and

Visionseeker: Shared Wisdom From the Place of Refuge - all by Hank Wesselman

Transformational Poetry

Resonance by An' Marie, available on Amazon or iTunes

Opening Again: Poems and Parables of Transformation by Kim Falone

Reclaiming Myself by Lynndel Schuurman

Home and Time Organization

Clear your Clutter with Feng Shui by Karen Kingston is an excellent way to start your own renewal process by creating openness and flow in your space (home, work, or play space). It is an EASY read and makes an otherwise complex and overwhelming process quite manageable.

Conquering Chronic Disorganization by Judith Kolberg, for those of us with unique ways of processing!

Time Management from the Inside Out by Julie Morgenstern – great organizer.