



## *Recommended Reading List*

- Jeanne Achterberg, "Imagery in Healing: Shamanism and Modern Medicine," Shambala, 1985
- John P. Angleton, ed., "The Amygdala: Neurobiological Aspects of Emotion, Memory and Mental Dysfunction," Wiley Liss, 1992
- Karen Armstrong, "The Great Transformation: The Beginnings of Religious Traditions," Knopf 2006
- Bonnie Bainbridge Cohen, "Sensing, Feeling and Action," Contact Editions (Northampton MA), 1993
- Stanley J. Bigos, "Acute Low Back Pain in Adults," US Dept. of Health & Human Services, 1994
- Angus Cathie, "Growth and Nutrition of the Body with Special Reference to the Head," Academy of Applied Osteopathy Yearbook 1962
- Donald J. Dalessio, ed., "Wolff's Headache and Other Head Pain," 4th edition, Oxford University Press (New York), 1980
- Larry Dossey, "Healing Words: the Power of Prayer & the Practice of Medicine," Harper Collins, 1993
- Karl G. Von Dürckheim, "Hara: The Vital Center of Man," George Allen and Unwin, 1985
- Aelred C. Fonder, "The Dental Distress Syndrome," Medical Dental Arts, 1994
- Viola M. Frymann, "The Collected Papers of Viola M. Frymann: Legacy of Osteopathy to Children," Edwards Brothers (Michigan), 1998
- Jerome Groopman, "Second Opinions: Stories of Intuition and Choice in Medicine," Viking 2000
- Y. Ide, "Anatomical Atlas of the Temporomandibular Joint," Quintessence Publishing Company, 1991
- Frederick E. Jackson, "The Pathophysiology of Head Injuries," Clinical Symposia, July-December, 1966
- Don Hanlon Johnson, "The Protean Body," Harper and Row, 1977
- C.G. Jung, "Four Archetypes: Mother/Rebirth/Spirit/Trickster," Princeton University Press, 1992
- C.G. Jung, "Collected Works," translated by R.F.C. Hull, Bollingen Series XX, Princeton Univ. Press, 1980
- C.G. Jung, "The Red Book: Liber Novus," The Philemon Foundation & WW Norton, 2009
- Richard E. Kappler, "Osteopathy in the Cranial Field," pp. 13-18, The Osteopathic Physician, 2/79
- Stanley Kelleman, "Emotional Anatomy," Center Press, 1985
- Bessell van der Kolk "The Body Keeps The Score"
- Kenneth A.R. Kennedy and M. Yasar Iscan, "Reconstruction of Life from the Skeleton," Alan R. Liss Inc., 1989
- Neil Douglas-Klotz, "The Sufi Book of Life: 99 Pathways of the Heart," Penguin Books, 2005
- Bessel Van Der Kolk, "The Body Keeps the Score: Brain, Mind and Body in Healing Trauma," Viking, 2014
- Hugo Lagercrantz & T. A. Slotkin, "The Stress of Being Born," pp. 100-107, Scientific American, 6/86
- John Lewis "A.T. Still, From Dry Bone to the Living Man," Dry Bone Press, 2013
- Owen Lovejoy, "Evolution of Human Walking," pp. 121-131, Scientific American, 11/88
- Alexander Lowen, "The Betrayal of the Body," Collier, 1967
- Gay Gaer Luce, "Biological Rhythms in Psychiatry and Medicine," US Dept. of Health, Education & Welfare, 1970
- Kiiko Matsumoto and Stephen Birch, "Hara Diagnosis: Reflections on the Sea," Paradigm Publications, 1988
- Arnold Mindell "Working on Yourself Alone," Arkana, 1990
- Arnold Mindell, "City Shadows: Psychological Interventions in Psychiatry," Routledge, 1988
- Betty Clare Moffat, "Soulwork," Wildcat Canyon Press, 1994
- R. Moore & D. Gillette, "King, Warrior, Magician, Lover," Harper San Francisco, 1991
- Frank H. Netter, "Atlas of Human Anatomy," Ciba-Geigy, 1989
- Frank H. Netter, "The Musculoskeletal System," Ciba-Geigy, 1987
- Frank H. Netter, "The Nervous System," Ciba-Geigy, 1990
- Werner Platzer, ed., "Locomotor System," Thieme, 1986
- Lee Sannella, "Kundalini Experience: Psychosis or Transcendence," Integral Publishing, 1992
- S. Harter & R. Marcus, "Exercise, Bone Mineral Density, and Osteoporosis," Exercise and Sports Science Reviews, 1991
- Reynold Specter and Conrad E. Johanson, "The Mammalian Choroid Plexus," pp. 68-74, Scientific American, 11/89

- Reynold Specter, "Micronutrient Homeostasis in Mammalian Brain and Cerebrospinal Fluid," Journal of Neurochemistry, 1989
- Charles T. Tart, "Altered States of Consciousness," Doubleday Anchor, 1969
- Frances E. Vaughan, "Awakening Intuition," Anchor Press, 1979
- Alberto Viloldo and Stanley Krippner, "Healing States," Fireside, 1987
- Alan Watts, "Tao: The Watercourse Way," Pantheon Books, 1975

### *Suggested Reading for Process Work*

Holotropic Mind – Stan Grof (Birth Matrix/Breathwork)

Waking the Tiger – Peter Levine (Trauma/Psychological effects)

Soul Retrieval – Sandra Ingerman (Shamanic Principle)

Soul Without Shame – Byron Brown (Superego/"inner critic")

Power in the Helping Professions – Adolf Gugenbuhl-Craig (process for healers)

Dreambody – Arnold Mindel

Shaman's Body – Arnold Mindel

Working on Yourself Alone – Arnold Mindel