

Booklist

For holistic spiritual work and personal growth, I recommend:

- ✓ *Healing Through the Akashic Records*, by Linda Howe
- ✓ *A New Earth: Awakening to Your Life's Purpose*, by Eckhart Tolle
- ✓ *Creative Visualization*, by Shakti Gawain
- ✓ *The Seat of the Soul*, by Gary Zukav
- ✓ *Essential Reiki A Complete Guide To An Ancient Healing Art*, by Diane Stein
- ✓ *Inner Work Using Dreams And Active Imagination For Personal Growth*, by Robert A. Johnson
- ✓ *Seth Speaks*, by Jane Roberts
- ✓ *You Can Heal Your Life*, by Louise L. Hay
- ✓ *Succulent Wild Woman*, by Sark
- ✓ *When Things Fall Apart: Heart Advice for Difficult Times*, by Pema Chodron
- ✓ *Animal Speak The Spiritual & Magical Powers of Creatures Great & Small*, by Ted Andrews

And this wonderful book about the convergence of physics and metaphysics:

- ✓ *Mysticism and the New Physics*, by Michael Talbot

The Enneagram is a powerful tool for personality analysis and self-improvement. A few books that I use all the time:

- ✓ *The Wisdom of the Enneagram: The Complete Guide To Psychological and Spiritual Growth for the Nine Personality Types*, by Don Richard Riso and Russ Hudson
- ✓ *The Enneagram Made Easy: Discover the 9 Types of People*, by Renee Baron and Elizabeth Wagele
- ✓ *The 9 Ways of Working: How To Use the Enneagram To Discover Your Natural Strengths and Work More Effectively*, by Michael J. Goldberg
- ✓ *My Best Self: Using the Enneagram to Free the Soul*, by Kathleen Hurley and Theodore Dobson
- ✓ *The Enneagram For the Spirit*, by Mary Horsley
- ✓ *The Complete Enneagram: 27 Paths to Greater Self-Knowledge*, by Beatrice Chestnut

Here are a few relationship books I recommend:

- ✓ *Nonviolent Communication: A Language of Life*, by Marshall Rosenberg.
- ✓ *The Seven Principles For Making Marriage Work*, by John M. Gottman and Nan Silver
- ✓ *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*, by Gary Chapman
- ✓ *Getting the Love You Want: A Guide for Couples*, by Harville Hendricks
- ✓ *Can Your Relationship Be Saved? How to Know Whether to Stay or Go*, by Michael S. Broder

And to help with communication in any type of relationship:

- ✓ *Nonviolent Communication: A Language of Compassion*, by Marshall B. Rosenberg

Some of my favorite childrearing guides:

- ✓ *Your Growing Child*, by Penelope Leach
- ✓ *Self-Esteem: A Family Affair*, by Jean Illsley Clarke
- ✓ *How To Talk So Kids Will Listen and Listen So Kids Will Talk*, and *Siblings Without Rivalry*, by Adele Faber and Elaine Mazlish
- ✓ *Between Parent and Child*, by Haim G. Ginott
- ✓ *Parent Effectiveness Training*, by Thomas Gordon
- ✓ *Growing Up Again: Parenting Ourselves, Parenting Our Children*, by Jean Illsley Clarke and Connie Dawson
- ✓ *Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, Energetic*, by Mary Sheedy Kurcinka
- ✓ *Parenting With Dignity*, by Mac Bledsoe
- ✓ *Living with the Active Alert Child*, by Linda S. Budd

Children's learning difficulties are dealt with compassionately and thoroughly in

- ✓ *All Kinds of Minds: A Young Student's Book About Learning Abilities and Learning Disorders*, by Melvin Levine

An excellent book on the lives of adolescents:

- ✓ *The Second Family: How Adolescent Power Is Challenging the American Family*, by Ron Taffel

All the works by Alice Miller are fascinating and have important perspectives on childrearing. Some titles are:

- ✓ *Thou Shalt Not Be Aware: Society's Betrayal of the Child*
- ✓ *For Your Own Good: Hidden Cruelty in Child-Rearing and the Roots of Violence*

An informative and helpful book for victims of childhood sexual abuse:

- ✓ *The Courage to Heal Workbook: For Women and Men Survivors of Child Sexual Abuse*, by Laura Davis

An excellent book on common patterns in families that also includes helpful ways to approach your family in a healing way is

- ✓ *You Can Go Home Again: Reconnecting With Your Family*, by Monica McGoldrick

And a fascinating account of how family secrets and unseen patterns have an impact on each generation:

- ✓ *The Ancestor Syndrome Transgenerational Psychotherapy and the Hidden Links in the Family Tree*, by Anne Ancelin Schutzenberger, translated by Anne Trager

A couple of books on eating disorders:

- ✓ *The Secret Language of Eating Disorders: How You Can Understand and Work to Cure Anorexia and Bulimia*, by Peggy Claude-Pierre
- ✓ *Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling*, by Anita A. Johnston

Works by Pia Mellody and Andrea Wells Miller give remarkable insight into the patterns of behavior for adults who came out of dysfunctional families. These authors come out of the recovery movement, but everyone can find valuable information here:

- ✓ *Facing Codependence*
- ✓ *Breaking Free: A Recovery Workbook for Facing Codependence*

Two good books on substance abuse:

- ✓ *The Thinking Person's Guide to Sobriety*, by Bert Pluyman
- ✓ *Many Roads, One Journey: Moving Beyond the 12 Steps*, by Charlotte Davis Kasl

And a couple of workbooks:

- ✓ *A Gentle Path through the Twelve Steps: The Classic Guide for All People in the Process of Recovery*, by Patrick Carnes
- ✓ *12 Step Workbook: Recovery From Many Addictions*, by Milton V. Peterson

A thoughtful and positive discussion of depression in men:

- ✓ *I Don't Want to Talk About It: Overcoming the Secret Legacy Of Male Depression*, by Terence Real

There is so much research going on about the interplay of body chemistry, behavior and emotion. Try:

- ✓ *Change Your Brain Change Your Life*, by Daniel G. Amen
- ✓ *Molecules of Emotion: The Science Behind Mind-Body Medicine*, by Candace B. Pert

A lot of emotional, psychological and behavioral problems can be lessened or eliminated with some diet changes:

- ✓ *Depression-Free Naturally: 7 Weeks to Eliminating Anxiety, Fear, Fatigue and Anger from Your Life*, by Joan Mathews Larson

This book is an eye-opening discussion of how to eliminate unnecessary anxiety, and let your intuition keep you safe:

- ✓ *The Gift of Fear*, by Gavin de Becker

If you are interested in the phenomenon of past lives, read:

- ✓ *Many Lives, Many Masters*, by Brian L. Weiss
- ✓ *Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body, And Relationships*, by Brian L. Weiss

Some personal accounts of mental illness or suicide:

- ✓ *An Unquiet Mind*, by Kay Redfield Jamison
- ✓ *The Eden Express*, by Mark Vonnegut
- ✓ *The Tender Land: A Family Love Story*, by Kathleen Finneran
- ✓ *Darkness Visible: A Memoir of Madness*, by William Styron
- ✓ *The Loony-Bin Trip*, by Kate Millett
- ✓ *Fight Against Fears*, by Lucy Freeman
- ✓ *Love's Executioner and Other Tales of Psychotherapy*, by Irvin Yalom