

Tao Te Ching by Stephen Mitchell

Mitchell's translation of Lao-Tzu's Tao Te Ching is a small and powerful dose of wisdom.

The Power of Now by Eckhart Tolle

How to live in the now, so you won't wonder where you've been your whole life.

Loving What Is: Four Questions That Can Change Your Life by Byron Katie

Byron Katie is known for her ability to help unravel attachment to beliefs or limiting thoughts.

The Power of Intention: Learning to Co-Create Your World Your Way by Wayne Dyer

Dyer explains the importance of our intention to live in the world we desire.

Listening to the Oracle: The Ancient Art of Finding Guidance in the Signs and Symbols All Around Us by Dianne Skafte, PHD.

Skafte's book shows us how to bring the sacred into everyday life.

The Passion of the Western Mind: Understanding the Ideas that Have Shaped Our World View by Richard Tarnas

Richard Tarnas was one of my professors at my graduate school and an innovative thinker. (I used to call him "Tarnopedia" because of his vast knowledge of well...most things.)

Conversations with God: An Uncommon Dialogue (Book 1) by Neale Donald Walsch

One man's journey going from mistrust and doubt to trust and love with his Higher Power.

The Hope by Andrew Harvey

Andrew explains "Sacred Activism" and why it is desperately needed now.

Beyond Materialism

Extraordinary Knowing: Science, Skepticism, and the Inexplicable Powers of the Human Mind By Elizabeth Lloyd Mayer

The Book: On the Taboo Against Knowing Who You Are by Alan Watts

This book has the ability to really wake up and shake up the reader. Watts tears down illusionary realities and directs the reader to what has always been there underneath them.

Energy Work

Hands of Light by Barbara Breenan

This former NASA scientist left her scientific career to follow her spiritual path. The result is groundbreaking, detailed information about hands on healing. This book has wonderful illustrations.

Intuition Magic by Linda Keen

Discussion of grounding cords and chakras with exercises to help practice getting information about yourself from your intuition.

Anatomy of the Spirit: The Seven Stages of Power and Healing by Caroline Myss

Caroline is well regarded in the field of alternative healing. In this book she discusses the 7 Chakras and their meanings.

The 7 Healing Chakras Workbook: Exercises and Meditations for Unlocking Your Body's Energy Centers by Brenda Davies, MD

A workbook for in-depth exploration into the issues associated with each of the chakras.

Reincarnation

Many Lives, Many Masters: The True Story of a Prominent Psychiatrist, His Young Patient, and the Past-Life Therapy That Changed Both Their Lives by Brian L. Weiss, M.D.

A popular must-read and great place to start if you are interested in reincarnation.

Your Soul's Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born by Robert Schwartz

Could there be a deeper meaning to physical illness, addiction, handicaps and death? A look at life's issues from the perspective of Soul.

Past Lives, Present Miracles: The Most Empowering Book on Reincarnation You'll Ever Read By Denise Linn

Denise is highly regarded for her work on reincarnation.

Relationships + Sexuality

Calling in the One by Katherine Woodward

A book exploring how to create closure within yourself from a previous relationship and how to look within to see the difference between "wanting" a relationship and "being ready" for what you want.

The Way of the Superior Man by David Deida

I highly recommend any of Deida's books or lectures. In this book, Deida teaches men to step into the true Masculine in a deeply spiritual way, allowing the feminine energy he constellates to unfold and relax. (There is a link under the Audio section for his youtube video as well.)

We: Understanding the Psychology of Romantic Love by Robert A. Johnson

A great exploration into the myth of "Romantic Love," Johnson explores why certain relationships full of passion often end in crisis and chaos. This book explores the myth of Romeo and Juliet and explains the psychological function of "projections". (Also great by Johnson are his books: He and She)

Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships by Harriet Lerner

Harriet Lerner, A Psychologist focusing in Systems Theory takes a look at family dynamics and interpersonal relationships. Read this book if you are wondering how to change a habitual dynamic in one of your relationships. (Other great books by Harriet Lerner include: The Dance of Anger, The Dance of Connection, & The Dance of Deception)

Why Talking Is Not Enough: 8 Loving Actions That Will Transform Your Marriage by Susan Page

Seeing marriage as a spiritual partnership.

The Seven Principles for Making Marriage Work by John Gottman

John Gottman can predict divorce in a couple with 91% accuracy. He talks about the qualities that are sure to break up a couple (like Sarcasm) and things that work (Having a 5:1 ratio of positives experiences to negative experiences.)

Soul Mates by Thomas Moore

A bestseller that looks at our deepest connections and holds the mystery of intimate relationships.

Romancing the Shadow by Connie Zweig and Steven Wolf

A great book about owning the shadow and working shadow in relationships.

52 Ways to Mend a Broken Heart by Lynn Gordon

A card deck with lots of great ideas.

Be Honest—You're Not That Into Him Either: Raise Your Standards and Reach for the Love you Deserve by Ian Kerner

Do you want him, or do you just want him to want you? Ian Kerner goes into the hormonal aspects and realities of relationship building.

www.Sfactor.com

Ok, this is not a book,. But if you are lucky enough to have an SFactor in your city, go take an intro class ASAP. They are calling this a pole dancing workout for women, but it is really sexual healing in disguise. It might be dependent on your teacher, but everyone I have met through this organization is truly and deeply empowering of women connecting to their bodies of all ages, sizes and races. You can also buy DVD's for home practice if you are not near a center.

Codependency

[Codependents' Guide to the 12 Steps](#) by Melody Beattie

[Codependent No More](#) by Melody Beattie

[Women Who Love Too Much](#) by Robin Norwood

Women's Issues

[Leaving My Father's House](#) by Marion Woodman

(Anything by Marion I recommend highly with every cell of my being.) This is a great first read if you haven't read her work. This book is a great one to keep by the side of your bed for confirmation, comfort and a good "dose" of Marion. Three woman who worked with Marion share their journaling of the positive and negative complexes that affect their own (and all womens) lives.

[Women Who Run With the Wolves](#) by Clarissa Pinkola Estes

A very popular read. I love Chapter 8 (Self-Preservation: Identifying Leg Traps, Cages and Poisoned Bait) and 9 (Homing, Returning to Oneself).

[Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing](#) By Christiane Northrup M.D.

A great and thorough handbook for women.

Communication

[Type Talk: The 16 Personality Types that Determine how we Live, Love and Work](#) by Otto Kroeger and Janet Thuesen

Determine your personality and understand how your "type" affects how you communicate. Founded on the work of Carl Jung.

[Please Understand Me](#) by David Keirsey and Marilyn Bates

Similar to Type Talk, this book will shed light around frustrations in relationships that are truly diversity issues in disguise.

Inner Child + Self Love

When I Loved Myself Enough by Kim McMillen

This little book is simple and one of the most powerful and comforting examples of Self-Love that I have ever read.

You Can Heal Your Life by Louise Hay

Go for the Gift Edition, it is gorgeous with great artwork and colorful pictures to make you feel great.

Taming Your Grimlin: A Surprisingly Simple Method for Getting Out of Your Own Way by Richard Carson

My favorite book for personifying those inner psychological complexes and energy beings known as Grimlins.

Addiction

Addiction to Perfection by Marion Woodman

Drinking, A Love Story by Caroline Knapp

Clutter Busting: Letting Go of What's Holding you Back by Brooks Palmer.

An amazing look at the energy in things and how we use stuff to avoid our real feelings.

Clutter Busting Your Life by Brooks Palmer

Eating + Body Image

The Don't Diet Live-It! Workbook: Healing Food, Weight & Body Issues by Andrea LoBue and Marsea Marcus

(They also have a website at www.innersolutions.net)

Women Food and God: An Unexpected Path to Almost Everything by Geneen Roth

A Course In Weight Loss by Marianne Williamson

Trauma

To heal trauma I recommend: EMDR therapy (for more intensive trauma), EFT tapping (for lighter issues) and Shamanic Soul Retrievals (For a trained practitioner: <http://www.shamanism.org/>). Find a recommended and skilled practitioner.

Waking the Tiger: healing Trauma by Ann Frederick

Coping With Trauma: A Guide to Self-Understanding by Jon G. Allen, Ph.D

Soul Retrieval: Mending the Fragmented Self by Sandra Ingerman

Writing as a Way of Healing by Louise Desalvo

Shamanism

Way of the Shaman by Michael Harner

Welcome Home: Following Your Soul's Journey Home by Sandra Ingerman

The Beginner's Guide to Shamanic Journeying by Sandra Ingerman (comes with a CD to begin practice).

Career

Live the Life you Love by Barbara Sher

What Should I do with my Life? The True Story of People Who Answered the Ultimate Question by Po Bronson

Anxiety

The Anxiety & Phobia Workbook by Edmund J. Bourne
This is THE book for anxiety. Super thorough and practical.

Grief

The Rules of Inheritance by Claire Bidwell Smith
Incredibly well-written and captivating. Both of Claire's parents were diagnosed with cancer at fourteen years old and by twenty-five they were both gone. The aftermath results in a deep quest for the meaning of life and relationships.

When Things Fall Apart by Pema Chodron
Good for, well...when things have fallen apart.

Memoir

At Home in the World by Joyce Maynard

Read the true story of a young woman in a controlling relationship with a much older man and how it can affect self-esteem. (The older man happens to be JD Salinger).

The Diary of Anais Nin by Anais Nin

Provocative and curious, Anais, is the eternal seeker of herSelf.

Lying by Lauren Slater

Amazing read about the blurry line between truth and fiction. Is this memoir or fiction? She'll never tell.

Parenting

Operating Instructions by Anne Lamott

A true and hilarious account of this writer's first year with her son. Very comforting to new moms.

Healthy Sleep Habits, Happy Child by Marc Weissbluth, M.D.

You Are Your Child's First Teacher by Rahima Baldwin

Raising Your Spirited Child: A Guide for Parents whose child is more intense, sensitive, perceptive, persistent and energetic by Mary Sheedy Kurchinka

Parenting the Fussy Baby and High-Need Child by William Sears M.D. and Martha Sears R.N.

The Nursing Mother's Companion By Kathleen Huggins

Dreams

A Little Course in Dreams: A Basic Handbook of Jungian Dreamwork by Robert Bosnak

Sitting By the Well by Marion Woodman

A set of audio CD's, Marion investigates archetypes, myths and dreams to illuminate daily living.

DreamTending: Techniques for Uncovering the Hidden Intelligence of Your Dreams by Stephen Aizenstat, Ph.D

Stephen is highly gifted in dreamwork. He keeps the dream alive, present and engaged instead of "killing" the symbol through analysis.

The Dreaming Way by Patrician Reis and Susan Snow

A wonderful illustrated documentation of a two-year therapeutic collaboration between therapist and dreamer/artist.

Video

Wake Up! The Film

Follow average Joe, Jonas Elrod as he struggles to deal with his newfound sight into the world of invisibles. For \$5 you can watch immediately from your home computer at <http://wakeupthefilm.com/> Highly Recommended!

David Deida Lectures in Byron Bay Australia on “Spirit Sex & Love”

I highly recommend any of Deida’s books or lectures. Deida really understands the energies of the masculine and the feminine and how they constellate and activate each other. Watch this lecture for free on youtube: <http://www.youtube.com/watch?v=5lZrkMZyEWY>

What the Bleep Do We Know?

Learn how emotions like anger can be addicting, as well as how to intentionally send energy toward creating your day.

The Power of Intention (Learning to Co-create your world your way) with Dr. Wayne Dyer

Dr. Wayne Dyer helps discuss how to manifest with intention, hold a picture of what you want in your life and help create it.

Audio

Hay House Radio: A subscription service, but you can always listen to the archives for free. Lots of great nutrition, energy work, counseling, life coach and channelers. (Carolyn Myss has her own show on this channel). <http://www.hayhouseradio.com/>

Self-Esteem: Your Fundamental Power by Caroline Myss

Discussion of what self esteem is, how to get your information from your intuition and how to act according to what you have learned.

