

## **Recommended Reading**

### **Emotional Intelligence**

*Daniel Goleman*

There was a time when IQ was considered the leading determinant of success. In this fascinating book, based on brain and behavioural research, Daniel Goleman argues that our IQ-idolizing view of intelligence is far too narrow. Instead, Goleman makes the case for 'emotional intelligence' being the strongest indicator of human success. He defines emotional intelligence in terms of self-awareness, altruism, personal motivation, empathy, and the ability to love and be loved by friends, partners, and family members.

### **Working With Emotional Intelligence**

*Daniel Goleman*

Working With Emotional Intelligence takes the concepts from Daniel Goleman's bestseller, Emotional Intelligence, into the workplace. Business leaders and outstanding performers are not defined by their IQs or even their job skills, but by their 'emotional intelligence': a set of competencies that distinguishes how people manage feelings, interact, and communicate. Analyses done by dozens of experts in 500 corporations, government agencies, and non-profit organizations worldwide conclude that emotional intelligence is the barometer of excellence on virtually any job.

### **The Prophet**

*Kahlil Gibran*

In a distant, timeless place, a mysterious prophet walks the sands. At the moment of his departure, he wishes to offer the people gifts but possesses nothing. The people gather round, each asks a question of the heart, and the man's wisdom is his gift. It is Gibran's gift to us, as well, for Gibran's prophet is rivalled in his wisdom only by the founders of the world's great religions. On the most basic topics--marriage, children, friendship, work, pleasure--his words have a power and lucidity that in another era would surely have provoked the description 'divinely inspired.' Free of dogma, free of power structures and metaphysics, consider these poetic, moving aphorisms a 20th-century supplement to all sacred traditions--as millions of other readers already have. --Brian Bruya

### **The Hearts Code**

#### **Tapping the Wisdom and Power of Our Heart Energy:**

*Paul Pearsall PhD*

The New Findings About Cellular Memories and Their Role in the Mind/Body/Spirit Connection by Paul Pearsall This book covers much material that is not new, but which is interpreted in a new way. Other authors have written about forms of intelligence and learning that don't seem to depend on the brain or intellect. Larry Dossey's concept of non-local consciousness, and Rupert Sheldrake's 'morphic fields' arise from the same anecdotal evidence that Pearsall presents in this book. The difference is that Pearsall attributes this unexplained knowledge source to the heart, the most powerful organ in our bodies. Pearsall believes he has found evidence that the heart (as well as other cells in our bodies) retains memories about us and possibly about other

people with whom we are close (and maybe holds ancestral memories as well).

## **Birth Without Violence**

*Frederick Le boyer*

I adore this book because it examines what birth FEELS like for the baby. Scientific explanations are kept to a minimum, so Leboyer really brings home why it is that babies cry in agony. It's because they are in agony, and Leboyer was one of the first to say it doesn't have to be like that. Indirectly, he may have saved thousands of babies from a life time of unhappiness. In this book one gets to realise what it is like for the baby, he really puts you into their shoes (so to speak). And he does it in a artistic way which I haven't seen matched elsewhere. This is a must read. Buy extra copies and give them to your friends who are expecting a baby

## **The Drama of the Gifted Child**

*Alice Miller*

As charming performers who skilfully reflect their parents expectations, far too many children grow into adults driven to greater and greater achievements by an underlying sense of worthlessness. Never allowed to express their true feelings, and having lost touch with their true selves, they act out their repressed feelings with episodes of depression and compulsive behaviour. They in turn inflict the same legacy of repression on their own children.

## **Homecoming - Reclaiming Your Inner Child**

*John Bradshaw*

Wow! Bradshaw picks up where his book, 'Healing the Shame That Binds You' left off. He helps the reader to identify problems that arose out of his/her family setting and/or traumatic settings in early life. He then goes on to explain how one's past may well be having a negative impact on their CURRENT, adult life. Finally he helps the reader to eliminate and neutralize those negative impacts and truly become a whole and complete adult. If you find that your life is still going around in circles after reading Healing the Shame that Binds you, then you NEED this book! It is LOADED with practical information and application. (If it doesn't become required reading for therapist courses abroad I'll be very surprised. It is fantastic! ) No, you are NOT a screw up according to Bradshaw.

## **You Can Heal Your Life**

*Louise L. Hay*

If you haven't seen Hay House's Lifestyles series of gorgeous gift books, there is no better way to acquaint yourself than with publisher/author Louise Hay's You Can Heal Your Life. A bestseller for many years, You Can Heal Your Life has been republished with bright, beautiful illustrations in full, living colour and exquisite typography--each and every page is a work of art by artist Joan Perrin Falquet. The timeless message of the book is that we are each responsible for our own reality and 'dis-ease.' Hay believes we make ourselves ill by having thoughts of self-hatred. She includes a directory of ailments and emotional causes for each with a corresponding affirmation to

help overcome the illness. For example, the probable cause of multiple sclerosis is 'mental hardness, hard-heartedness, iron will, and inflexibility.' The healing 'thought pattern' would be: 'By choosing loving, joyous thoughts, I created a loving joyous world. I am safe and free.' --P. Randall Cohan

## **MOLECULES OF EMOTION**

*Candice Pert*

Intrigue at the 'Palace': back-stabbing, deceit, shunning, love affairs. This is not the plot to I, Claudius but the account Pert gives of her time working at the National Institutes of Health (NIH), a.k.a. the Palace. Yet her time at NIH is not the central point here. Nor are the molecules of the title, although they do get due coverage. Pert offers mainly an account of her journey from a conventional scientist to one who also embraces complementary and alternative medicine. The journey is long and not without price. She was passed over for the Lasker and Nobel prizes for her work on opiate receptors while colleagues were recognized; she believes that her development of a potential AIDS drug was thwarted owing to scientific dirty pool as well as her being a woman in a man's world. Along the way, she took control of her career, her life, and her personal mission. This is an eye-opening book for anyone who thinks that people with medical degrees act more civil or are more altruistic than the rest of us, though Pert also shows that some do rise above the fray. Recommended for academic and special libraries. Lee Arnold, Historical Soc. of Pennsylvania, Philadelphia

## **Memories, Dreams, Reflections**

*Carl Jung*

This is a warning to anyone who reads this book. Yes, the book is excellent. Yes, it contains invaluable thoughts from Jung. Yes, it is a must read for any Jungian or anyone else for that matter. However, there is something that should be taken special note of. If, when reading the first few chapters on his early years, you find yourself identifying very closely with his experiences, beware. It is well known that many people experience synchronicities while reading this book. Example: a person may have a dream, and the next day find that very dream explained in the book, wherever that person left off reading the day before. These synchronicities can have a very large effect. If you are one who finds yourself identifying with Jung's thoughts and feelings to a high degree, you may experience more than just dreams. The book becomes an integral part of your life. It won't let you skip around or stop reading it for too long. You will be bound to the book to finish it in order. When you reach the 10th and 11th chapters in which he describes his afterlife experiences and thoughts, be extremely careful. You may enter into that same 'shadow of the valley of death' while you are reading this part. This is not a book to be taken lightly. It gives you knowledge coupled with experience, not just knowledge. Do not bother opening it unless you want to embark on a serious psychic journey, which will result in increased wisdom and understanding through many unforeseen experiences. I highly recommend this book for anyone who DOES want to go through this. I'm glad I did.

## **My Voice Will Go With You.**

*The Teaching Tales of Milton H. Erickson, M.D.*

Milton Erickson was not only the greatest hypnotist that ever lived, but was also the greatest therapist. He could hypnotize someone by simply telling a story, or shaking their hand. He could change a person's life with a single sentence. In the book there is the example of how he cured a man who was an alcoholic and came from a family of alcoholics by simply telling him to go to the botanical gardens and contemplate the cacti, which he said could live for three years without any water.

## **The Gestalt Approach and Eye Witness to Therapy**

*Fritz Perls*

In an interview with Adelaide Bry, Perls refused to answer when asked what Gestalt Therapy was. He commented that he hated intellectualising, and instead walked her through some exercises to demonstrate the integrative rather than the analytical nature of a gestalt-based approach. It's an interesting moment, and sheds some potential light on the best way to read this book. Essentially what Perls believed was that in order to make intelligent and healthy decisions, you have to make conscious decisions. So the goal of therapy is to bring all the issues at play into consciousness so that by being aware of all the factors involved, real choices can be made in an informed fashion. He used theatrical techniques and group therapy to help his patients achieve their goals.

## **Primal Connections**

*Elizabeth Noble*

Primal Connections by Elizabeth Noble, Ashley Montagu (I recommend all of Elizabeth Noble's books Out of Print--Limited Availability From Publishers Weekly Noble, an obstetrical and gynaecological physical therapist, offers the premise that people's pre- and perinatal experiences greatly affect their lives--and particularly the way in which women give birth, as they tend to repeat the pattern of their own birth.

## **Primal Scream**

*Arthur Janov*

I think the 'Old' Primal Scream is one of the world wonder. But... It is already to old. To know more about Primal Therapy, you have to read Arthur Janov's new book: The new primal scream. The Primal Screen is only the beginning of a big research program! I think the Primal Therapy will become more famous in the next years. The reason is the work of Arthur Janov and Erik Hoffman about Brainmapping. Brainmapping will be a very good diagnostic instrument. We already use it in some Primal Centres in Germany.

## **Quantum Healing: Exploring the Frontiers of Mind Body Medicine**

*Deepak Chopra*

Early on in Quantum Healing, Deepak Chopra asks an interesting question: Why, when your body mends a broken arm, is it not considered a miracle, but when your body rids itself of cancer, it is? Chopra believes the two phenomena spring from the same well, that the body is capable of doing much more than we assume it can. He calls this ability to cure disease from

within 'quantum healing,' and shows how we're all capable of it. He believes intelligence exists everywhere in our bodies, in each of our 50 trillion cells, and that therefore each cell knows how to heal itself. It's a fascinating assertion, one that remains unprovable by science but overwhelmingly true by anecdote.

## **10 Secrets for Success and Inner Peace**

*Wayne W. Dyer*

Wow! What a book. This book is great because it is easy to read and simple to understand. Dr. Dyer has laid out 10 secrets that can only help make your life more enjoyable and allow you to identify with the inner spirit which is YOU.

## **The 4 Agreements**

*don Miguel Ruiz*

1. **Be Impeccable With Your Word** Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.
2. **Don't Take Anything Personally** Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.
3. **Don't Make Assumptions** Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.
4. **Always Do Your Best** Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.

## **Way of the Peaceful Warrior**

*Dan Millman*

During his junior year at the University of California, Dan Millman first stumbled upon his mentor (nicknamed Socrates) at an all-night gas station. At the time, Millman hoped to become a world-champion gymnast. 'To survive the lessons ahead, you're going to need far more energy than ever before,' Socrates warned him that night. 'You must cleanse your body of tension, free your mind of stagnant knowledge, and open your heart to the energy of true emotion.' From there, the unpredictable Socrates proceeded to teach Millman the 'way of the peaceful warrior.' At first Socrates shattered every preconceived notion that Millman had about academics, athletics, and achievement. But eventually Millman stopped resisting the lessons, and began to try on a whole new ideology--one that valued being conscious over being smart, and strength in spirit over strength in body. Although the character of the cigarette-smoking Socrates seems like a fictional, modern-day Merlin, Millman asserts that he is based on an actual person. Certain male readers especially appreciate the coming-of-age theme, the haunting love story with the elusive woman Joy, and the challenging of Western beliefs about masculine power and success.

## **Languages of the Brain: Experimental Paradoxes and Principles in Neuropsychology**

I have no words to say every thing about this book. A new conception of perception of the reality, a new way of observing the things... the brain is not that we usually studied in the books.... In some apprenticeship it interprets the things as a hologram. Who has interest of learning more on the operation of the brain cannot stop reading this book.

## **A Brief History of Time**

*Stephen Hawking*

Stephen Hawking, one of the most brilliant theoretical physicists in history, wrote the modern classic *A Brief History of Time* to help non-scientists understand the questions being asked by scientists today: Where did the universe come from? How and why did it begin? Will it come to an end, and if so, how? Hawking attempts to reveal these questions (and where we're looking for answers) using a minimum of technical jargon. Among the topics gracefully covered are gravity, black holes, the Big Bang, the nature of time, and physicists' search for a grand unifying theory. This is deep science; these concepts are so vast (or so tiny) as to cause vertigo while reading, and one can't help but marvel at Hawking's ability to synthesize this difficult subject for people not used to thinking about things like alternate dimensions. The journey is certainly worth taking, for, as Hawking says, the reward of understanding the universe may be a glimpse of 'the mind of God.'