

RECOMMENDED READING

PERSONALITY TYPE

- The Wisdom of the Enneagram (Don Riso and R. Hudson)
- The Enneagram: Understanding Yourself and Others in Your Life (Helen Palmer)
- Enneagram in Love and Work (Helen Palmer)
- Gifts Differing: Understanding Personality Type (Isabel Briggs Myers and Peter B. Myers)
- Type Talk: the 16 Personality Types (Otto Kroeger and Janet M. Thuesen)
- Nurture by Nature: Understand Your Child's Personality Type and Become a Better Parent (Paul Tieger)

INNER CHILD

- Three Keys to Self-Understanding (Pat Wyman)
- Healing the Shame that Binds You (John Bradshaw)
- Home Coming: Reclaiming and Healing Your Inner Child (John Bradshaw)
- The Body Never Lies: the Lingering Effects of Hurtful Parenting (Alice Miller)
- The Drama of the Gifted Child (Alice Miller)
- Toxic Parents: Overcoming Hurtful Legacy and Reclaiming Your Life (Susan Forward and Craig Buck)
- Growing Yourself Back Up: Understanding Emotional Regression (John Lee)

RELATIONSHIPS AND PERSONAL GROWTH

- True Love (Thich Nhat Hanh)
- The Art of Loving (Erich Fromm)
- The Courage to Love: Principles and Practices of Self-Relations therapy (Stephen Gilligan)
- Getting the Love You Want (Harville Hendrix)
- Keeping the Love You Find (Harville Hendrix)
- The Heroes Journey (Robert Dilts)
- Lovingkindness (Sharon Salzberg)
- Living with Kindness (Sangharakshita)

PARENTING

- Magical Parent, Magical Child: The Art of Playful Parenting (Michael Mendizza)
- Unconditional Parenting: Moving from Rewards and Punishment to Love and Reason (Alfie Kohn)
- How to Talk So Kids Will Listen and Listen So Kids Will Talk (Adele Faber and Elaine Mazlish)
- The Enneagram of Parenting (Elizabeth Wagele)

VARIOUS THERAPEUTIC ISSUES

- Boundaries (Anne Katherine)
- Emotional Incest Syndrome (Patricia Love and Jo Robinson)

- Post-traumatic Stress (Stephen Regel and Stephen Johnson)
- The Splitting Up: Enmeshment and Estrangement in The Process of Divorce (Alvin Pam)
- Facing Love Addiction (Pia Mellody)
- The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce and Other Losses (John James and Russell Friedman)
- Children and Grief: When a Parent Dies (J. William Worden)

LANGUAGE AND PERSONAL COMMUNICATION

- Nonviolent Communication: a Language of Life (Marshall B. Rosenberg)
- Time to Think (Nancy Kline)
- Metaphors in Mind (James Lawley and Penny Tompkins)
- Sleight of Mouth (Robert Dilts)
- Words that Change Minds (Shelle Rose Charvet)
- Clean Language (Wendy Sullivan and Judy Rees)
- Frame Games (Michael Hall)
- Beliefs – Pathways to Health and Well-Being (Dilts e.a.)
- Patterns of the Hypnotic Techniques of Milton Erickson I and II (Bandler and Grinder)
- Metaphors We Live By (George Lakoff and Mark Johnson)
- Women, Fire and Dangerous Things (George Lakoff)
- The Language of Change (Paul Watzlawick)

HEALING AND CONSCIOUSNESS

- Healing with the Mind's Eye (Michael Samuels)
- The Biology of Belief (Bruce H. Lipton)
- Healing Emotions (Daniel Goleman)
- The Feeling of What Happens (Antonio Damasio)
- The Elusive Obvious (Moshe Feldenkrais)
- The Embodied Mind (Varela e.a.)
- How Your Mind Can Heal Your Body (David Hamilton)
- The Power of Focusing: Finding your Inner Voice (Ann Weiser Cornell)
- Let Your Body Interpret Your Dreams (Eugene Gendlin)
- Focusing: How to Open Up Your Deeper Feelings and Intuitions (Eugene Gendlin)
- Awareness through Movement (Moshe Feldenkrais)
- The Master Moves (Moshe Feldenkrais)

MEN AND WOMEN

- Absent Fathers, Lost Sons: The Search for Masculine Identity (Guy Corneau)
- King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine (Robert Moore and Douglas Gillette)
- Keys to the Kingdom (Alison A. Armstrong)
- The Male Brain (Louann Brizendine)
- The Female Brain (Louann Brizendine)

- He: Understanding Masculine Psychology (Robert A. Johnson)
- She: Understanding Female Psychology (Robert A. Johnson)

GREAT THINKERS AND IDEAS

- My Voice Will Go With You: The Teaching Tales of Milton H. Erickson (Sidney Rosen)
- Steps to an Ecology of Mind (Gregory Bateson)
- The Origins of Knowledge and Meaning (Jacob Bronowski)
- American Shaman (Kottler, Carlson, Keeny)
- Experiencing and the Creation of Meaning (Gendlin)
- The Hero with a Thousand Faces (Joseph Campbell)
- The Radical Acceptance of Everything (Ann Weiser Cornell)
- Meeting the Shadow (Zweig and Abrams)
- Pathways to Bliss (Joseph Campbell)
- Synchronicity (Joseph Jaworski)
- The Essential Jung (Anthony Storr)
- The Archetypes and the Collective Unconscious (Carl Jung)
- Man and His Symbols (Carl Jung)
- The structure of Magic I + II (Virginia Satir, John Grinder, Richard Bandler and Gregory Bateson)
- Flow (Mihaly Csikszentmihaly)
- The White Goddess: A Historic Grammar of Poetic Myth (Robert Graves)
- The I Thing (Richard Wilhelm translation)
- Appreciative Inquiry: A Positive Revolution in Change (David Cooperrider and Diana Whitney)