

THE HEALING JOURNEY

Recommended Readings

Alistair J. Cunningham

(2002) *The Healing Journey Program*

(2002) *Bringing Spirituality into Your Healing Journey*

(2005) *Can the Mind Heal Cancer?*

Brene Brown

(2010) *The Gifts of Imperfection: Let Go of Who You Are Supposed to Be and Embrace Who You Are*

(2022) *Atlas of the Heart – Mapping Meaningful Connection and the Language of the Human Experience*

Brother Lawrence

(1999) *The Practice of the Presence of God*

Charles Tart

(2001) *Mind Science: Meditation Training for Practical People*

Christopher Willard

(2022) *How to Grow Through What You Go Through: Self-Compassion Practices for Post-Traumatic Growth*

Dali Lama

(2003) *How to Practice: The Way to a Meaningful Life*

Ekart Tolle

(1998) *The Power of Now: A Guide to Spiritual Enlightenment*

(2006) *A New Earth: Awakening to Your Life's Purpose*

Eknath Easwaran

(1993) *The Unstruck Bell: The Powerful New Strategies for Using a Mantram*

(1996) *Original Goodness: On the Beatitudes of the Sermon on the Mount*

Foundation for Inner Peace

(1975; 1996) *A Course in Miracles*

Frances Vaughn

(1995) *Gifts from a Course in Miracles: Accept This Gift, A Gift of peace, A Gift of Healing*

Gary Zukav

(1989) *The Seat of the Soul: An Inspiring Vision of Humanity's Spiritual Destiny*

Jack Kornfield

(1993) *A Path with Heart: A Guide through the Perils and Promise of Spiritual Life*

(2001) *After the Ecstasy, the Laundry: Hope the Heart Grows on the Spiritual Path*

(2009) *The Wise Heart: A Guide to the Universal Teaching of Buddhist Psychology*

(2014) *A Lamp in the Darkness: Illuminating the Path Through Difficult Times*

Jiddu Krishnamurti

(1976) *Krishnamurti's Notebook*

Jon Kabat-Zinn

(1993) *Wherever You Go, There You Are*

(1998) *Everyday Blessings: The Practice of Mindfulness in Parenting*

(2005) *Coming To Your Senses*

(2013) *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain & Illness*

Kristin Neff

(2021) *Fierce Self-Compassion: How Women Can Harness Kindness to Speak Up, Claim Their Power, and Thrive*

Matthew Fox

(2006) *A New Reformation: Creation Spirituality and the Transformation of Christianity*

Marianne Williamson

(1996) *A Return to Love: Reflections on the Principles of "A Course in Miracles."*

Nhat Hanh Thich

(1976) *The Miracle of Mindfulness*

(1992) *Peace is Every Step*

(2012) *Fear: Essential Wisdom for Getting Through the Storm*

(2017) *The Art of Living*

Paramahansa Yogananda

(1971) *Autobiography of a Yogi*

(2001) *God Talks with Arjuna: The Bhagavat Gita*

Pema Chodron

(2000) *When Things Fall Apart: Heart Advice for Difficult Times*

(2002) *The Places That Scare You: A Guide to Fearlessness in Difficult Times*

(2004) *Start Where You Are: A Guide to Compassionate Living*

Ram Dass

(2004) *Paths to God: Living the Bhagavad Gita*

Rick Hanson

(2014) *Buddha's Brain: The Practical Neuroscience of Happiness, Love & Wisdom*

(2020) *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness*

Sakyong Mipham

(1993) *Turning the Mind into an Ally*

Sharon Salzberg

(2020) *Real Change: Mindfulness to Heal Ourselves & the World*

(2023) *Real Life: The Journey from Isolation to Openness & Freedom*

(2023) *Finding Your Way: Meditations, Thoughts & Wisdom for Living an Authentic Life*

Swami Radha

(1980) *In the Company of the Wise*

(1980) *Kundalini: Yoga for the West*

(1980) *Mantra: Words of Power*

(1980) *Time to Be Holy*

(1987) *The Divine Light Invocation*

Syliva Boorstein

(2003) *Pay Attention for Goodness Sake*

Tara Brach

(2003) *Radical Acceptance: Embracing Your Life with the Heart of a Buddha*

(2013) *True Refuge: Finding Peace and Freedom in Your Own Awakened Heart*

(2019) *Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN*

(2021) *Trusting the Gold: Learning to Nurture Your Inner Light*

Teresa of Avila

(1991) *The Way of Perfection*

Tom Harpur

(2000) *Would You Believe? Finding God without Losing Your Mind: A Book for Skeptics, Doubters and Wistful Unbelievers*

(2002) *Finding the Still Point: A Spiritual Response to Stress*