

Mind/ Body

Title	Author(s)
<u>Peaceful Living: Daily Meditations for Living with Love, Healing, and Compassion</u>	Mary Mackenzie
<u>The Inner Power of Silence: A Universal Way Meditation</u>	Mark Thurston
<u>Mindfulness</u>	Ellen J. Langer
<u>Mindfulness In Plain English</u>	Venerable Henepola Gunaratana
<u>Woman At tHe Edge of Two Worlds: Menopause and the Feminine Rites of Passage</u>	Lynn V. Andrews
<u>The Spontaneous Fulfillment of Desire</u>	Deepak Chopra
<u>Magnificent Mind At Any Age</u>	Daniel G. Amen
<u>Listening: How to Increase Awareness of Inner Guide</u>	Lee Coit
<u>How to Think Like Leonardo da Vinci</u>	Michael J. Gelb
<u>Open Your Mind to Prosperity</u>	Catherine Ponder
<u>Peace, Love, and Healing</u>	Bernies Siegel
<u>Full Catastrophe Living</u>	Jon Kabat- Zinn
<u>The Cerebral Symphony</u>	William H. Calvin
<u>Ageless Body, Timeless Mind</u>	Deepak Chopra
<u>Perfect Health: The Complete Mind/ Body Guide</u>	Deepak Chopra
<u>The Edgar Cayce Remedies</u>	William A. McGarey
<u>Eliminating Self- Criticism</u>	Allen Ross
<u>The Chakras (2)</u>	C.W. Leadbeater
<u>The Joy of Stress: How to Make Stress Work for You</u>	Peter G. Hanson
<u>Chelation Therapy: How to Present or Reverse Hardening of the Arteries</u>	Dr. Morton Walker
<u>How the Mind Works Works</u>	Steven Pinker
<u>Right Recovery for You</u>	Marilyn M. Bradford
<u>Magic. You are It. Be It.</u>	Gary M. Douglas and Dr. Dain Heer
<u>Living Beyond Distractions</u>	Gary M. Douglas and Dr. Dain Heer
<u>Body of Work: Meditation on Morality from the Human Anatomy Lab (2)</u>	Christine Montoross
<u>Radical Healing</u>	Rudolph Ballentine

All Life Center Library

Title	Author(s)
<u>First Cut (2)</u>	Albert Howard Carter III
<u>Facing & Fighting Fatigue a Practical Approach</u>	Benjamin H. Natelson
<u>Molecules of Emotion: The Science Behind Mind-Body Medicine</u>	Candace B. Pert
<u>The KI Method: Self Help Book</u>	Glenn King and The King Institute
<u>Psychology: Mind, Brain, and Culture</u>	Drew Westen
<u>Meditation and the Mind of Man</u>	Herbert B. Puryear & Mark A. Thurston
<u>A Gift of Healing</u>	Frances Vaughn & Roger Walsh
<u>The Tornado Within: Exploring the Connections Between Children's Anger, Unresolved Grief and Escalating Violence</u>	Darcie Sims