

## READING LIST 2024 - Theory and Practice of Transformations

### Note from Jane and Graemme

The Reading List is intended to start the process long before you reach the session room for Theory and Practice of Transformations. The books have been well chosen to give you a wide invitation to explore the 'why and what' behind what we do in The Haven Process and to find what you think in the face of these ideas. We strongly encourage reading as many as you can, even if it means browsing through them to get a 'feeling' of what we are going to explore.

Read what you are attracted to AND especially read what you have an aversion to. In both, you will learn something about yourself and how you see the world around you.

YouTube is a great resource to get a flavor of the topic areas. Many books are easily accessible online. The Haven has many of them, located in the Peterson Intern Room to borrow.

### Most Recommended For Part B – \*available in Haven Bookstore

- **\*The Illuminated Heart– Wong and McKeen– a must** and is a good overview of many concepts
- **\*Being: A Manual for Life – Wong and McKeen**
- **\*Joining: The Relationship Garden – Wong and McKeen**
- **\*Eastern Body, Western Mind – Anodea Judith** – integration between eastern thinking and various western psychological frames
- **Vibrational Medicine– Richard Gerber** – quantum physics and energy medicine
- **The Biology of Belief– Bruce Lipton** – brain science, epigenetics, and our beliefs
- **Daniel Siegel–** You Tube lectures on Attachment Theory
- **The World Religions – Houston Smith–** amazing work describing the essence of various world religions
- **The Brighter Side of Human Nature – Altruism and Empathy – Alfie Kohn**
- **The Way to Vibrant Health – Lowen–** bioenergetics exercises
- **Body, Self and Soul – Jack Rosenberg** – IBP – bodywork essentials
- **Compassion and Self-Hate – Theodore Rubin**
- **\*Traditional Acupuncture: The Law of the 5 Elements – Dianne Connelly** – Chinese medicine/philosophy
- **Between Heaven and Earth – A Guide to Chinese Medicine – Beinfield and Korngold**
- **When the Body Says No – Gabor Mate–** illness and its relationship with our patterns
- **The Greening of the Self – Joanna Macy–** becoming present with our world and environment
- **The Biology of Transcendence – Joseph Chilton Pierce–** science of the relationship/integration of our brain and heart
- **The Path – Puett and Gross-Loh–** on eastern philosophy
- **Characterological Transformation: The Hard Work Miracle – Johnson**
- **The 'For Dummies' books on existentialism, quantum physics, chaos theory, structuralism & post structuralism**

### Most Recommended for Part A

- **\*The Illuminated Heart– Wong and McKeen– a must** and is a good overview of many concepts
- **\*Being: A Manual for Life – Wong and McKeen**
- **\*Joining: The Relationship Garden – Wong and McKeen**

- **Civilization and its Discontents – Sigmund Freud**
- **On Becoming a Person – Carl Rogers**– or anything by him. Person Centered Humanistic Psychology
- **Denial of Death – Ernest Becker** -research on how we avoid/deny the knowledge that we are mortal
- **Memories, Dreams, Reflections or The Red Book – Carl Jung**
- **The New Peoplemaking or The Satir Model – Virginia Satir** – family systems theory
- **The ‘For Dummies’ books on existentialism, quantum physics, chaos theory, structuralism & post structuralism**
- **Toward a Psychology of Being – Abraham Maslow** – Humanistic psychology
- **Encountering America – Jessica Grogan**– history of the Humanistic movement in psychology
- **Current Psychotherapies – Raymond J. Corsini** – old editions are cheap and fine for our purposes
- **Oxford University Press Series**– A Very Short Introduction series – Various books, including Nothing, The Meaning of Life, Into the Brain, Consciousness
- **The Gift of Therapy – An Open Letter to a New Generation of Therapists – Irvin Yalom**
- **Toward a Psychology of Being – Abraham Maslow** – Humanistic psychology
- **The Existentialist Café – Freedom, Being and Apricot Cocktails – Sarah Bakewell**
- **Man’s Search for Meaning – Frankl** – his personal journey to find meaning as a Jew in the Holocaust and existential psychology
- **Body Psychotherapy: An Introduction – Nick Totto**