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## Healing Touch Program Recommended Book List

Purpose: The booklist was compiled to support the Healing Touch students, apprentice, and practitioners, as well as to provide information helpful in understanding the theories and principles behind the work of Healing Touch. List is in alphabetical order.

\*Janet Mentgen's Recommended Books

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### Healing Touch Course Work

- \*Hands of Light (Brennan)
- \*Healing Touch: A Guidebook for Practitioners, 2<sup>nd</sup> Edition (Hover, Mentgen, & Hibdon)
- \*Joy's Way (Joy)
- \*White Shadow (Wardell)

### Energy Medicine/Holism

- Anatomy Coloring Book (Elson)
- \*Anatomy of Spirit (Myss)
- Creation of Health (Myss)
- Eastern Body Western Mind (Judith)
- \*Energy Anatomy (cassette) (Myss)
- Energy Medicine: A Scientific Basis (Oshmann)
- \*Esoteric Healing (Bailey)
- Holistic Nursing (Dossey)
- Holistic Nursing Curriculum (Dossey)
- \*Light Emerging (Brennan)
- Pendulum Power (Nielsen/Polansky)
- Spiritual Alchemy: How to Transform Your Life (Page)
- The Heart's Code (Pearsall)
- \*The Power of the Mind to Heal (Borysenko)
- \*Vibrational Medicine (Gerber)
- Wheels of Life (Judith)
- \*Wheels of Light (Bruyere)
- Why People Don't Heal (cassette) (Myss)

### **Additional Books for Continuing Study**

- Caring Science as Sacred Science (Watson)
- Energetic Approaches to Emotional Healing (Hover-Kramer, Shames)
- Hands of Life: Use Your Bodies Own Energy Medicine (Motz)
- \*Invisible Helper's (Leadbeater)
- The Energetics of Healing (video) (Myss)

### Quantum Physics

- \*The Field (McTaggart)
- \*Body Electric (Becker)
- \*Dancing WuLi Masters (Zukav)
- \*Energy Medicine in Therapeutics and Human Performance (Oschman)
- \*Molecules of Emotion (Pert)
- \*Quantum Healing (Chopra)
- \*Quantum Reality (Herbert)
- \*The Holographic Universe (Talbot)
- \*The New Physics of Healing (Chopra)

### Spiritual Development

- Called into Healing (Smith)
- \*Fire in the Heart (Markides)
- Healing From the Heart (R. Graham)
- Healing Words (Dossey)
- \*Homage to the Sun (Markides)
- New Dimensions in Healing (Saraycarian)
- \*Sacred Mirrors (Grey)
- Seat of the Soul (Zukav)
- \*Spiritual Madness (cassette) (Myss)
- \*The Chakra's (Leadbeater)
- \*The Chakra's and the Human Energy Field (Karagulla, Kunz)
- The Gift of Change: Spiritual Guidance for Living Your Best Life (Williamson)
- \*The Magas Strovolos (Markides)
- The Healing Light (Sanford)
- Uncommon Touch (Harpur)
- \*Walking a Sacred Path (Artress)
- Wherever You Go There You Are (Kabat-Zinn)

### **Additional Books for Continuing Study:**

- Care of the Soul (Moore)
- Love and Survival (D. Ornish)
- Miracles Mindfulness (Hahn)
- Serving Humanity (Bailey)
- The Gifts of Spirit (Sanford)
- The Healing Power of Prayer (Meehan)

## **Personal/Professional Development**

A Return to Love: Reflections of Principles of a  
"Course in Miracles" (Williamson)  
\*Bodymind Workbook (Shapiro)  
Born to Serve: The Evolution of the Soul Through  
Service (Trout)  
Business Mastery (Sohnen-Moe)  
\*Creating Affluence (Chopra)  
Creative Imagery in Nursing (Shames)  
Heal Your Body (Hay)  
Healers on Healing (Carlson)  
Inspiration: Your Ultimate Calling (Dyer)  
Mentoring (Hang)  
Nurse as Healer (Keegan)  
\*Right Rhythmic Living (Etheridge)  
The Extraordinary Power of Ordinary Things  
(Dossey)  
The Heart Speaks (Guarneri)  
\*The Medicine Woman's Guide to Being in  
Business for Yourself (Bridges)  
The Power of Intention (Dyer)  
\*The Seven Habits of Highly Effective People  
(Covey)  
\*Wishcraft (Sher)  
You Can Heal Your Life (Hay)

### ***Additional Books for Continuing Study:***

Excuse Me: Your Life is Waiting: Astonishing  
Power of Feelings (Grabhorn)  
Nanda Nursing Diagnoses: Definitions and  
Classifications (North American Nursing  
Diagnosis Association)  
Principle Centered Leadership (Covey)  
Spiritual Economics (Butterworth)  
The Path of Love (Chopra)  
Your Sixth Sense: Unlocking the Power of Your  
Intuition (NaperstK)

## **Journaling**

\*Artist's Way  
\*Journal to the Self (Adams)  
\*Journal to the Soul (Offner)  
\*Life's Companion Journal (Baldwin)  
\*Nurses Meditative Journal  
\*The Creative Journal (Capacchione)  
The Power of Your Other Hand (Capacchione)  
The Well Being Journal (Capacchione)  
Visual Journaling (Ganim/Fox)  
\*Writing Down the Bones (Goldberg)

## **Ethics**

Creating a Professional, Safe, and Enduring  
Practice (Benjamin)  
Creating Right Relationships: A Practical Guide to  
Ethics in Energy Therapies (Hover-Kramer)  
Ethics for a New Millennium (Dalai Lama)  
The Ethics of Touch: The Hands-on Practitioner's  
Guide to The Ethics of Caring (Taylor)