

CREATIVE HEALTH

SELECTED READING LIST

Dr. Sheila Cartwright, Cookridge Hospital, LEEDS LS16 6QB
Tele: 0532 673411 - comprehensive list available on request.
(dunstable)

A. Positive Thinking

The Power of Positive Thinking	Norman Vincent Peale	Cedar Press
Getting Well Again	Carl Simington	Bantam
Love, Medicine & Miracles	Seigel	Arrow
You Can's Afford the Luxury of Negative Thought	John Roger and Peter McWilliams	Thorsens

B. Self Healing

Matthew Manning Guide to Self Healing	Matthew Manning	C.W. Daniels
Heal Your Body - You Can Heal Your Life	Louise Hay	Edwin Grove
The Luscher Colour Test	Max Luscher	Pan
Know Yourself Through Colour	Marie Louise Lacy	Acquarian
Form, Sound, Colour & Healing	Theo Gimbel	C.W. Daniel
Illusions	Richard Bach	Pan
Twelve Healers (Flower remedies)	Bach	C.W. Daniel
The Wound and the Doctor	Glin Bennett	Secker & Warburg
I fly out with bright feathers	Allegra Taylor	Fontana
The Heart of the Healer	Dawson Church / Alan Sherr	Aslan
New Ways to Health A Guide to Home- opathy	Richardson	Hamlyn

Crystal Healing	Edmund Harold	Aguarian
New Ways to Health - <u>Visualisation</u>	Sarah Richardson	Hamlyn
In Search of the Healing Energy	Mary Coddington	Excalibur
A Dictionary of Symbols	Tom Chetwynd	Potadin
Four Archetypes	C.G. Jung	Ark
Seeing with the Mind's Eye	Samuel	Random House

Aspects of the Subtle Bodies: Magnetic Healing

Journey through the Chakras	Klansbernd Vollmar	Gateway
The Chakras and the Human Energy Fields	Karagulla & Kunz	Quest
Subtle Body: Essence & Shadow	David Tansley	Thames & Hudson
Hands of Light A Guide to Healing through the Human Energy Fields	Barbara Ann Brennan	Bantam
Therapeutic Touch: How to use your hands to help to heal	Dolores Kreiger	Prentice Hall

Intuitive Diagnosis

The Creation of Health	Caroline Myss	Stillpoint
------------------------	---------------	------------

C. Spiritual Growth

The Secret Path	Dr. Paul Brunton	Rider
A Brief History of Time	Stephen Hawkins	Bantam
Whole Child Whole Parent	Polly Berrien Berends	Harper & Row

Spiritual Healing - Miracle or Mirage	Alan Young	De Vorss
Rediscovering the Soul - A scientific & Spiritual Search	Larry Dossey	Bantam
Beginnings of Learning	Krishnamurti	Penguin
Divine Healing of Mind and Body	Dr. Murdo MacDonald Bayne	Fowler
Practising the Presence	Joel S. Goldsmith	de Vorss

D. Counselling Skills

Practical Counselling and Helping Skills	Richard Nelson-Jones	Cassel
The Skilled Helper	Gerald Egan	1986
The Awakened Mind	Maxwell Cade/Nona Coxhead	Element
Reframing (N.L.P.) Press	Bandler & Grinder	Real People

E. General Interest

Build you own rainbow Association (career planning) Leeds	Hopson & Scally	L i f e s k i l s Clarendon Road,
The New Our Bodies Ourselves	Angela Phillips & Jill Rakinson	Penguin
The Wu Li Dancing Masters (New Physics)	Gary Zukav	Rider
Gift from the Sea	Anne Morrow Lindberg	Hogarth

F. Diet and Nutrition

Raw Energy Recipes	Leslie and Susannah Kenton	Arrow
Cheap and Easy	Rose Elliot	Fontana/Collins

G. Bereavement and Dying

I Don't Know What to Say - How to support someone who is dying	Dr. R. Buckman	Paperback
Acquainted With the Night	Allegra Taylor	New Fontana
Sharing the Darkness	Sheila Cassidy	Danten & Todd
How is it that we live after death	Steinpach	Stiftung Gralsbotschaft

H. Complementary & Holistic Medicine

"Caduceus" 38 Russell Terrace, Leamington Spa, WARCS CV31 1HE

Journal of Alternative & Complementary Medicine

"Leading Edge" Wrekin Trust, Croft Bank, Runnings Park,
West Malvern WORCS WR14 4BP

This publication gives details of courses covering many aspects
of healing and spiritual growth.

SCC1/CF/JUNE 1991