

2008 BOOK LIST

The books listed here are recommended for students of the Refined Hakomi Method.¹

A good therapist, shares control with everything present, sometimes moving deeply into to the unfolding action, sometimes waiting quietly as the other does inner work, surfing gracefully the changing amplitudes of intimacy.

— Ron Kurtz

- Arien, Angeles (1993) *The Four-Fold Way: Walking the Paths of the Warrior, Teacher, Healer, and Visionary*. New York, NY: HarperOne ISBN-10: 0062500597 ISBN-13: 978-0062500595
- Bargh, J. Chartrand, T., *The Unbearable Automaticity of Being*, available on the web at: <http://www-pu.informatik.uni-tuebingen.de/trivia/Bargh.pdf>
- Bateson, Gregory (1979). *Mind and Nature: A Necessary Unity*. New York, NY: Bantam Books 1979
- Becker, Robert (Author), Selden, Gary (Author). (1998). *The Body Electric: Electromagnetism and the Foundation of Life*. New York: Harper Paperbacks
- Blechschildt, Erich and Freeman, Brian. (2004). *The Ontogenetic Basis of Human Anatomy: The Biodynamic Approach to Development from Conception to Adulthood*. Berkeley, CA: North Atlantic Books
- Blyth, R. H. (1978) *Zen and Zen Classics: Selections from*. Compiled and with drawings by Frederick Franck. New York: Vintage Books.
- Brazier, David. 2002. *The Feeling Buddha: A Buddhist Psychology of Character, Adversity and Passion*. New York, NY: Palgrave Macmillan
 - Bromberg, Phillip M., (2006) *Awakening the Dreamer: Clinical Journeys*. NY, The Analytic Press
- Brown, Mick (2004) *The Dance of 17 Lives: The Incredible True Story of Tibet's 17th Karmapa* (2005) Bloomsbury USA
- Buber, Martin (1971) *I and Thou*. Free Press, Touchstone Edition. ISBN-10: 068471255.
- Buckley's Best*, World Pacific Records, Wingnut Media Group, Inc, Del Mar, California. by V. S. Ramachandran (Author), Sandra Blakeslee
- Buckley, Walter, Ed. (1968) *Modern Systems Research for the Behavioral Scientist: A Sourcebook*. Chicago, IL: Aldine Publishing Company.
- Calvin, William H. (2001). *How Brains Think: Evolving Intelligence, Then and Now*. New York: Basic Books.
- Cassidy, Jude (Ed.) and Shaver, Phillip R. (1999). *Handbook of Attachment: Theory, Research, and Clinical Applications*. New York: The Guilford Press
- Cleary, Thomas. (1999) *Understanding Reality the Inner Teachings of Taoism the Book of Balance and Harmony Practical Taoism*. Boston, MA: Shambala
- Crick, F. & Koch, C. 1995. Are we aware of neural activity in primary visual cortex? *Nature* 375: 121-23.
- Damasio, Antonio R. (1995) *Descartes' Error: Emotion, Reason, and the Human Brain*. Harper Perennial ISBN-10: 0380726475, ISBN-13: 978-0380726479
- Damasio, Antonio R. (2000) *The Feeling of What Happens: Body and Emotion in the Making of Consciousness*. Harvest Books, New York, NY
- Damasio, Antonio. (2003). *Looking for Spinoza: Joy, Sorrow, and the Feeling Brain*. New York: Harcourt.
- Diamond, Jared (1997) *Guns, Germs, and Steel: The Fates of Human Societies*. W.W. Norton & Company, ISBN 0-393-03891-2
- Dörner, Dietrich (Author), Kimber, Rita (Translator), Kimber, Robert (Translator), (1997) *The Logic of Failure: Recognizing and Avoiding Error in Complex Situation*. Perseus Books Group

¹ The • items are the ones most highly recommended.

Book List 2008

Easy is right. Begin right and you are easy. Continue easy and you are right. The right way to go easy Is to forget the right way And forget that the going is easy." -- Chuang-Tzu -

Edelman, Gerald M. (2001). *Bright Air, Brilliant Fire: On the Matter of the Mind*. New York: Basic Books.

Ellenberger, Henri F. (1981) *The Discovery of the Unconscious*. Basic Books

Everett, William W. (1972) *Cybernetics and the Symbolic Body Model*

Feynman, Richard P. (1999) *Meaning of It All: Thoughts of a Citizen Scientist* Perseus Books Group ISBN-10: 0738201669

Feynman, Richard P. (Author), Leighton, Robert B. (Editor), Sands, Matthew L. (Editor), Davies, Paul (Introduction). (1996). *Six Easy Pieces: Essentials of Physics Explained by Its Most Brilliant Teacher*. New York: Perseus Books Group.

- Frith, Chris (2007) *Making Up The Mind, How the Brain Creates our Mental World* Wiley.

ISBN-10: 1405160225, ISBN-13: 978-1405160223

- Gawande, Atul (June 30, 2008) *The Itch*, in *The New Yorker Magazine*.

- Gigenrenzer, Gerd (2007) *Gut Feelings: The Intelligence of the Unconscious*. Viking,. Pg. 111

Gerhardt, Sue (2004). *Why Love Matters: How Affection Shapes a Baby's Brain*, New York: Brunner-Routledge.

- Gladwell, Malcolm (2005) *Blink: The Power of Thinking Without Thinking*. New York: Little Brown

- Goleman, Daniel. *Tibetan and Western Models of Mental Health*, In: H.H. Dali Lama. (1991) *MindScience—An East-West Dialogue*, Boston: Wisdom Publications.

Grossinger, Richard (2001) *Planet Medicine: Origins*, North Atlantic Books

H.H. Dali Lama and Cutler, Howard C. 1998. *Art of Happiness*. New York: Riverhead, Penguin Group.

Hall, Calvin S.; Nordby, Vernon J. (1973) *A Primer of Jungian Psychology*. N A L, New York, New York

- Harris, Judith Rich. (2006) *No Two Alike: Human Nature and Human Individuality*. New York: Norton.

- Holland, John H. (1996) *Emergence: From Chaos to Order*. Oxford University Press.

- Hubble, Mark A., Duncan, Barry L., and Miller, Scott D. Eds. (1999) *The Heart and Soul of Change: What Works in Therapy*. APA Books, Washington, DC

- Janet, Pierre.1925. *Principles of Psychotherapy*. G. Allen & Unwin Ltd.: London

Jaynes, Julian. (2000). *The Origin of Consciousness in the Breakdown of the Bicameral Mind*. Boston, MA: Mariner Books, Houghton Mifflin Company

Johnson, Steven. (2002). *Emergence: The Connected Lives of Ants, Brains, Cities, and Software*. New York: Scribner.

Kaetz, David (2007) *Making Connections: Hasidic Roots and Resonance in the Teachings of Moshe Feldenkrais*, Victoria B.C., River Center Publishing. page 83.

Kelley, Kevin, (1994). *Out of Control: The New Biology of Machines, Social Systems, and the Economic World*. New York: Perseus Books Group.

Kurtz, Ron and Prester, Hector (1984) *The Body Reveals: How to Read Your Own Body*. NY: Harpercollins

Kurzweil, Ray (2000). *The Age of Spiritual Machines: When Computers Exceed Human Intelligence*. New York: Penguin.

Lao Tzu, *Tao Te Ching*, Chapter 68. <http://academic.brooklyn.cuny.edu/core9/phalsall/texts/taote-v3.html>

- Laszlo, Ervin (2004) *Science and the Akashic Field: An Integral Theory of Everything*, Rochester, Vermont: Inner Tradition

Laszlo, Ervin (2008) *Quantum Shift in the Global Brain: How the New Scientific Reality Can Change Us and Our World*. Rochester, Vermont: Inner Tradition

Ervin Laszlo, *Introduction to Systems Philosophy: Toward a New Paradigm of Contemporary Thought*. New York: Gordon and Breach, Science Publishers. Page 131.

- Lehrer, Jonah (July 28, 2008) *The Eureka Hunt*, *Annals of Science*, *The New Yorker Magazine*, p. 40

Leifer, Ron. 1997. *The Happiness Project: Transforming The Three Poisons That Cause The Suffering We*

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Inflict On Ourselves And Others. Ithaca, NY: Snow Lion

- Lewis, Thomas (Author), Amini, Fari (Author), Lannon, Richard (Author), (2001). *A General Theory of Love*. New York: Vintage Books.

- Lipton, Bruce H. (2005) *The Biology Of Belief: Unleashing The Power Of Consciousness, Matter And Miracles*. Mountain of Love

- Llinás, Rodolfo R. (2002). *i of the vortex: From Neurons to Self*. Cambridge, MA: MIT Press.

- Macy, Joanna (1991) *Mutual Causality in Buddhism and General Systems Theory: The Dharma of Natural Systems*. Albany, NY: State University of New York Press

Mahoney, M. J. (1991). *Human change processes: The scientific foundations of psychotherapy*. New York: Basic Books.

Miller, James G. (1978) *Living Systems*. McGraw-Hill (Tx) ISBN-10: 0070420157, ISBN-13: 978-0070420151

- Nelson, John E. (1994) *Healing the Split: Integrating Spirit into Our Understanding of the Mentally Ill*. State University of New York Press

- Ogden, Pat, Minton, Kekuni and Pain, Claire. (2006). *Trauma and the Body: A Sensorimotor Approach to Psychotherapy*. New York: W. W. Norton

Pandita, S. and Wheeler, K. (2002) *In This Very Life : The Liberation Teachings of the Buddha*. Wisdom Publications; Second Edition ISBN-10: 0861713117 ISBN-13: 978-0861713110

Perls, F.S., Hefferline, R.F., & Goodman, P. *Gestalt Therapy: Excitement and Growth in the Human Personality*. New York: Julian Press, 1951; Harmondsworth, Middx.: Penguin, 1976.

ISBN 0-939266-24-5 or, Perls, F. *Gestalt Therapy: Excitement and Growth in the Human Personality* (1951/1977)

- Pinker, Stephen (2003) *The Blank Slate: The Modern Denial of Human Nature*, Penguin Books. ISBN 0-939266-24-5

Pirsig, Robert M. (1999). *Zen and the Art of Motorcycle Maintenance: An Inquiry into Values*. New York: Quill. 25th Anniversary Edition. ISBN 0688171664.

- Porges, Stephen (2004) *Neuroception: A Subconscious System for Detecting Threats and Safety*. Zero to Three

- Ramachandran, V. S., Blakeslee, Sandra. 1999. *Phantoms in the Brain: Probing the Mysteries of the Human Mind*. New York: Harper Perennial.

Ramachandran, V. S. Rieth Lectures: *The Emerging Mind*, Lecture 2: *Synapses and the Self*. Found at: http://www.bbc.co.uk/radio4/reith2003/reith2003_lecture2.shtml

- Richard Rhodes' *Why They Kill*. Vintage Books, Division of Random House, 1999. ISBN: 0-375-70248-2. Or visit: <http://www.csudh.edu/dearhabermas/tchessay61.htm>

- Rossi, Ernest L. 1996. *The Symptom Path to Enlightenment: The New Dynamics of Self-Organization in Hypnotherapy : An Advanced Manual for Beginners*. Zeig, Tucker & Theisen: Phoenix, AZ

- Ruelle, David (1993). *Chance and Chaos*, Princeton, NJ: Princeton University Press

Sacks, Oliver. (2004) *The River of Consciousness*, New York Review of Books.

Schore, Allan N., (1994) *Affect Regulation and the Origin of the Self (The Neurobiology of Emotional Development)*, Lawrence Erlbaum Associates, Publishers.

- Schwartz, Jeffrey M. and Begley, Sharon. (2002). *The Mind and the Brain: Neuroplasticity and the Power of Mental Force* New York: Regan Books, Harper Collins, Publishers

- Siegel, Daniel J. (1999) *The Developing Mind: Toward a Neurobiology of Interpersonal Experience*. New York: The Guilford Press.

Seligman, Martin (2004) *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. Free Press

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- Senge, Peter (1990) *The Fifth Discipline: The Art and Practice of the Learning Organization*. NY: Doubleday, ISBN-10: 0385260946, ISBN-13: 978-0385260947
- Senge, P. Scharmer, C. O., Jaworski, J. and Flowers, B. S. (2005) *Presence: An Exploration of Profound Change in People, Organizations, and Society*. New York, Currency ISBN-10: 038551624X, ISBN-13: 978-0385516242
- Sweller, J., van Merriënboer, J., & Paas, F. (1998). *Cognitive architecture and instructional design*. *Educational Psychology Review*, 10, 251-296.
- The Handbook of Body-Psychotherapy*. Edited by Halko Weiss and Gustl Marlock. Frankfurt: Hogrefe Verlag. In press.
- Thurman, Robert. (1999). *Inner Revolution*. New York: Riverhead Trade Paperback.
- Tiller, William A. Dibble, Walter E., Fandel, J. Gregory (2005), *Some Science Adventures with Real Magic*, Pavior Publishing, Walnut Creek, CA (page 245)
- Varela, F., Thompson, E. & Rosch, E. 1991. *The Embodied Mind*. Cambridge, MA: MIT Press
- Wallace, Alan (Author) His Holiness the Dalai Lama (Forward). (2005) *Genuine Happiness: Meditation as the Path to Fulfillment*. Wiley
- Wegner, Daniel M. (2003) *The Illusion of Conscious Will (Bradford Books)* The MIT Press
- Wellwood, John. 1983. *Awakening the Heart*. Boston, MA: Shambala
- Wilson, Timothy D. (2004). *Strangers to Ourselves: Discovering the Adaptive Unconscious*. Cambridge, MA: Belknap, Harvard University Press.
- Wolinsky, Stephen. (1991). *Trances People Live: Healing Approaches in Quantum Psychology*. Bramble Books.