

## **Healing Touch Recommended Reading List**

The following is a partial list of books that may be helpful in supporting the theories and principles that Healing Touch is based on. Many can be used for general information as well as for certification with Healing Touch International.

### **Healing Touch**

Healing Touch: A Guidebook for Practitioners (Hover-Kramer)  
Joy's Way (Joy)  
Hands of Light (Brennan)  
White Shadow: Walking with Janet Mentgen (Wardell)

### **Energy Medicine/Holism**

Anatomy Coloring Book (Elson)  
Anatomy of the Spirit (Myss)  
Bodymind Workbook (Shapiro)  
Creation of Health (Myss)  
Creative Energies (Hover-Kramer)  
Eastern Body, Western Mind (Judith)  
Energetic Approaches to Emotional Healing (Hover-Kramer)  
Energy Anatomy (Myss)  
Energy Medicine: A Scientific Basis (Oshman)  
Esoteric Healing (Bailey)  
Holistic Nursing (Dossey)  
Holistic Nursing Curriculum (Dossey)  
Light Emerging (Brennan)  
Pendulum Power (Nielsen/Polansky)  
The Power of the Mind to Heal (Borysenko)  
Spiritual Alchemy: How to Transform Your Life (Page)  
The Heart's Code (Pearsall)  
Vibrational Medicine (Gerber)  
Wheels of Life (Judith)  
Wheels of Light (Bruyere)  
Why People Don't Heal (Myss)

### **Secondary List for Energy Medicine/Holism**

Caring Science as Sacred Science (Watson)  
Hands of Life: Use your Bodies Own Energy Medicine (Motz)  
Invisible Helpers (Leadbeater)  
The Energetics of Healing (Myss)

### **Quantum Physics**

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

### **Spiritual Development**

Called into Healing (Smith)  
Fire in the Heart (Markides)  
Healing From the Heart (Graham)  
Healing Words (Dossey)  
Homage to the Sun (Markides)  
New Dimensions in Healing (Saraydarian)  
Invisible Helpers (Leadbeater)  
Sacred Mirrors (Grey)  
Seat of the Soul (Zukav)  
Spiritual Madness (Myss)  
The Chakras and the Human Energy Field (Karagulla, Kunz)  
The Chakras (Leadbeater)  
The Gift of Change (Williamson)  
The Magus of Strovolos (Markides)  
The Healing Light (Sanford)  
Uncommon Touch (Harpur)  
Walking a Sacred Path (Artress)  
Wherever You Go There You Are (Kabat-Zinn)

### **Secondary List for Spiritual Development**

Care of the Soul (Moore)  
Love and Survival (Ornish)  
Miracle of Mindfulness (Hahn)  
Serving Humanity (Bailey)  
The Healing Gifts of Spirit (Sanford)  
The Healing Power of Prayer (Meehan)  
Personal/Professional Development  
A Return to Love (Williamson)  
BodyMind Workbook (Shapiro)  
Born to Serve (Trout)  
Business Mastery (Sohnen-Moe)  
Creating Affluence (Chopra)  
Creative Imagery (Shames)

Heal Your Body (Hay)  
Healers on Healing (Carlson)  
Inspiration: Your Ultimate Calling (Dyer)  
Mentoring (Hang)  
Nurse as Healer (Keegan)  
Right Rhythmic Living (Ethridge)  
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)  
Secondary List for Personal Professional Development  
Excuse Me: Your Life is Waiting (Grabhorn)  
Nanda Nursing Diagnoses (North American Nursing Diagnosis Association)  
Principle Centered Leadership (Covey)  
Spiritual Economics (Butterworth)  
The Path of Love (Chopra)  
Your Sixth Sense (Naparstek)

### **Journaling**

Artist's Way (Cameron)  
Journal to the Self (Adams)  
Journal to the Soul (Offner)  
Life's Companion (Baldwin)  
Nurses Meditative Journal (Kahn)  
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 Right Relationships: A Practical Guide to Ethics in Energy Therapies (Hover-Kramer)  
Ethics for a New Millennium (Dalai Lama)  
The Ethics of Touch, Creating a Professional, Safe, and Enduring Practice (Benjamin)  
The Ethics of Touch: The Hands-on Practitioner's Guide to the Ethics of Caring (Taylor)