

Selection of books on Hypnosis, Subconcioussness, Spiritual, Past Life, Yoga and Quantum Topics

9-Jan-25

					<u>Year Read First</u>			
	<u>Book Name</u>	<u>Author Last</u>	<u>Author First</u>	<u>Publisher</u>	<u>Publish Year</u>	<u>Read</u>	<u>Commentary</u>	<u>Stars</u>
1	A Dictionary of Symbols	Cirlot	J.E.	Philosophical Library, Inc.	1962	1987	3.25 Stars. An extensive reference book, translated from Spanish, which has some bearing. Nonetheless, a good, but not great book on symbology, somewhat "pre-Jung" and extensive in references. The definitions will start a journey to get to a greater understanding, but it is not totally trustworthy. A good starting reference book.	3.25
2	A Theory of Everything	Wilber	Ken	Shambhala Publications Inc.	2000	2024	4.3 Stars. This is a dense, meaty book that requires focus to read and digest. It begins as a way of organizing Human Development in its entirety. Parts of it reminded me of Power versus Force (Hawkins). I think it is accurate, but it takes time to follow where Wilber leads, and you need that to understand his conclusions and synthesis; "Everyone is right". The species as a developing organism.	4.3
3	As a Man Thinketh	Allen	James	Thomas Crowell Company 1913	1903	1978	3.25 Stars. Originally published in 1903, this very short pamphlet-book is in the same vein as Earl Nightingale and Napoleon Hill. An adjunct to the "thoughts are things" theme.	3.25
4	Autobiography of a Yogi	Yogananada	Paramhansa		1946	2024	Named "one of the top 100 spiritual books of the 20th century" for a reason. This is the telling of a journey of a young man, across his life, on the spirtual quest for Yogi hood, Swami hood, and enlightenment. The first 80-100 pages are a bit difficult but necessary, and then the book is very helpful. A great book for Westerners wanting to learn more about India & the way of the Swamis/Gurus/Yogis. Kriya Yoga is discussed as well as soul experiences. Highly Recommended.	4.8

5	Beyond Reincarnation, Experience Your Past Lives and Lives Between Lives	Slate	Joe	Llewellyn Publications	2010	2022	4 stars. Excellent book for an introduction and description of pre-existence, life-between lives and past life regression. Also interesting section on table turning (pg 128), past life regression and astral project with detailed how to instructions. Good attempts to organize and provide data, studies on experiences and similarities. Nice, comfortable style of writing.	4
6	Beyond the Himalayas	Macdonald-Bayne	Murdo	Audio Enlightenment Press	2014	2024	3.9 stars. There seem to be multiple editions/Publishers of this book. Similar to "...Masters of Far East..." by Baird Spaulding. Interesting, late 1800's journey through the Himalayas with several dialogues on Truth/Reality. Historically accurate, prior to Chinese takeover. A bit disjointed, but has ties to Neuro Linguistic Programming concepts and the function of "the mind", reminding us that "mind" cannot be unbiased in its operation.	3.9
7	Bhagavad-Gita As it Is	A.C. Bhaktivedanta Swami Prabhupada	A.C. Bhaktivedanta Swami Prabhupada	The Bhaktivedanta Book Trust	1984	1995	3.75 Stars.The "Song of God" is given to us by Lord Krishna. It is the eternal message of spiritual wisdom from ancient India. It starts through describing politics, wars and human drama, but comes to verses describing transcendence and enlightenment. Lengthy, but rich in archetypes and connections.	3.75
8	Big Book of Hypnosis Scripts	Nongard	Richard	Peachtree Professional Education	2018	2021	3.75 Stars. Nice book, some great conceptual inductions and deepeners. Slightly outdated in terms of contemporary language, but definitely useful reference of therapeutic hypnosis scripts to springboard from.	3.75

9	Brain Wars	Beauregard	Mario	HarperCollins Books	2012	2017	4.25 Stars. Well researched and referenced, although I don't like the title, this is a good reference, with stories, on mind versus brain existance, conciousness existance. Quantum conciousness connections are explored before their time, with very strong support.	4.25
10	Cell Level Healing	Hawkes	Joyce Whiteley	Atria Books, Beyond Words, Simon & Schuster	2006	2021	4 Stars. Joyce had a NDE and spiritual awakening, which led her to the healing arts. This book was beyond its time when she wrote it, and has excellent insights into the very tiniest of our human makeup in our cells, and how to honor that.	4
11	Destiny of Souls	Newton	Michael	Llewellyn Publications	2005 (10th Printing)	2023	4.45 stars. The second in his series of books on cases and information of our past life progression and life between lives. There is additional information besides case studies in this which fill out some questions that may have arisen. It should be considered a companion book of his first Journey of Souls.	4.45
12	Don Juan: A Yaqui Way of Knowledge	Castenada	Carlos	University of California Press	1968	1978	Popular book in its time for a number of reasons, not the least of which was the authors dabbling with peyote (a cousin of LSD) and the mind opening experiences from that. Recounts his journey with a Yaqui Shaman in Mexico in the 60's. Definite connections to Shamanism and some of the techniques/methods used. A bit on the dark side, somtimes hard to follow.	3.8
13	Ego State Therapy	Emmerson	Gordon	Crown House Publishing LLC, Bethel, CT	2003, Reprinted 2012	2023	4 Stars. This is about parts work, Emmerson calls it "Ego State". Excellent examples and concepts of how trauma and unresolved issues come out in a person. This book is very helpful to understand parts and ego states.	4

14	Essential Pranayama	Givens	Jerry	Rockridge Press	2020	2024	This is exactly as described, and a great introduction to Pranayama (Breath Control) or an adjunct to a beginners plus class. There are several techniques described in very good "how to" instructions. Great value, enjoyed it.	4.45
15	Everybody's Guide to Natural ESP	Swann	Ingo	Swann-Ryder Productions LLC. First published under Biomind Superpowers books.	2017	2021 and 2022	4.75 stars. This is a seminal book teaching a structured process to access the subconscious mind. Ingo reviews the sub and conciousness mind and their respective functions succinctly. He provides a framework to greater access the subconscious. This is not necessarily a practicum book, but a context/learning foundation book to springboard into subconscious access. Ingo was a prime plank owner of remote viewing (Lyn Buchanan).	4.75
16	Fatima Prophecy	Stanford	Ray	Inner Vision Publishing Co.	1987	2021	3.75 Stars. Fatima, Beauraing, Garabandal and Zeitoun Marian apparations, and Fatima secrets and revelations through the psychic author. The documentation is interesting, but there are similarities among the revelations that sound like right brain psychic revelations from other books/sources, and for that it is worth a read.	3.75
17	Functional Anatomy of Yoga	Keil	David R.	Healing Arts Press	2022	2024	Thick, meaty and chock filled with illustrations on the human body and the effects of Yoga upon it. Comfortable, humorous writing style. If you need to understand effects of Yoga movement on the human body, this is the one.	4.25
18	Good Grief Rituals	Childs-Gowell	Elaine	Elaine Childs-Gowell	1992	2017	4.25 Stars. When I first read this book I did not like the rituals, thought they were too shamanistic. However, they parallel hypnotic inductions and go further to cement the positive results with a small but important activity. There is an assortment of rituals that are extremely useful for those grieving (and not just death grieving).	4.25

19	Handbook for those who Grieve; What you should know and what you can do during times of loss	Auz, Lyons-Andrews	Martin Auz & Maureen Lyons Andrews	Loyola Press	2002	2015	4 Stars. This is a resource for family, friends, ministers, caregivers and colleagues. It is a practical, organized chronologically and by the person who died (child, spouse, etc.) and grieving responses.	4
20	Hands of Light: A Guide to Healing through the Human Energy Field	Brennan	Barbara Ann	Bantam Booksq	1987	1989	4.5 Stars. A wonderful, meaty book on human energy fields. It touches a number of topics not really discussed in the 1980s - Reiki, auras, chakras and "energy work" to name a few. It is a highly organized approach to healing through the human energy field. It's a nice, comfortable approach with excellent knowledge and tips. It is both educational and "how to" and very enlightening. Also a cornucopia of other experts and authors of the day. Very specific techniques for viewing, assessing, healing chakras. She is highly disciplined and a great helper.	4.5
21	Hello from Heaven	Guggenheim	Bill, Judy	Bantam Booksq	1995	2022	4 Stars. This book organizes experinces people have had with visits from loved ones after their death. It characterizes, organizes and catalogs these visits in a very readable way, and presents real cases to support the idea of life after biological death.	4
22	How to Hypnotize Yourself and Others	Copelan	Rachel				3.5 Stars. Written in the 1980s and from a therapists perspective. A bit disjointed, but does have some decent scripts and ideas for client improvement.	3.5
23	Hypnotherapy, Cancer, Hospice and Palliative Care	Anthony	Carl	Carl Anthony	2012	2022	3.5 Stars. Author is English, so the healthcare system and terminology are slightly different when reading. Carl provides a wonderful selection of focused scripts for palliative and cancer care. Pg 65 the dying process is worth noting, as are his thoughts on hypnosis Pg 104.	3.5

24	Journey of Souls; Case Studies of Life Between Lives. Fifth Revised Edition	Newton	Michael	Llewellyn Publications	1994-2015	2022	4.45 Stars. His first and very popular book. This is a fascinating book about the organization and workings of "disembodied" souls, where they "live" between lives, and how they enter and depart their physical hosts. The Author uses many case studies from his practice, and seems to have an extensive catalog of info on many aspects of past lives and what happens in lives between lives. This is a great book if you are going to practice or experience past life regression.	4.45
25	Life & Teaching of the Masters of the Far East	Spaulding	Baird	DeVORSS & Company	1927,1937,1944, 1996 1972		4.75 Stars. Read many times over the years. Since I have a Christian background, this book was extremely helpful in unifying Eastern and Western thoughts, miracles, and the unity of Christ and Buddha (and others). The stories and travels are fascinating, and some of the concepts and "miracles" raised from that time, are now reality. Worth the time and effort.	4.75
26	Life Between Lives; Hypnotherapy for Spiritual Regression	Newton	Michael	Llewellyn Publications	2010	2023	4.35 Stars. This is his 3rd book exploring the activities of the disembodied, specifically in the "time" between returning from one life, and preparing to start another. There are many techniques and queries that will be useful to the hypnotherapist (or other practitioner) and guidance to help the client receive healing and information to assist in their lives.	4.35
27	Light on Yoga	Iyengar	B.K.S	Schocken Books, Copyright George Allen & Unwin	1979	2023	This truly is an encyclopedia of the full 8 Limbs of Yoga, Poses and instruction, down to minute detail. There is also much learning on Pranayama, Bandhas and other material. This is really a references book but with more to be gleaned in the first 60+ pages. I have the spiral bound soft cover.	4.75

28	Love, Medicine and Miracles	Siegel	Bernie	HarperCollins Books	1986	2007	4.5 Stars. I gave my book away, so writing from total memory. This is a great book for illustrating, through real medical cases, the power of belief and mind, compassion, love and coming to peace. Highly recommend.	4.5
29	Man and his Symbols	Jung	Carl	Anchor Press, Doubleday	1964	1999, 2014	4.5 Stars. This is required reading for not only a review of dream work and that symbology, but how the human concious mind (and subconscious) began working together, and their language/connection. Wide ranging, but linking symbols to ancient history, human body functions and diseases in an amazing way we don't consider enough.	4.5
30	Many Lives, Many Masters	Weiss	Brian	Simon & Schuster	1988	2022	5 Stars. Past Life Regression with very specific details and scientific summaries. Follows the therapy of Catherine who becomes aware of and addresses issues from her past many lives with her psychiatrist, who documents and doubts. Highly recommend, 5 stars.	5
31	Meditations from the Mat	Gates	Rolf	Anchor Books			4.25 Stars. A daily journal of a year in the life of a professional yoga instructor. Goes deeply into the background of Yoga and includes supportive quotes and guidance both on the yoga mat and in life. Friendly, human style of writing. Highly rated.	4.25
32	Night	Wiesel	Elie		1956	2002 Many	2023 4.25 Stars. Read several times over the years. A classic in human suffering, both individual and collective. First hand account of Nazi Germany death camps in WWII. The path from "normal" life to just wanting to survive.	4.25
33	NLP: The Essential Guide	Hoobyar, Dotz, Sanders	Tom Hoobyar	HarperCollins Books	2013	2022	4.0 Stars. Comprehensive 400+ page book on Neuro Linguistic Programming. Introduces and reviews subject in good detail, and then has specifics and exercises throughout. I don't have a lot to compare it to, but strongly recommended as an intro or if looking for exercises.	4

34	On Death and Dying	Kubler-Ross	Elisabeth	Scribner Books	1969	2017	5 Stars. This is the first (that I know of) and seminal book on the human and psychological "process" of dying and the stages most travel through to their own death. A bit dated as to language used, it is timeless and invaluable in understanding this aspect of humanity and our dying process. A must read.	5
35	Passings	Travis-Henikoff	Carole	Santa Monica Press	2010	2020	3.75 Stars. A wonderful book for those grieving over death of a loved one. It is both a personal story of loss (her husband, mother, daughter) and her catalog of spiritual and paranormal events around death. She anectodtally links many concepts of past/future lives, as well as our current "journey" in this life. Comfortable style of writing.	3.75
36	Pastoral Care of the Sick; Rites of anointing and Viaticum	Roman Ritual, Published by Authority of Pope Paul VI	By Decress of the Second Vatican Ecumenical Council	Catholic Book Publishing	1983	2015	4 Stars. This is a Catholic Book of rites for visiting the sick. It has good instructions for pastoral care, and for Catholics, the prayers, readings and blessing rites are familiar and should bring great comfort.	4
37	Pastoral Psychology for Pastors	Miller, Jackson	William Miller & Kathleen Jackson	Prentice-Hall, Inc.	1995	2016	4.75 Stars. This was one of the first books I read as I considered a vocation in this area. It is extremely helpful on many fronts. It is Christ-centered in theology, but not Catholic. I must describe it as a reference book because of its breadth and helpfulness, but it is written in an easy and comforting style. It has many examples and case samples to address so many issues. "Pastoral Counseling focuses on the application of spiritual content and processes to the alleviation of human distress." This is a thorough, meaty and dense book that takes awhile to read!	4.75
38	Path To Wellness: Past Life Regression as a Healing Modality - Practicum.	Waldron	Virginia	CreateSpace Independent Publishing (Self Published)	2016	2022	4.6 Stars. Excellent book with background inductions and guidance for the hypnotherapist on how to get the most out a PLG session. Many specific techniques and wonderful, words, images and suggestions to utilize.	4.6

39	Power versus Force	Hawkins	David R.	Hay House, Inc.	1995	2005	4 Stars. Excellent book on accessing the subconscious through the conscious, and how it works specifically, and likely why it works. Themes along Lyn Buchanan and Ingo Swan, but with a quantum twist. Reviews the higher vibrational evolution of humankind very accurately I think; linkages to personal chakra energy.	4
40	Power, Freedom and Grace	Chopra	Deepak	Amber-Allen Publishing	2006	2010	3.5 Stars. I enjoy Deepak. Sometimes, like this book, there are more platitudes than I prefer. However, this is still worth a read as there concepts of Quantum Consciousness, time, and soul that were well before its time. Comfortable, soft, porridge, but it has its place.	3.5
41	Prescriptions for Living	Siegel	Bernie	HarperCollins Books	1998	2010	3.75 Stars. This is more a self help book, with anecdotes, stories and advice about how to enrich and make our lives better. Short, quick read, recommended as light fare. His second book	3.75
42	Psychosynthesis	Assagioli	Roberto	Penguin Group, Penguin Books USA	1965	2023	4.25 Stars. Thorough, meaty book on the concept of synthesising, or amalgamating all parts of the personality and really all segments of body, mind and spirit into a whole being. His thesis is that there is a higher, controlling power inside all of us ("Higher Self") that can bring about this oneness and healing. He offers many techniques and compares/contrasts other psychological paths.	4.25

43	Quantuum Consciousness	Smith	Peter	Llewellyn Publications	2018	2022	4 Stars. For me, this book started with some generalizations, platitudes and ancient quotes without much explanation as to what the book was going to be about. I'm glad I hung on, because later he connects the dots pretty well, and outlines a strong case for the books main theme. Along the way, there are many references to other important works, and some fairly accurate connection to physics. Definitely worth the read.	4
44	Self-Hypnosis; The Complete Manual for Health and Self-Change	Alman, Lambrou	Brian Alman, Ph.D. and Peter Lambrou, Ph.D.	Brunner/Mazel, Publishers, NY.	1983	2022	4.25 Stars. A well organized, comprehensive book with dozens, maybe hundreds, of well considered inductions and guided imageries. Easy to read book covering expectations, what hypnosis is, and how best to use it in daily life. Invaluable for the practioner as well as laypeople wanting knowledge on and firm direction to help, from self hypnosis.	4.25
45	Spirit Release; A Practical Handbook	Allen	Sue	O Books, John Hunt Publishing, Winchester UK, Washington, USA	2007	2023	4.25 Stars. Sue Allen is a UK spiritual writer/medium who has released many discarnate beings. This is a great companion book to Baldwin as she offers some different paths to heal both the attached and the attacher. Similar in outcome to Baldwin with same healing/compassionate outlook.	4.25
46	Spirit Releasement Therapy: A Technique Manual	Baldwin	William J.	Headline Books, Terra Alta, WV	2012 (12th Printing)	2023	4.75 Stars. A seminal work for better understanding spirit attachment, types and symptoms, and the techniques for releasing and helping discarnate entities. This book includes several important areas for hypnotherapists including soul fragmentation, birth and past life regression and the demonic. A must read.	4.75

47	Spiritual Hypnotherapy Scripts for Body, Mind and Spirit	Holmes-Meredith	Holly	HCH Publishing	2014	2022	Excellent! A well rounded collection of inductions and deepeners, and well as introduction to some psycho spiritual techniques. A versatile and adaptable book.	4.75
48	Synchronicity: An Acausal Connecting Principle	Jung	Carl	Princeton University Press	1960	2019	3.25 Stars. To me the writing and foundation, or defense of the concept, was difficult to follow. I understood where Jung was going, but his argument for support of the idea of synchronicity was lacking. He used mostly anectdotes and stories to support that there are no coincidences in the human experience. I wanted to like this book, but found it difficult.	3.25
49	Techniques of High Magic	Francis King and Stephen Skinner	Francis King and Stephen Skinner	Warner Destiny Books Edition	1976	1977	3.5 Stars. A relatively broad discussion of many types of divination, invocation and "magical" type of activities, mostly white. Accidentally they touch on many aspects of the subconscious and energy fields. Entertaining and drawing, I enjoyed this as a teenager. A fun and decent reference and resource.	3.5
50	The Biology of Belief	Lipton	Bruce H.	Mountain of Love Productions	2015	2021	4.4 Stars. Excellent book about the real, documented affects of "higher believe" on human body, down to cellular level. Similar to "Cell Level Healing" in concept, but more more detailed and scientific. Highly recommended. A must read.	4.4
51	The Dynamic Laws of Healing	Ponder	Catherine	DeVORSS & Company	1966	1989	4 Stars. This is a broad, anectdotal history and interesting narrative on the origins of disease and healing through the ages, as well as affirmations and "cures". I liked it as it connected old with new, was positive in its approach and had down-home language and stories. Her other books are a precursor to "The Secret"; manifesting physical and material prosperity.	4

52	The Ethics of Caring; Finding Right Relationship with Clients, 3rd Edition	Taylor	Kylea	Hanford Mead Publishers	1995-2017	2022	4.5 Stars. A super comprehensive book on virtually all aspects of ethics and many legalities of therapeutic treatment relationships. This is really a reference on healer-client relationships that covers everthing. Highly recommended.	4.5
53	The Guided Imagery Handbook; 52 Scripts for Discovery and Recovery using Symbols and Metaphor	Caldwell	Kathe	Kathe Caldwell (Self Published)	2020	2022	4 Stars. Easy to read, practical guide to using our senses (AVKTO) in imagination toward client goals. As a hypnotherapist, using imagination in a more directed fashion is very complimentary and additive in addressing a presenting issue. A wide range of symbol meanings, and a great selection of "ready to read" scripts in guided imagery. Only wish the inductions were longer/stronger. Recommended highly for this work.	4
54	The Instant Hypnsos and Rapid Inductions Guidbook	Fulcher	Rory	Rory Z. Fulcher	2021	2021	4.5 Stars. I like Rory's style of writing, and he gives practical, up-to-date, very specific advice and guidance on inductions. Updated samples and specific wording.	4.5
55	The Midnight Library	Haig	Matt	Penguin Random House LLC	2020	2022	4 Stars. This is a novel, fictional book about the metaverse (everything, everywhere, all at once) and ways to consider and think about events in your life, how they interact and the ripples that decisions have on you. Recommended to understand the concept of multiple events for you happening at the same time. An entertaining read, full of quantum concepts.	4

56	The Power of Myth	Campbell	Joseph	Doubleday, A Division of Bantam Doubleday	1988	1989	4.4 Stars. This is an interview format book with Bill Moyers (a famous interviewer back in the 80's, etc.). It parallels the TV shows he did at that time. It is well written, and describes the mythological or simply human natural root of many of the "new age" or spiritual topics of today. It is a broad brush stroke, connecting global religions, altnernative healing and experiences. Really, a reference book and essential reading.	4.4
57	The Power of Now	Tolle	Eckhard				4.75 Stars. Seminal work on helping the reader to understand how the mind works in not living in the moment, and the negative effects of living in the past or the future. How fear and anxiety can arise when we do not or cannot live in the now. Great techniques to help understand how to be the "witness" and disassociate from your thoughts and control your being better. Hints and flavor of Assagioli in a higher/controlling spirit force.	4.75
58	The Secret	Byrne	Rhonda	Atria Books, Beyond Words, Simon & Schuster	2006	2009	3.45 Stars. This book and DVDs, etc. Were wildly popular at the time. They introduced many people to the "law of attraction" and "manifestation". The vivid DVD imagery and book stories make it interesting. It is not a psychological, religious, literary or research masterpiece, but it can open the door to new thinking. It connects to many other thought systems.	3.45
59	The Seventh Sense	Buchanan	Lyn	Simon & Schuster	2003	2022	5 Stars. Rated this high not for the aspects of controlled remove viewing (which are excellent), but the insights Lyn sets out about the concious & subconscious minds; their function, strengths and missions. Closely related to Ingo Swann. Lyn & Ingo knew each other. Lyn former Army Intel Officer specializing in psychic viewing, etc.	5

60	The Stage and Street Hypnosis Handbook	Fulcher	Rory	Rory Z. Fulcher	2018	2021	4.5 Stars. Rory has a comfortable, practical style of writing. He gives up-to-date, very specific advice and guidance on rapid inductions and how to conduct stage hypnosis, which is similar to the shows I've seen/participated in. Very specific wording and great examples. Good sections on how to do a show, and ethical and safety considerations.	4.5
61	The Strangest Secret	Nightingale	Earl	Merchant Books	2013	1978	4.5 Stars. A seminal work, a foundationay introduction to the existance of thought and its impact on us. Thoughts are things! By harnessing thought in pursuit of a worthy goal we prosper.	4.5
62	The Tibetan Book of the Dead, also known as the Bardo Thodol	Evans-Wetz	W.Y.	Oxford University Press	1960	1994	4 Stars, but really this is a reference book. All of it, including the preface, forward, introduction and commentary must be read. It is difficult to read, and every word must be consumed, including the tiny footnotes. The book has so many connections to other religions and concepts of death that it is required reading.	4
63	The Unquiet Dead	Fiore	Edith	Ballantine Books/Simon Schuster	1987	2024	4.44 Stars. Dr. Fiore speaks about spirit possession and conducting de-posessions. Her style of writing is easy and interesting to read. As a psychotherapist, she joins hypnotherapy with psychotherapy, and does not profess to believe in spirit possession, which makes the book more believable. Valuable scripts for use in this book.	4.44
64	The Upanishads	Swami Prabhavananda & Frederick Manchester	Swami Prabhavananda & Frederick Manchester	The Vedanta Society of Southern California	1975	1992	4.25 Stars. Originally Copyrighted in 1948. The Upanishads are the knowledge (versus work or ritual) part of the Vedas (Indian Scriptures), the highest aspect of religious truths. A short book, collection of scripture and commentary. Very useful in understanding where other religions came from or similar concepts.	4.25

65	The Way of the Shaman	Harner	Michael	HarperCollins Publishers	1990	2023	A popular book in the 1980s and 1990s, bringing comparisons to Casenada (Teachings of Don Juan) and the topic of Shamanism. Good overview, very helpful, but jumps into some techniques that seem quite advanced. Connections to Hypnotherapy trances and power of SubK mind. Recommended if this topic fascinates you.	3.8
66	Theme Weaver	Marchildon	Michelle Berman	Wildhorse Ventures LLC	2018	2024	Excellent book for new Yoga teachers and those wishing to find inspiration and meaning in their Yoga practice.	4.1
67	Transpersonal Hypnosis	Leskowitz	Eric	CRC Press, 222 Rosewood Dr, Danvers MA	2000	2023-2024	4.6 Stars. This is a serious mental health book, explaining and addressing alternate and not so accepted ideas and therapies. Many have come to be documented in the 24 yrs since the book was published. Some of this is technical, but I rate it so high because of the sensitivity and applied true examples the author gives. It will expand your belief in transpersonal methods and concepts.	4.6
68	Two Chairs	Beaudine	Bob	Worthy Books, Worthy Publishing Group	2016	2024	4.10 Stars. This is a short, easy to read book about the benefits of setting up "2 chairs" and having a talk with your God about everything on a daily basis. Although Christian oriented, this is an excellent reminder of including your entire universal network in asking and receiving help. This concept is mirrored in many ancient religions and hypnotherapy techniques, i.e. a "higher power".	4.1
69	Yoga Mind & Body	Sivananda Yoga Vedanta Centre	Sivananda Yoga Vedanta Centre	DK Publishing Book	1998	2021	4.25 Stars. An excellent, not too long book on both poses and background and other components of Yoga. Very easy to read, with 2/3 related to a wide depth of poses (Beginner to Expert) and the other 1/3 on mental, physical, diet, breath of Yoga. Easy to read with pictures and illustrations. Very good.	4.25

70	Yoga: The Path to Holistic Health	Iyengar	B.K.S	DK Publishing Book, Dorling Kinderseley	2001	2021	4.25 Stars. Large, table top book with wonderful pictures and illustrations. 400 Pages. Reference of conceptals, themes and organization of this type of Yoga. Extremely useful as background and philosophy from this Yogi. A compendium of poses and specific poses for ailments.	4.25
71	Suggested for Beginners							293.390
								4.19129