

HEALTH & HEALING

Balz, Rodolphe, *The Healing Power of Essential Oils: Fragrance Secrets for Everyday Use*, 1996, 203 pages.

Including an index with more than 200 essential oils and their properties, this book is a practical guide to the subject. A therapeutic index allows one to determine their own aromatherapy and prepare their own mixtures and solutions.

615.3 Bal HPEO

Bassano, Mary, *Healing with Music and Color: A Beginner's Guide*, 1992, 104 pages.

This handbook gives the beginning student of healing easy-to-follow instructions about how musical tones and color rays can be used for physical, emotional, and mental healing.

615.83 Bas HMC

Bratman, Steven, *The Alternative Medicine Sourcebook: A Realistic Evaluation of Alternative Healing Methods*, c1997, 260 pages.

A critical evaluation of the strengths and weaknesses of naturopathy, homeopathy, Chinese medicine and other alternative therapies, based on medical literature as well as Dr. Bratman's clinical experience using both alternative and conventional medicines.

615.5 Bra AMS

Campbell, Don G., *The Mozart Effect: Tapping the Power of Music to Heal the Body, Strengthen the Mind, and Unlock the Creative Spirit*, c1997, 332 pages.

Accounts of how doctors, shamans, musicians, and health care professionals use music to deal with illness, from anxiety to cancer, high blood pressure and even mental illness. The author lists 50 common conditions for which music can be used as a cure.

615.85154 Cam ME

Campbell, Don G., *The Roar of Silence: Healing Powers of Breath, Tone & Music*, 1989, 132 pages.

This book aims to help the individual attune to the universal sound and find resonance within through a series of meditations and exercises and to experiment with transformational and healing energies of tone, breath and music.

615.83 Cam RS

Carter, Mildred, *Body Reflexology: Healing at Your Fingertips*, c1983, 234 pages.

A student of the founder of reflexology, the author offers a system for the whole body that can be used to relieve the pain and discomfort of 34 different illnesses. The techniques provided are easy to learn and illustrated by diagrams and photos.

615.822 Car BR

Chocron, Daya Sarai, *Healing with Crystals and Gemstones*, 1986, 128 pages.

Exploring the connection between gems, the chakras, and the zodiacal signs, the author gives specific guidelines for laying on crystals and gemstones in healing work, plus breathing and meditation techniques.

615.882 Cho HCG

Chodorow, Joan, *Dance Therapy and Depth Psychology: The Moving Imagination*, 1991, 172 pages.

An introduction to the origins, theory, and practice of dance/movement as active imagination. This technique, originated by Carl Jung, is today both an approach to dance therapy as well as a form of active imagination in analysis.

616.89 Cho DTP

Chopra, Deepak, *Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old*, c1993, 342 pages.

Mind/body medicine combined with current anti-aging research shows why and how the effects of aging are largely preventable. The book offers different practices to change our perception of the process of aging.

612.68 Cho ABTM

Collinge, William, *The American Holistic Health Association Complete Guide to Alternative Medicine*, 1996, 361 pages.

An overview of the most used alternative therapies such as Chinese medicine, Ayurveda, Naturopathic medicine, Homeopathy, Mind/Body medicine, Osteopathic medicine, Chiropractic, and Massage therapy and Bodywork.

615.5 Col GCAM

Dong, Paul, *Chi Gong: The Ancient Chinese Way to Health*, 1990, 212 pages.

The first comprehensive survey of this healing art, combining up-to-date information from Western scientific investigation, this book shows how to increase vitality, prevent and cure ulcers, hypertension, heart disease, general aches, and promote health and longevity.

613.7 Don CG

Evans, Michael, *Complete Healing: Regaining Your Health through Anthroposophical Medicine*, 2000, 205 pages.

A clear and complete introduction for the general reader to anthroposophical medicine, which includes the spiritual perspective in addition to the conventional physical one.

615.53 Eva CH

Frawley, David, *Ayurvedic Healing: A Comprehensive Guide*, 1989, 368 pages.

Ayurvedic methods of balancing and treatment are presented in detail for over eighty common diseases. This book contains both general and specific knowledge for the layman, or for those wishing to go more in depth into this profound subject.

H610.3 Fra AH

Froemming, Paul, *The Best Guide to Alternative Medicine*, c1998, 335 pages.

A comprehensive guide that examines the foundation to vitality and balance, the mind/body connection, prevention and longevity. It includes an overview of 27 of the leading alternative therapies, with a guide to natural remedies for ailments.

615.5 Fro BGAM

Goswami, Amit, *The Quantum Doctor: A Physicist's Guide to Health and Healing*, c2004, 299 pages.

A reinterpretation of the leading methods of alternative medicine—homeopathy, Chinese medicine and acupuncture, and Ayurveda—and those of conventional medicine from the point of view of quantum physics showing that they can be integrated into a multi-tiered system based on the primacy of consciousness.

610 Gos QD

King, Serge, *Instant Healing*, c2000, 216 pages.

Trained in the Hawaiian shaman system, the author gives techniques to use the power of words, imagination, touch, and energy to a fast healing of all types of ailments, including headaches, allergies, backaches, depression, infections, among others.

615.851 Kin IH

Krieger, Dolores, *The Therapeutic Touch: How to Use Your Hands to Help or to Heal*, 1986, 168 pages.

This technique works on the subtle energy imbalances at the root of any illness, through sensitivity and self-awareness. With actual case studies and numerous self-tests, it explains the different stages of therapeutic touch that detect when a person is sick, pinpoint where the pain is, and stimulate the recuperative powers of the sick person.

615.851 Kri TT

Kunz, Dora, *Spiritual Healing*, c1995, 333 pages.

A compilation of articles by renowned authorities in holistic healing that explore the spiritual basis of the alternative health care movement and examine techniques such as Therapeutic Touch, Biofeedback, and others.

615.85 Kun SH

Kunz, Dora, *The Spiritual Dimension of Therapeutic Touch*, c2004, 262 pages.

The practices and exercises in this book will help practitioners achieve the sensitivity and spiritual empathy necessary to effectively promote physical healing as well as mental peace in themselves and in their patients.

615.851 Kun SDTT

Lewis, Dennis, *The Tao of Natural Breathing: For Health, Well-Being, and Inner Growth*, c1997, 207 pages.

Insights into breathing habits and how they often undermine health and well being including that of the inner growth, this book proposes a reeducation in a natural, authentic breathing, which involves learning how to sense the inner structures and energies of mind and body.

613.192 Lew TNB

Liberman, Jacob, *Light, Medicine of the Future: How We Can Use it to Heal Ourselves Now*, c1991, 251 pages.

This book discusses the use of light and colors in the treatment of various cancers, depression, stress, visual problems, PMS, sexual dysfunction, learning disabilities, and the human immune system.

615.831 Lib LMF

Middelkoop, Pieter, *The Wise Old Man: Healing through Inner Images*, 1989, 184 pages.

Using a transpersonal psychology technique called *Imagination Therapy*—a variation of C. Jung’s *Active Imagination*—the author shows how to enter the inner world of imagination in order to gain self-knowledge and resolve conflicts.

616.8914 Mid WOM

Mincolla, Mark Dana, *The Wu Way: A Path to Natural Healing*, c1992, 235 pages.

Based on the philosophy of “not forcing things against the will of nature”, this book offers a practical system for understanding and applying this fine art along with a series of comprehensive dietary and body-wellness recommendations.

615.535 Min WW

Olsen, Kristin Gottschalk, *The Encyclopedia of Alternative Health Care*, c1989, 325 pages.

A comprehensive guide to what alternative therapies can and cannot do, the risks and rewards, and the theory and science behind them. It examines 33 therapies, including hypnosis, homeopathy, yoga, therapeutic touch, ayurveda, myotherapy, among others.

615.1 Ols EAHC

Santorelli, Saki, *Heal Thy Self: Lessons on Mindfulness in Medicine*, c1999, 252 pages.

The author, director of the Stress Reduction Clinic, explores the ancient roots of medicine and shows us how to introduce mindfulness not only into the treatment itself, but also into the relationship between patients and caregivers.

615.85 San HTS

Scheffer, Mechthild, *The Encyclopedia of Bach Flower Therapy*, c2001, 343 pages.

The essence of Bach’s teachings in the context of today’s world. It examines the foundations and working of this therapy at three levels: the philosophical and spiritual, the psychological, and the pragmatic and practical.

615.537 Bac zSch EBFT

Selby, John, *Conscious Healing: Visualizations to Boost Your Immune System*, 1991, 198 pages.

Based on new medical research, the authors offer twelve mind/body methods to maximize potential for recovering from serious illness and increase resistance to disease. This is a step-by-step program for inner self-healing to supplement a doctor's care.

615.85 Sel CH

Shultz, Karen, *The Essence of Healing: A Theosophical Handbook*, 1984, 250 pages.

This book explores healing from an esoteric point of view, including the etheric, emotional, mental, and intuitional fields. It also examines alternative therapies like ayurvedic, Chinese, Tibetan, herbal, homeopathic, and gemstones, among others.

615.85 Shu EH

Yeshi Dönden, *Healing from the Source: The Science and Lore of Tibetan Medicine*, c2000, 214 pages.

Written by the long-time personal physician of H.H. the Dalai Lama, the book elucidates the holistic Tibetan medical view of health and disease, referring to traditional Tibetan medical sources and the author's wide experience.

T610 Yes HS

Sound Recordings

Kunz, Dora, *The Use of Healing Energy in Therapeutic Touch*, CDA 0169

Levine, Peter A., *It Won't Hurt Forever: Guiding your Child through Trauma*, CDA 0088

Mack, Gaye, *The Bach Flower Remedies and our Mystical Path*, CDA 0045

Video Recordings

Eden, Donna, *Introduction to Energy Medicine*, DVD 0071

Goldman, Jonathan, *Healing Sounds. Program I: Principles of Sound Healing*, DVD 0015

Joy, Brugh, *Healing and the Unconscious*, VR 0465

Nalin, Pan, *Ayurveda: The Art of Being*, DVD 0017