

## **BCST & Intrinsic Touch Suggested Reading List**

A Massage Therapist's Guide to Pathology, Ruth Werner.

Anatomy of Movement, Blandine Calais-Germain.

Are We on the Path?, Robert Fulford.

Atlas of Human Anatomy, Frank Netter.

Being and Becoming, Franklyn Sills.

Biodynamic Craniosacral Therapy, volumes 1 - 5, Michael Shea.

The Biology of Belief, Bruce Lipton.

The Biology of Transcendence, Joseph Chilton Pearce

The Body Remembers, Babette Rothschild.

A Child is Born, Lennart Nilsson.

The Collected Papers of Viola Frymann, DO, editor Hollis King.

Cranial Nerves in Health and Disease, Wilson-Pauwels, Akesson, Stewart, & Spacey.

Cranio~Sacral~SELF~Waves: A Scientific Approach to Craniosacral Therapy,  
Olaf Korpiun

Craniosacral Therapy, John Upledger.

Craniosacral Therapy II: Beyond the Dura, John Upledger.

Craniosacral Therapy and the Energetic Body, Roger Gilchrist.

Craniosacral Therapy for Children, Daniel Agustoni.

Crash Course: A Self-Healing Guide to Auto Accident Trauma & Recovery, Diane Heller.

Dancing with Yin & Yang, John Chitty.

Dreambody, Arnold Mindell.

Eight Keys to Safe Trauma Recovery, Babette Rothschild.

The Endless Web, R. Louis Shultz, Rosemary Feitis.

## **BCST & Intrinsic Touch Suggested Reading List**

Energy Medicine, James Oschman.

Energy Medicine in Therapeutics and Human Performance, James Oschman.

Engaging the Movement of Life: Exploring Health and Embodiment Through Osteopathy and Continuum, Bonnie Gintis

Foundations in Craniosacral Biodynamics, Volume one, F. Sills.

Foundations in Craniosacral Biodynamics, Volume two, F. Sills.

The Fourth Phase of Water, Gerald Pollack.

Focusing, Eugene Gendlin.

A General Theory of Love, Lewis, Amini, and Lannon.

Healing Ancient Wounds, John Barnes.

Healing Trauma, Peter Levine, Sounds True.

The Heartmath Solution, Doc Childre & Howard Martin.

The Heart of Listening, Volumes 1 & 2, Hugh Milne.

The Heart's Code, Paul Pearsall.

The Holographic Universe, Michael Talbot.

In an Unspoken Voice, Peter Levine.

Inner Bridges, Fritz Smith.

Job's Body, Deane Juhan.

Life in Motion, Rollin Becker.

The Mind of Your Newborn Baby, David Chamberlain

Myofascial Release, John Barnes.

My Stroke of Insight, Jill Bolte Taylor.

The Ontogenetic Basis of Human Anatomy: A Biodynamic Approach to Development from Conception to Birth, Erich Blechschmidt, translated by B. Freeman.

## **BCST & Intrinsic Touch Suggested Reading List**

Pocket Guide to Interpersonal Neurobiology, Daniel Siegel.

Prayers of the Cosmos, Neil Douglas-Klotz.

The Psoas Book, Liz Koch.

The Quantum Doctor, Amit Goswami.

The Rainbow and the Worm, Mae-Wan Ho.

The Second Brain, Michael Gershon.

Secrets of Your Cells, Sondra Barrett.

The Secret Teachings of Plants in the Direct Perception of Nature, Stephen Buhner.

Sensitive Chaos, Theodore Schwenk.

Stillness: Biodynamic Cranial Practice and the Evolution of Consciousness, Charles Ridley.

The Stillness of Life, Rollin Becker.

Teachings in the Science of Osteopathy, William Sutherland.

Trauma and Recovery, Judith Herman.

Sacred Mirrors: The Visionary Art of Alex Grey, Alex Grey.

Unwinding the Belly, Alison Post & Stephen Cavaliere.

Waking the Tiger: Healing Trauma, Peter Levine.

Why Love Matters, Sue Gerhardt.

Wisdom in the Body, Michael Kern.

World As Lover, World As Self, Joanna Macy.

Your Inner Physician and You, John Upledger.