

NorthShore University HealthSystem Integrative Medicine Program		
Eight Dimensions/Subject Matter	Title	Author
Ayurvedic	Ayurvedic Healing	Frawley, David
Breath	Breathing: The Master Key to Self-Healing CD and Tape	Weil, Andrew
Breath	Science of Breath	Rama, Swami, Ballentine, Rudolph & Humes, Alan
Breath	The Power of Breath (The Art of Breathing well for Harmony, Happiness, and Health)	Saradananda, Swami
Breath	Free Your Breath, Free Your Life (How Conscious Breathing Can Relieve Stress, Increase Vitality, and Help You Live More Fully)	Lewis, Dennis
Consciousness	Practicing the Power of Now	Eckhart, Tolle
Consciousness	Stillness Speaks	Eckhart, Tolle
Consciousness	The Power of Now	Eckhart, Tolle
Consciousness	Women Who Run With Wolves	Estes, Clarissa Pinkola
Consciousness	Emotional Intelligence	Goleman, Dan
Consciousness	Excuse Me, Your Life is Waiting: The Astonishing Power of Feelings	Grabhorn, Lynn
Consciousness	Power Vs. Force	Hawkins, David

Recommended Reading List

Consciousness	Who Moved My Cheese	Johnson, Dr. Spencer, MD
Consciousness	The Life We are Given	Leonard, George & Murphy, Michael
Consciousness	Deep Healing	Miller, Emmett
Consciousness	It's All Well & Good	Moses, Beth
Consciousness	Take Time For Your Life	Richardson, Cheryl
Consciousness	Unlimited Power	Robbins, John
Consciousness	The Four Agreements	Ruiz, Don Miguel
Consciousness	Living Energy Universe	Russek, Linda & Schwartz, Gary
Consciousness	Waking Up in Time	Russell, Peter
Consciousness	Beyond Juggling: Rebalancing Your Busy Life	Sandholt, Derr, Buckner & Carlson
Consciousness	The Power of Full Engagement	Schwartz, Tony & Loehr, Jim
Consciousness	The Not So Big Life	Susanka, Sarah
Consciousness	The Light Inside the Dark	Tarrant, John
Consciousness	The Healing Power of the Mind	Thondup, Tulku
Consciousness	Practicing the Power of Now	Tolle, Eckhart
Consciousness	Stillness Speaks	Tolle, Eckhart

Recommended Reading List

Consciousness	Necessary Losses	Viorst, Judith
Consciousness	The Wisdom of No Escape	Chodron, Pema
Consciousness	The Art of Doing Nothing: Simple Ways to Make Time for Yourself	Vienne, Veronique
Consciousness/Energy Medicine	The Body Electric	Becker, Robert & Selden, Gary
Consciousness/Growth	Flux: Women on Sex, Work, Love, Kids, and Life in a Half Changed World	Ornstein, Peggy
Consciousness/Mind-Body	Persuasion and Healing	Cousins, Norman
Consciousness/Mind-Body	Guided Imagery for Self-Healing	Gerber, Richard
Consciousness/Mind-body	Manifesto for a New Medicine	Gordon, James
Consciousness/Mind-Body	Sound Mind, Sound Body	Pelletier, Ken
Consciousness/Spirituality	The Road Less Traveled: A New Psychology of Love, Traditional Values and Spiritual Growth	Peck, M. Scott, MD
Consciousness/Spirituality	The Road Less Traveled and Beyond: Spiritual Growth in an Age of Anxiety	Peck, M. Scott, MD
Environment	Silent Spring	Carson, Rachel
Environment	Our Stolen Future	Colburn, Theo
Environment	Lost Language of Plants	Buhner, Stephen
Environment	Lost Child in the Wood's: Saving Children From Nature	
Grief	Lessons from the Dying	Smith, Rodney

Recommended Reading List

Grief	The Courage to Grieve	Tatelbaum, Judy
Grief	Life is Goodbye, Life is Hello	Bozarth, Alla Renee
Grief	Motherless Daughters	Edelman, Hope
Grief	What Helped Me When My Loved One Died	Grollman, Earl
Grief	Good Grief	Coryell, Deborah
Grief	On Death and Dying	Elizabeth Koffler-Ross
Grief - Children	The Fall of Freddy the Leaf	Buscaglia, Leo
Grief - Children	Good-bye Forever	Boulden, Jim & Joan
Grief - Children	How It Feels When A Parent Dies	Krementz, Jill
Grief - Children	Rachel and the Upside Down Heart	Douglas, Eileen
Grief Support	How to Survive the Loss of a Love	Cosgrove & Bloomfield
Grief Support	Healing After Loss - Daily Meditations for Working Through Grief	Hickman, Martha Whitmore
Grief/children	The Tenth Good Thing About Barney	Viorst, Judith
Grief/Loss	Final Gifts	Callanan, Maggie & Kelley, Patrick
Guided Imagery	CD's on Popular Health Issues	Naparstek, Belleruth
Herbs and Supplements	Manual of Natural Healing	Murray, Michael and Pizzorno, Joe

Recommended Reading List

Homeopathy	Healing with Homeopathy	Wayne, Jonas & Jacobs, Jennifer
Integrative Medicine	Web of Life	Capra, Fritjof
Integrative Medicine	Choices in Healing	Lerner, Michael
Integrative Medicine	Eight Weeks to Optimum Health - Also in CD	Weil, Andrew
Integrative Medicine	Natural Health, Natural Medicine	Weil, Andrew
Integrative Medicine	Health and Healing	Weil, Andrew
Leopold, Aldo	A Sand County Almanac	Leopold, Aldo
Love & Relationships	The Five Love Languages	Chapman, Gary D.
Love & Relationships	The Heart's Code	Pearsall, Paul
Love & Relationships	"Opening Up: The Healing Power of Expressing Emotions"	Pennebaker, James
Love & Relationships	Molecules of Emotion	Pert, Candace
Love & Relationships	Loving Kindness	Salzburg, Sharon
Love & Relationships/Energy Medicine	Love & Survival	Ornish, Dean
Love & Relationships/Energy Medicine	Love's Code	Pearsall, Paul
Mind-Body	Imagery in Healing	Achterberg, Jeanne
Mind-Body	Timeless Healing	Benson, Herb

Recommended Reading List

Mind-Body	Healing and the Mind	Moyers, Bill
Mind-Body	Full Catastrophe Living	Zinn, Jon Kabat
Mind-Body	Wherever You Go, There You Are	Zinn, Jon Kabat
Nutrition	Prescription for Nutritional Healing	Balch & Balch
Nutrition	Herbal Prescriptions for Health & Healing	Brown, David
Nutrition	Staying Healthy with Nutrition	Hass, Elson
Nutrition	Feeding the Body, Nourishing the Soul	Keston, Deborah
Nutrition	Fats and Oil Book	Murry, Michael
Nutrition	Encyclopedia of Nutritional Supplements	Murry, Michael and Pizzorno, Joe
Nutrition	Healing with Whole Foods	Pitchford, Paul
Nutrition	In Defense of Food: The Omnivore's Solution"	Pollan, Michael
Nutrition	Diet for a New America	Robbins, John
Nutrition	Fast Food Nation	Schossler, Eric
Nutrition	Healing Foods for Dummies	Siple, Molly
Nutrition	Eating Well for Optimum Health	Weil, Andrew
Nutrition	Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating	Willett, Walter, MD

Recommended Reading List

Nutrition	Chinese Traditional Medicine: A Natural Guide to Weight Loss that Lasts	Lu, Nan
Nutrition/Cookbook	Nourishing Traditions	Fallon, Sally
Nutrition/Herbs	Herbs Against Cancer	Moss, Ralph
Nutrition/Herbs & Supplements	Honest Herbal	Tyler, Varro
Oncology	Integrative Oncology	Abrams, Donald & Weil, Andrew
Oncology	The Definite Guide to Cancer, An Integrative Approach to Prevention, Treatment and Healing	Alschuler, Lise N. & Gazella, Karolyn A.
Oncology	The Healing Path: A Soul Approach to Illness	Barasch, Marc
Oncology	Crazy Sexy Cancer	Carr, Kris
Oncology	Crazy Sexy Cancer Survivor	Carr, Kris
Oncology	Cancer as a Turning Point	Leshan, Lawrence
Oncology	After Cancer - A Guide to Your New Life	Harpham, Wendy S, M.D., F.A. C. P.
Oncology	Happiness in a Storm - Facing Illness and Embracing Life as a Healthy Survivor	Harpham, Wendy S, M.D., F.A. C. P.
Oncology	Phycho-Oncology	Holland, Jimmie C.
Oncology	The Human Side of Cancer: Living with Hope, Coping with Uncertainty	Holland, Jimmie C.
Oriental Medicine & Acupuncture	Between Heaven and Earth	Beinfeld, Harriet and Korngold, Efrem

Recommended Reading List

Oriental Medicine & Acupuncture	The Healer Within: Using Traditional Chinese Techniques to Release Your Body's Own Medicine	Jahnke, Roger
Oriental Medicine & Acupuncture	The Web That Has No Weaver	Kaptchuck, Ted
Restoration	Remarkable Recoveries	Barasch, Marc and Hirshberg, Caryle
Restoration	The Mozart Effect	Campbell, Don
Restoration	Healing Power of Sound	Gayner, Mitchell L., M.D.
Restoration	Sounds of Healing	Gayner, Mitchell L., M.D.
Restoration	"Sound Body, Sound Mind: Music for Healing" - CD	Weil, Andrew
Spirituality	The Alchemist	Coelho, Paulo
Spirituality	The Feminine Face of God	Anderson, Sherry Ruth & Hopkins, Patricia
Spirituality	Handbook for the Soul	Carlson, Richard & Shield, Benjamin, Editors
Spirituality	Handbook of the Heart	Carlson, Richard & Shield, Benjamin, Editors
Spirituality	When Things Fall Apart	Chodron, Pema
Spirituality	The Places That Scare You	Chodron, Pema
Spirituality	Comfortable with Uncertainty	Chodrun, Pema
Spirituality	The Seven Spiritual Laws of Success	Chopra, Deepak
Spirituality	Living in the Light	Gawain, Shakti

Recommended Reading List

Spirituality	The Theft of Spirit	Hammerschlag, Carl
Spirituality	Dancing Healers	Hammerschlag, Carl
Spirituality	A Path With Heart	Kornfield, Jack
Spirituality	Soul Food: Stories to Nourish the Spirit & the Heart	Kornfield, Jack, & Feldman, Christina
Spirituality	Care of the Soul	Moore, Thomas
Spirituality	The Dark Night of the Soul	Moore, Thomas
Spirituality	How Then, Shall We Live	Muller, Wayne
Spirituality	Sabbath: Restoring the Sacred Rhythm of Rest	Muller, Wayne
Spirituality	Anatomy of the Spirit	Myss, Carolyn
Spirituality	How to Live in the World and Still Be Happy	Prather, Hugh
Spirituality	Kitchen Table Wisdom	Remen, Rachel Naomi
Spirituality	My Grandfather's Blessings	Remen, Rachel Naomi
Spirituality	Until Today: Daily Devotions for Spiritual Growth & Peace of Mind	Vanzant, Iyanla
Spirituality	Spontaneous Healing	Weil, Andrew
Spirituality	Ordinary Magic: Everyday Life as a Spiritual Path	Welwood, John - Editor
Spirituality	The Gift of Change	Williamson, Marianne

Recommended Reading List

Spirituality	The Seat of the Soul	Zukov, Gary
Spirituality	The Four Desires - Creating a Life of Purpose, Happiness, Prosperity, and Freedom	Stryker, Rod
Spirituality	True Love	Tyler, Varro
Spirituality	Going Home - Jesue and Buddha as brothers	Thich Nhat Hahn
Spirituality	The Sacred Art of Loving Kindness: Preparing to Practice (Art of Spiritual Living)	Shapiro, Rami M.
Spirituality	Still Here: Embracing Aging, Changing, and Dying	Dass, Ram
Spirituality	A New Earth: Awakening to Your Life's Purpose	Tolle, Eckhart
Spirituality	Happy Yoga	Ross, Steve
Spirituality	A Woman's Worth	Williamson, Marianne
Spirituality & Personal Growth	Healing The Shame That Binds You	Bradshaw, John
Spirituality and Personal Growth	A Return To Love	Williamson, Marianne
Spirituality/Consciousness	Illuminations - Visions for Change, Growth and Self-Acceptance	Stephen, Paul C., and Collins, Gary Max
Spirituality/Consciousness	Interactions - Visions to Bring Your Inner and Outer Worlds into Harmony	Stephen, Paul C., and Collins, Gary Max
Stress and Anxiety	The Instinct to Heal	Servan-Schreiber, MD

Recommended Reading List

The downside of our evolving technological approach to care	The Lost Art of Healing	Lown, Bernie
Transition	Transitions: Making Sense of Life's Changes	Bridges, William
Women's Health	Encyclopedia of Women's Health	Hudson, Tory
Women's Health	The Women's Retreat Book	Louden, Jennifer
Women's Health	Women's Bodies, Women's Wisdom	Northrup, Christiane
Women's Health	New Menopausal Years	Weed, Susan B.
Women's Health	The Wisdom of Menopause	Northrup, Christiane
Work/Lifestyle	The Reinvention of Work	Fox, Matthew
Work/Lifestyle	Six Months Off: The Sabbatical Book	Hope, Scott & James Dlugozima and David Sharp
Work/Lifestyle	Life Launch: A Passionate Guide to the Rest of Your Life	Hudson, Frederic and McLean, Pamela D.
Work/Lifestyle	What's Next? Women Redefining Their Dreams in the Prime of Life	Pederson, Rena
Work/Lifestyle	Wishcraft: How to Get What You Really Want	Sher, Barbara
	Please Note: Many of these titles can be purchased or ordered in Our Wellness Shop.	