

### Book and media recommendations by Dale Goldstein

Title	Author	Topic
<i>(any book)</i>	Pema Chodron	Spirituality
<i>(any book)</i>	Geneen Roth	Eating Disorders
<i>A Gradual Awakening</i>	Stephen Levine	Meditative
<i>A Path With Heart</i>	Jack Kornfield	Meditative
<i>Awakening the Heart</i>	John Welwood, ed.	Meditative/Psychotherapeutic
<i>Broken Open: How Difficult Times Can Help Us Grow</i>	Elizabeth Lesser	Spirit of Heartwork
<i>Care of the Soul</i>	Thomas Moore	Spirituality
<i>Conversations With God (series )</i>	Neale Donald Walsch	Spirituality
<i>Crooked Cucumber</i>	David Chadwick	Spirituality
<i>Dandelion Wine</i>	Ray Bradbury	Science Fiction
<i>Diamond Heart Books 1 – 5</i>	A.H. Almaas	Spirituality
<i>Embracing the Beloved</i>	Stephen and Ondrea Levine	Relationship
<i>Emmanuel's Book</i>	Pat Rodegast and Judith Stanton	Spirit of Heartwork
<i>Essence</i>	A. H. Almaas	Meditative/Psychotherapeutic
<i>Falling Into Grace</i>	Adyashanti	Spirituality
<i>Focusing</i>	Eugene Gendlin	Psychotherapeutic
<i>Illuminated Rumi</i>	Coleman Barks	Spirit of Heartwork
<i>Inner Work</i>	Robert Johnson	Psychotherapeutic
<i>Journey of the Heart</i>	John Welwood	Relationship
<i>Lifespring</i>	John Hanley	Personal Growth
<i>Meetings at the Edge</i>	Stephen Levine	Spirit of Heartwork
<i>Mindfulness Series 1,2,3</i>	Joseph Goldstein	Spirituality
<i>No Boundary</i>	Ken Wilber	Conceptual Understanding
<i>Ordinary Magic</i>	John Welwood, ed.	Meditative/Psychotherapeutic
<i>Portals to the Timeless (DVD)</i>	A.H.Almaas	Spirituality
<i>Radical Acceptance</i>	Tara Brach	Personal Growth
<i>Siddhartha</i>	Hermann Hesse	Spirit of Heartwork
<i>Soul Without Shame: A Guide to Liberating Yourself from the Judge Within</i>	Byron Brown	Personal Growth
<i>Spacecruiser Inquiry</i>	A.H.Almaas	Spirituality
<i>Tao Te Ching</i>	translated by Stephen Mitchell	Spirit of Heartwork
<i>The Artist's Way</i>	Julia Cameron	Creativity
<i>The Collected Poetry of Rainer Maria Rilke</i>	Edited & translated by Stephen Mitchell	Spirit of Heartwork
<i>The Diamond Approach</i>	John Davis	Spirituality
<i>The End of Your World</i>	Adyashanti	Spirituality
<i>The Four Agreements</i>	Don Miguel Ruiz	Spirituality
<i>The Inner Journey Home (CD or DVD)</i>	A.H.Almaas	Spirituality
<i>The Power of Now</i>	Eckhart Tolle	Spirituality
<i>The Unfolding Now</i>	A.H.Almaas	Spirituality
<i>When Things Fall Apart</i>	Pema Chodron	Meditative