

BOOKS

LIFE AS A JOURNEY

(a) *Cancer as a Turning Point: From Surviving to Thriving*
—published by Sounds True of Boulder, CO
(CHANGE ISSUE: VOLUME 7, NUMBER 2, 2002)

The Dance of Connection
—Harriet Lerner
(CHANGE ISSUE: VOLUME 7, NUMBER 2, 2002)

The Missing Peace
—Donna Marie Vessini
(CHANGE ISSUE: VOLUME 7, NUMBER 2, 2002)

Aging Well: Surprising Guideposts to a Happier Life
—George E. Vaillant, MD
(CHANGE ISSUE: VOLUME 7, NUMBER 2, 2002;
JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

“Bouncing Back from Bad Times,” *The Harvard Women’s Health Watch*, Feb. 1998
(CHANGE ISSUE: VOLUME 7, NUMBER 2, 2002)

Necessary Losses
—Judith Viorst
(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Transitions: Prayers and Declarations for a Changing Life
—Julia Cameron
(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

A Woman’s Journey to God: Finding the Feminine Path
—Joan Borysenko
(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

How, Then, Shall We Live?: Four Simple Questions That Reveal the Beauty and Meaning of Our Lives
—Wayne Miller
(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Pilgrim Heart: The Inner Journey Home
—Sarah York
(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Lightning at the Gate: A Visionary Journey of Healing
—Jeanne Achterberg
(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Healing Beyond the Body: Medicine and the Infinite Reach of the Mind
—Larry Dossey, MD
(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Bone: A Journal of Wisdom, Strength, and Healing
—Marion Woodman
(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Learning To Fall: The Blessings of an Imperfect Life
—Philip Simmons
(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Your Heart’s Desire: Instructions for Creating the Life You Really Want
—Sonia Choquette, PhD
(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

How to Know God: The Soul’s Journey into the Mystery of Mysteries
—Deepak Chopra
(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Will the Circle Be Unbroken? Reflections on Death, Rebirth and Hunger for a Faith
—Studs Terkel
(SANDTRAY ISSUE: VOLUME 6, NUMBER 4, 2001)

A Man Searching for Meaning
—Viktor E. Frankl, trans. by Ilse Lasch
(PRAYER ISSUE: VOLUME 6, NUMBER 3, 2001)

Prayer: Find the Heart’s True Home
—Richard J. Foster
(PRAYER ISSUE: VOLUME 6, NUMBER 3, 2001)

(a) *Body and Soul, Meditations for Living and Dying*
—Andrew Harvey
(PRAYER ISSUE: VOLUME 6, NUMBER 3, 2001)

The Direct Path, Creating a Personal Journey to the Divine Using the World’s Spiritual Traditions
(PRAYER ISSUE: VOLUME 6, NUMBER 3, 2001)

Soul: An Archaeology
—Ray Charles
(PRAYER ISSUE: VOLUME 6, NUMBER 3, 2001)

The Places That Scare You: A Guide to Fearlessness in Difficult Times
—Pema Chodron
(PRAYER ISSUE: VOLUME 6, NUMBER 3, 2001)

(a) *Prayers for All People*
—edited by Mary Ford-Grabowsky
(PRAYER ISSUE: VOLUME 6, NUMBER 3, 2001)

Universal Wisdom: A Journey Through the Sacred Wisdom of the World
—Bede Griffiths
(PRAYER ISSUE: VOLUME 6, NUMBER 3, 2001)

Rumi, The Card and Book Pack: Meditation, Inspiration, and Self-Discovery
—Eryk Hanut and Michele Wetherbee
(PRAYER ISSUE: VOLUME 6, NUMBER 3, 2001)

What Really Matters: Searching for Wisdom in America
—Tony Schwartz
(PRAYER ISSUE: VOLUME 6, NUMBER 3, 2001)

The Rhythm of Compassion: Caring for Self Connecting with Society
—Gail Straub
(PRAYER ISSUE: VOLUME 6, NUMBER 3, 2001)

Peaceful Dwellings: Meditations for Healing and Living
—Madeline Ko-i Bastis
(LOVE ISSUE: VOLUME 6, NUMBER 1, 2001)

To Love and Be Loved
—Sam Keen
(LOVE ISSUE: VOLUME 6, NUMBER 1, 2001)

Animals as Teachers & Healers
—Susan Chernak McElroy
(ANIMALS ISSUE: VOLUME 5, NUMBER 2, 2000)

Pack of Two: The Intricate Bond Between People and Dogs
—Caroline Knapp
(ANIMALS ISSUE: VOLUME 5, NUMBER 2, 2000)

A Place of Grace
—Jean Davies Okimoto
(ANIMALS ISSUE: VOLUME 5, NUMBER 2, 2000)

Good For Your Animals, Good For You: How to Live and Work with Animals in Activity and Therapy Programs and Stay Healthy
—David Waltner-Toews and Andres Ellis
(ANIMALS ISSUE: VOLUME 5, NUMBER 2, 2000)

Nature as a Guide-Using Nature in Counseling, Therapy and Education
—Linda Lloyd Nebbe
(ANIMALS ISSUE: VOLUME 5, NUMBER 2, 2000)

Rosie, a Visiting Dog’s Story
—Stephanie Calmenson
(ANIMALS ISSUE: VOLUME 5, NUMBER 2, 2000)

(v) *Animal Connections*
—Phillip Herbison
(ANIMALS ISSUE: VOLUME 5, NUMBER 2, 2000)

On Memory and Numbers
—Thomas Moore
(GRIEF ISSUE: VOLUME 5, NUMBER 1, 2000)

The Best Spiritual Writing 1999
—edited by Philip Zaleski
(GRIEF ISSUE: VOLUME 5, NUMBER 1, 2000)

Self-Nurture
—Alice Domar
(GRIEF ISSUE: VOLUME 5, NUMBER 1, 2000)

The Diving Bell and the Butterfly
—Jean-Dominique Bauby
(GRIEF ISSUE: VOLUME 5, NUMBER 1, 2000)

(a) *Meetings at the Edge: Dialogues with the Grieving and the Dying, the Healing and the Healed*
—Stephen Levine
(GRIEF ISSUE: VOLUME 5, NUMBER 1, 2000)

A Path with Heart
—Jack Kornfield
(MILLENNIUM ISSUE: VOLUME 4, NUMBER 4, 1999)

Heron Dance
—founded and ed. by Ron MacIver, a publication about the role of mystery and beauty in human existence. For information call 888.304.3766
(GRACE, GRATITUDE, FORGIVENESS ISSUE: VOLUME 4, NUMBER 2, 1999;
MISSION ISSUE: VOLUME 3, NUMBER 2, 1998)

Wanting What You Have: A Self-Discovery Workbook
—Timothy Miller
(GRACE, GRATITUDE, FORGIVENESS ISSUE: VOLUME 4, NUMBER 2, 1999)

(v) *One True Thing*
(GRACE, GRATITUDE, FORGIVENESS ISSUE: VOLUME 4, NUMBER 2, 1999)

Simple Abundance Daybook of Comfort and Joy
—Sarah Ban Breathnach
(GRACE, GRATITUDE, FORGIVENESS ISSUE: VOLUME 4, NUMBER 2, 1999)

The Simple Abundance Journal of Gratitude
—Sarah Ban Breathnach
(GRACE, GRATITUDE, FORGIVENESS ISSUE: VOLUME 4, NUMBER 2, 1999)

Why People Don’t Heal and How They Can
—Caroline Myss
(GRACE, GRATITUDE, FORGIVENESS ISSUE: VOLUME 4, NUMBER 2, 1999)

When Bad Things Happen to Good People
—Rabbi Harold Kushner
(GRACE, GRATITUDE, FORGIVENESS ISSUE: VOLUME 4, NUMBER 2, 1999)

“Sacred Places in the Home,” *San Francisco Examiner*, Wed. March 25, 1998
(GRACE, GRATITUDE, FORGIVENESS ISSUE: VOLUME 4, NUMBER 2, 1999)

Hosting the Divine: The Kolam as Ritual, Art, and Ecology in Tamil Nadu, India
—dissertation by Vijaya Rettakudi Nagarajan, U. of C. Berkeley, 1998
(GRACE, GRATITUDE, FORGIVENESS ISSUE: VOLUME 4, NUMBER 2, 1999)

Illuminata
—Marianne Williamson
(GRACE, GRATITUDE, FORGIVENESS ISSUE: VOLUME 4, NUMBER 2, 1999)

Illuminated Prayers
—Marianne Williamson
(GRACE, GRATITUDE, FORGIVENESS ISSUE: VOLUME 4, NUMBER 2, 1999)

A Return to Love
—Marianne Williamson
(GRACE, GRATITUDE, FORGIVENESS ISSUE: VOLUME 4, NUMBER 2, 1999)

It’s Easier Than You Think: The Buddhist Way to Happiness
—Sylvia Boorstein
(GRACE, GRATITUDE, FORGIVENESS ISSUE: VOLUME 4, NUMBER 2, 1999)

Tuesdays with Morrie
—Mitch Albom
(CREATIVITY ISSUE: VOLUME 3, NUMBER 3,

1998)

The Re-Enchantment of Everyday Life

—Thomas Moore

(THE HEALING HOME ISSUE: VOLUME 3, NUMBER 1, 1998)

Beautiful Barrier-Free

—Cynthia Leibrock

(THE HEALING HOME ISSUE: VOLUME 3, NUMBER 1, 1998)

Prayer is Good Medicine

(VOLUME TWO, NUMBER TWO, 1997)

A Year to Live: How to Live this Year as if It

Were Your Last

—Stephen Levine

(VOLUME TWO, NUMBER TWO, 1997)

The Possibility of Angels: A Literary Anthology

—edited by Sophie Birjotti and illustrated by Peter Malone

(VOLUME TWO, NUMBER TWO, 1997)

A Time to Grieve: Meditations for Healing

After the Death of a Loved One

—Carol Staudacher

(VOLUME TWO, NUMBER TWO, 1997)

Why You Feel the Way You Feel: Molecules of

Emotion

—Candace B. Pert

(VOLUME TWO, NUMBER TWO, 1997)

The Book of Mechtilde

—Anna Ruth Henriques

(VOLUME TWO, NUMBER TWO, 1997)

(a) *Being with Dying*

—Joan Halifax, Ph.D

(VOLUME TWO, NUMBER TWO, 1997)

Dying Well: The Prospect for Growth at the End of Life

—Ira Byock, MD

(VOLUME ONE, NUMBER FOUR, 1997)

The Power of the Mind to Heal: Renewing Body, Mind, and Spirit

—Joan Borysenko

(VOLUME ONE, NUMBER FOUR, 1997)

(v) *The Shawshank Redemption*

(VOLUME ONE, NUMBER FOUR, 1997)

Beyond the Ridge

—written and illustrated by Paul Goble

(VOLUME ONE, NUMBER THREE, 1996)

Anatomy of the Spirit

—Caroline Myss, PhD

(VOLUME ONE, NUMBER THREE, 1996)

Invisible Lines of Connection

—Lawrence Kushner

(VOLUME ONE, NUMBER THREE, 1996)

Simple Abundance: A Daybook of Comfort and Joy

—Sarah Ban Breathnach

(VOLUME ONE, NUMBER THREE, 1996) *Way of the Doll: The Art and Craft of Personal Transformation*

—Cassandra Light

(VOLUME ONE, NUMBER THREE, 1996)

(v) *Healing Words, Healing Practices*

—narrated by Dr. Benson, prod. by Harvard Medical School

(VOLUME ONE, NUMBER TWO, 1996)

The Life We Are Given

—George Leonard, and Michael Murphy

(VOLUME ONE, NUMBER TWO, 1996)

The Mystic Vision

—compiled by Andrew Harvey and Anne Baring

(VOLUME ONE, NUMBER TWO, 1996)

Who Dies?

—Stephen Levine

(VOLUME ONE, NUMBER ONE, 1996)

How Can I Help?

—Ram Dass

(VOLUME ONE, NUMBER ONE, 1996)

(a) *For People Undergoing Chemotherapy*

—Health Journeys

(VOLUME ONE, NUMBER ONE, 1996)

(a) *Immuno-Imagery: A Complete Visualization System That Can Improve Your Health*

—Emmet Miller

(VOLUME ONE, NUMBER ONE, 1996)

The Wellness Book: The Comprehensive Guide to Maintaining Health and Treating Stress-Related Diseases

—Herbert Benson, MD and Eileen M. Stuart, RN

(VOLUME ONE, NUMBER ONE, 1996)

Advances: The Journal of Mind-Body Health

—a quarterly journal pub. by the Fetzer Institute

(VOLUME ONE, NUMBER ONE, 1996)

(v) *Tokyo Story*

—Jasujiro Ozu

(VOLUME ONE, NUMBER ONE, 1996)

CREATIVITY

The Illustrated Alchemist: A Fable About Following Your Dream

—Paulo Coelho

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

The Secret of the Shadow: The Power of Owning Your Own Story

—Debbie Ford

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Writing from Life: Telling Your Soul's Story

—Susan Wittling Albert, PhD

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Visual Journaling: Going Deeper than Words

—Barbara Ganim and Susan Fox

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Leaving a Trace: On Keeping a Journal

—Alexander Johnson

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

At a Journal Workshop: Writing to Access the Power of the Unconscious and Evoke Creative Ability

—Ira Progoff, PhD

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Circle Journey Books: Correspondence Kit

—Paul Westrick

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Finding What You Didn't Lose: Expressing Your Truth and Creativity Through Poem-Making

—John Fox

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002;

ART & HEALING ISSUE: VOLUME 5, NUMBER 1,

2000)

The Discovery of Poetry: A Field Guide to Reading and Writing Poems

—Frances Mayes

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

The Enlightened Heart: An Anthology of Sacred Poetry

—Stephen Mitchell

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Centering: In Pottery, Poetry, and the Person

—M.C. Richards

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

The Artist's Way: A Spiritual Path to Higher Creativity

—Julia Cameron

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Expect the Unexpected (Or You Won't Find It): A Creativity Tool Based on the Ancient Wisdom of Heraclitus

—Roger Von Oech

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

House as a Mirror of Self

—Claire Cooper-Lewis

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

The Sensual Home: Liberate Your Senses and Change Your Life

—Ilse Crawford

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

House of Belief: Creating Your Personal Style

—Kelee Katillac

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Getaways: Carefree Retreats for All Seasons

—Chris Casson Madden

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

A Room of Her Own: Women's Personal Spaces

—Chris Casson Madden

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Bedrooms: Creating the Stylish, Comfortable Room of Your Dreams

—Chris Casson Madden

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Little Retreats: More Than Thirty Cozy

Getaway Spaces for the Seaside, Mountains and Country

—Jane Tidbury

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Visioning: Ten Steps to Designing the Life of Your Dreams

—Lucia Capacchione, PhD

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

The Meditation Year: A Seasonal Guide to Contemplation, Relaxation, and Visualization

—Jane Hope

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Sacred Contract: Awakening Your Divine Potential

—Caroline Myss

(JOURNEY ISSUE: VOLUME 7, NUMBER 1, 2002)

Hermann Zapf and His Design Philosophy

—The Society of Typographic Arts Chicago

(DESIGN ISSUE: VOLUME 6, NUMBER 2 2001)

A Pattern Language: Towns, Buildings, Constructions

—Christopher Alexander

(DESIGN ISSUE: VOLUME 6, NUMBER 2 2001)

Holy Personal

—Laura Chester

(DESIGN ISSUE: VOLUME 6, NUMBER 2 2001)

The Tribute Journal

—Lynne McCollum Staley

(LOVE ISSUE: VOLUME 6, NUMBER 1 2001)

A Year in the Life: Journaling for Self-Discovery

—Sheila Bender

(ART & HEALING ISSUE: VOLUME 5, NUMBER 3, 2000)

In Lieu of Flowers: A Conversation for the Living

—Nancy Cobb

(ART & HEALING ISSUE: VOLUME 5, NUMBER 3, 2000)

(a) *The Visionary Artist*

—Alex Grey

of Spontaneous Expression
—Michell Cassou and Stewart Cubley
(ART & HEALING ISSUE: VOLUME 5, NUMBER 3,
2000)

*Trust the Process: An Artist's Guide to
Letting Go*
—Shaun McNiff
(ART & HEALING ISSUE: VOLUME 5, NUMBER 3,
2000)

*A Creative Companion: How to Free the Creative
Spirit and Inspiration Sandwich*
—SARK
(ART & HEALING ISSUE: VOLUME 5, NUMBER 3,
2000)

*The Artist's Way: A Spiritual Path to Higher
Creativity*
—Julia Cameron
(ART & HEALING ISSUE: VOLUME 5, NUMBER 3,
2000;
CREATIVITY ISSUE: VOLUME 3, NUMBER 3, 1998)

At a Journal Workshop
—Dr. Ira Progoff
(MILLENNIUM ISSUE: VOLUME 4, NUMBER 4, 1999)

Creative Visualization
—Shakti Gawain
(MILLENNIUM ISSUE: VOLUME 4, NUMBER 4, 1999)

Writing Down the Bones
—Natalie Goldberg
(CREATIVITY ISSUE: VOLUME 3, NUMBER 3, 1998)

How to Find the Work You Love
—Laurence Boldt
(MISSION ISSUE: VOLUME 3, NUMBER 2, 1998)

Dark Fields of the Republic: Poems 1991-1995
—Adrienne Rich
(VOLUME TWO, NUMBER TWO, 1997)

*What is Found There: Notebooks on Poetry
and Politics*
—Adrienne Rich
(HOPE ISSUE: VOLUME 2, NUMBER 2, 1997)

The Spell of the Sensuous
—David Abram
(HOPE ISSUE: VOLUME 2, NUMBER 2, 1997)

(a) *In Their Own Voices: A Century of Recorded
Poetry*
—Rhino Records
(HOPE ISSUE: VOLUME 2, NUMBER 2, 1997)

Healing Words
—Larry Dossey
(HOPE ISSUE: VOLUME 2, NUMBER 2, 1997)

Pablo Neruda: Absence and Presence
—Luis Poirot, trans. by Alastair Reid
(HOPE ISSUE: VOLUME 2, NUMBER 2, 1997)

Zona Home: Essential Deisgns for Living
—Louis Sagar
(ONENESS ISSUE: VOLUME 1, NUMBER 4, 1997)