

Holistic Biomechanics® Reading List

Brain/ Neuroscience

1. **The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science**
Norman Doidge
2. **The Brain's Way of Healing**
Norman Doidge
3. **The Body Has A Mind Of Its Own: How Body Maps In Your Brain Help You Do (Almost) Everything Better**
Sandra Blakeslee & Matthew Blakeslee
4. **Brain, The Complete Mind: How it Develops, How it Works, and How To Keep It Sharp**
Michael S. Sweeney
5. **Mirroring People**
Marco Iacoboni
6. **The Genie In Your Genes: Epigenetic Medicine and the New Biology of Intention**
Dawson Church Ph.D.
7. **Blink**
Malcolm Gladwell
8. **How We Decide**
Jonah Lehrer
9. **My Stroke Of Insight**
Jill Bolte Taylor

Motor Patterning and Brain Development

10. **Awakening The Child Heart: Handbook for Global Parenting**
Carla Hannaford, Ph.D.
11. **Smart Moves: Why Learning Is Not All In Your Head**
Carla Hannaford, Ph.D.
12. **Wisdom Of The Body Moving**
Linda Hartley

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Stress and the Autonomic Nervous System Response

13. **The Stress of Life**
Hans Selye
14. **The End of Illness**
David B. Agus
15. **Why Zebras Don't Get Ulcers**
Robert M. Saplosky
16. **Your Survival Instinct Is Killing You: Retrain Your Brain To Conquer Fear, Make Better Decisions and Thrive in the 21st Century**
Marc Schoen, PH.D.

Anatomy, Physiology and Biomechanics

17. **Atlas of Anatomy: Atlas of Anatomy/General Anatomy & Musculoskeletal System/ Neck & Internal Organs/ Head & Neuroanatomy**
Thieme: Editors Lawrence Ross and Edward Lamperti
18. **Basic Biomechanics of the Musculoskeletal System 3rd Edition**
Margareta Nordin and Victor H. Frankel
19. **Anatomy of Breathing, Anatomy of Movement & Anatomy of Movement Exercises**
Blandine Calais-Germain
20. **Taking Root to Fly: Articles on Functional Anatomy**
By Irene Dowd

Fascia

21. **Anatomy Trains: Myofascial Meridians For Manual and Movement Therapists**
Thomas W. Meyers
22. **The Endless Web: Fascial Anatomy and Physical Reality**
R. Louis Schultz, Ph.D and Rosemary Feitis, DO
23. **The Fasciae: Anatomy, Dysfunction and Treatment**
Serge Paoletti
24. **Biotensegrity: The Structural Basis of Life**
Graham Scarr
25. **Functional Atlas of the Human Fascial System**
Carla Stecco
26. **Fascia: The Tensional network of the Human Body: The science and clinical applications in manual and movement therapy, 1st Edition**
Editors Robert Schleip PhD MA, Thomas W. Findley MD PhD, Leon Chaitow ND DO and Peter Huijing PhD

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Emotional Connection to Nervous System/ Somatic Psychotherapy

27. **Mind Body Health: The Effects of Attitudes, Emotions & Relationships on Health**
Keith Kraven, Brent Hafer, Kathryn Frandsen and Lee Smith
28. **Emotional Anatomy**
Stanley Keleman
29. **The Body Reveals**
Ron Kurtz and Hector Presteria, M.D.
30. **Somatic Psychology: Body, Mind and Meaning**
Linda Hartley
31. **Your Body Never Lies**
Carmen Renee Berry
32. **When The Body Says No**
Gabor Mate

Pain and Survival

33. **The Gift of Pain**
Philip Yancey and Dr. Paul Brand
34. **Deep Survival**
Laurence Gonzales
35. **Surviving Survival**
Laurence Gonzales
36. **Man's Search for Meaning**
Viktor E. Frankl
37. **The Great Starvation Experiment: The Heroic Men Who Starved So That Millions Could Live**
Todd Tucker

Alternative Body and Holistic Therapies

38. **Reflexology: A Practical Introduction**
Inge Dougans
39. **The Egoscue Method of Health Through Motion**
By Pete Egoscue with Roger Gittines
40. **Somatics**
By Thomas Hanna
41. **Dynamic Alignment Through Imagery**
By Eric Franklin