

Recommended Readings

Here is a list of publications I have appreciated along my journey; however, this is in no way meant to be a comprehensive summary of the topics mentioned in *Guided*.

—Siri K. Zemel, PhD

Authentic, Compassionate, & Courageous Living

Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert

Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone by Brené Brown, PhD

Midlife and the Great Unknown by David Whyte

Self-Compassion: The Proven Power of Being Kind to Yourself by Kristin Neff

The Hero with a Thousand Faces by Joseph Campbell

The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are by Brené Brown, PhD

What to Remember When Waking: The Disciplines of an Everyday Life by David Whyte

Untamed by Glennon Doyle

Channeling, Tongue-Speak, Shamanism, Symbolism and Non-Ordinary States of Consciousness

Believe, Ask, Act: Divine Steps to Raise Your Intuition, Create Change, and Discover Happiness
by MaryAnn DiMarco

How to Change Your Mind: What the New Science of Psychedelics Tells Us Consciousness, Dying, Addiction, Depression, and Transcendence by Michael Pollan

Imagery in Healing: Shamanism and Modern Medicine by Jeanne Achterberg, PhD

Jaguar in the Body Butterfly in the Heart by Ya'Acov Darling Khan
Man and His Symbols by Carl G. Jung, MD

Speaking in Tongues: A Cross-Cultural Study of Glossolalia by Felicitas D. Goodman, PhD

The Flip: Epiphanies of Mind and the Future of Knowledge by Jeffrey J. Kripal, PhD

The Wisdom of the Shamans: What the Ancient Masters Can Teach Us About Love and Life by Don Jose Ruiz

Trancework: An Introduction to the Practice of Clinical Hypnosis by Michael Yapko, PhD

With the Tongues of Men and Angels: A Study of Channeling by Arthur Hastings, PhD

Ego Surrender & Spiritual Development

A Course in Miracles by Helen Schucman, PhD

Broken Open: How Difficult Times Can Help Us Grow by Elizabeth Lesser

Tao Te Ching: The Book of the Way by Lao Tzu

The Book of Joy by His Holiness the Dalai Lama, Desmond Tutu, and Douglas Abrams

The Places That Scare You: A Guide to Fearlessness in Difficult Times by Pema Chödrön

The Universe Has Your Back: Transform Fear to Faith by Gabrielle Bernstein

The Untethered Soul: The Journey Beyond Yourself by Michael A. Singer

When Things Fall Apart: Heart Advice for Difficult Times by Pema Chödrön

Mind-Body Medicine & Neurobiology in Healing

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness by Jon Kabat-Zinn, PhD

In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness by Peter Levine, PhD

Manifesto for a New Medicine: Your Guide to Healing Partnerships and the Wise Use of Alternative Therapies by James Gordon, MD

Mindfulness and the Brain by Jack Kornfield and Daniel Siegel, MD

Molecules of Emotion: The Science Behind Mind-Body Medicine by Candace B. Pert, PhD

My Stroke of Insight: A Brain Scientist's Personal Journey by Jill Bolte Taylor, PhD

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van Der Kolk, MD

The Divided Mind: The Epidemic of Mindbody Disorders by John Sarno, MD

The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, Self-Regulation by Stephen W. Porges

Unstuck: Your Guide to the Seven-Stage Journey Out of Depression by James Gordon, MD

Wired for Joy: A Revolutionary Method for Creating Happiness from Within by Laurel Mellin, PhD

Near-Death Experiences & Reincarnation

Life Before Life: Children's Memories of Previous Lives by Jim Tucker, MD

Many Lives, Many Masters: The True Story of a Prominent Psychiatrist, His Young Patient, and the Past-Life Therapy That Changed Both Their Lives by Brian Weiss, MD

Messages from the Masters: Tapping into the Power of Love by Brian Weiss, MD

Miracles Happen: The Transformational Healing Power of Past-Life Memories by Brian Weiss, MD

Proof of Heaven: A Neurosurgeon's Journey into the Afterlife by Eben Alexander, MD