

Books recommended by T'ai Chi Chih Teachers
during the 2009 International Teacher's conference.

Faith: Trusting Your Own Deepest Experience by Sharon Salzberg
[Recommended by Rhonda St. Martin]

T'ai Chi Classics (Shambhala Classics) by Waysun Liao
**The Way of the Owl: Succeeding with Integrity in a
Conflicted World** by Frank Rivers
[Recommended by Dan Pienciak]

Tai Chi: Health for Life by Bruce Frantzis
**The Tai Chi Book: Refining and Enjoying a Lifetime of
Practice** by Robert Chuckrow
[Recommended by Stephen Thompson]

Illusions: The Adventures of a Reluctant Messiah by Richard Bach
[Recommended by Mark Moloney]

**Power vs. Force: The Hidden Determinants of Human
Behavior** by David R. Hawkins
[Recommended by Anthony Pagliarulo]

The Art of Chi Kung: Making the Most of Your Vital Energy by
Wong Kiew Kit
Tao & Chinese Culture by Da Liu
The Tao of Health and Longevity by Da Liu
Taoist Health Exercise Book by Da Liu
[Recommended by Judy Hubbell]

**Personal Power Through Awareness: A Guidebook for
Sensitive People (Book II of the Earth Life Series)** by Sanaya Roman
[Recommended by April Leffler]

The When You're Falling, Dive: Lessons in the Art of Living
by Mark Matousek
The Second Book of the Tao by Stephen Mitchell

Divine Sparks: Collected Wisdom of the Heart by Karen Speerstra

The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life by Piero Ferrucci

The Secret of the Golden Flower by Thomas Cleary

The Ascent of Humanity by Charles Eisenstein

Turning the Mind Into an Ally by Sakyong Mipham and Pema Chodron

[Recommended by John Valentine]

The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle

[Recommended by Caroline Guilott and by Beverley Weil]

Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality Updated and Expanded by Donna Eden and David Feinstein

[Recommended by Roseann Heinrich]

Living Wabi Sabi: The True Beauty of Your Life by Taro Gold

[Recommended by ???]

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

Everything Belongs: The Gift of Contemplative Prayer by Richard Rohr

Be Still and Know: Reflections from Living Buddha, Living Christ by Thich Nhat Hanh

Peace Is Every Step: The Path of Mindfulness in Everyday Life (Mar 1, 1992) by Thich Nhat Hanh, Arnold Kotler, and H. H. the Dalai Lama

[Recommended by Becky Watkins]

The Law of Attraction: The Basics of the Teachings of Abraham by Esther Hicks and Jerry Hicks

[Recommended by ???]

The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi by Roger Jahnke (who is also a T'ai Chi Chih teacher)

[Recommended by ???]

Embrace Tiger, Return to Mountain: The Essence of Tai Ji by
Chungliang Al Huang and Al Chung-Liang Huang

[Recommended by ???]

Zen Mind, Beginner's Mind (Shambhala Library) by Shunryu
Suzuki

**A Return to Love: Reflections on the Principles of "A Course
in Miracles"** by Marianne Williamson

Cutting Through Spiritual Materialism (Shambhala Library)
by Chogyam Trungpa and Sakyong Mipham

Bones of the Master: A Journey to Secret Mongolia by
George Crane

[Recommended by Kathy Grassel]

**When Things Fall Apart: Heart Advice for Difficult Times
(Shambhala Library)** by Pema Chodron

**Comfortable with Uncertainty: 108 Teachings on Cultivating
Fearlessness and Compassion** - Mass Market Paperback by Pema
Chodron

The Teachings of Abraham Book Collection: Hardcover Boxed Set
- Hardcover (Oct 1, 2007) by Esther Hicks and Jerry Hicks

[Recommended by Beverly Weil]

**The Healer Within: Using Traditional Chinese Techniques To
Release Your Body's Own Medicine *Movement *Massage
*Meditation *Breathing** by Roger Jahnke (who is also a T'ai Chi
Chih teacher)

[Recommended by ???]

Posture of Meditation by Will Johnson

[Recommended by ???]

The Tao of Pooh and Te of Piglet (Wisdom of Pooh) by
Benjamin Hoff and E.H. Shephard

**The Four Agreements: A Practical Guide to Personal
Freedom (A Toltec Wisdom Book)** by Don Miguel Ruiz

[Recommended by Margery Erickson]

**Radical Acceptance: Embracing Your Life With the Heart of
a Buddha** by Tara Brach

[Recommended by Debbie Cole]

Buy books by Justin Stone and other authors he recommends at: <http://www.taichichihassociation.org/sales/books.htm>

In addition to 10 books written by other authors that the Tai Chi Chih Association sales, Justin also recommend 10 more titles in

“20 Books Recommended by Justin Stone,” [a copy of that list was sent to me by Rita Beth.] **Those 10 other books are:**

Secrets of Chinese Meditation by Charles Luk

Creativity and Taoism by Chang Chung Yuan

Krishnamurti Notebook by Krishnamurti

Higher Consciousness by Gopi Krishna

Spirit of the Upanishads by Yogi Ramacharaka

Swampland Flowers by Ta Hui – Cleary translation

The Method of Zen by Herrigal

Buddhist Writings of Lafcadio Hearn

Works of Chang Tzu

Yoga Sutras by Ramurti Mishra

Plus, these little booklets of Justin Stone's talks can be downloaded for free from <http://www.gkpub.com/talks.php>

Evolution through Chi

Sense and Essence

The Spiritual Life

Prajna

Cosmic Rhythm

The Play Within the Play

Teaching Tips for Teachers

6 of the 7 titles above are available as booklets from <http://www.taichichihassociation.org/sales/books.htm>

Evolution Through Chi \$2

Sense and Essence \$2

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| Prajna | \$2 |
| Cosmic Rhythm | \$2 |
| TCC Teaching Tiops | \$2 |
| Play Within a Play | \$2 |