

Breathing

The Healing Power of the Breath, Richard Brown & Patricia Gerbarg

Just Breathe: Mastering Breathwork, Dan Brule

Grief/Loss

The Wild Edge of Sorrow: Rituals of Renewal & the Sacred Work of Grief, Francis Weller

You Can Heal Your Heart: Finding Peace After a Breakup, Divorce, or Death, Louise Hay and David Kessler

Movement

Move Your DNA: Restore Your Health Through Natural Movement, Katy Bowman

The Practice of Natural Movement: Reclaim Power, Health, & Freedom, Erwan Le Corre

Nature & Healing

The Biophilia Effect: A Scientific and Spiritual Exploration of the Healing Bond Between Humans and Nature, Clemens Avray

Relationship

Conscious Loving, Gay Hendricks and Kathlyn Hendricks

The Road Less Travelled, M. Scott Peck

Creating A Spiritual Relationship: A Guide to Growth and Happiness for Couples on the Path, Paul Ferrini

Sleep

Light's Out: Sleep, Sugar, and Survival, T.S. Wiley

Stress/Adrenal Fatigue

Adrenal Fatigue: The 21st Century Stress Syndrome, Dr. James L. Wilson

Water

Your Body's Many Cries for Water, Dr. F. Batmanghelidj

Water and Salt: The Essence of Life, Dr. Barbara Hendel and Peter Ferreira