

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

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