



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

Book List – Mind Body

Alvarez, Dr. Walter. *Minds That Come Back*. Literary Licensing, LLC, 2012. *

Arehart-Treichel, Joan. *Biotypes: The Critical Link Between Your Personality and Your Health*. Time Books, 1980. *

Bailes, Frederick. *Your Mind Can Heal You*. DeVorss, 1975.

Barondes, Samuel H. *Mood Genes: Hunting for Origins of Mania and Depression*. New York: W. H. Freeman and Company, 1998.

Barral, Jean-Pierre, D.O. *Understanding the Messages of Your Body: How to Interpret Physical and Emotional Signals to Achieve Optimal Health*. North Atlantic Books, 2007.

Benson, Herbert, MD, and Klipper, Miriam. *Relaxation Response*. Avon Books, 1976.

Bissett, Josie. *Making Memories: A Parents Guide to Making Childhood Memories that Last a Lifetime*. Compendium, APG Books, 2003.

Black, Dean, PhD. *Inner Wisdom: The Challenge of Contextual Healing* Utah: Tapestry Press, 1990. *

Black, Dean, PhD. *Moving Toward Optimum Health*. *

Borysenko, Joan, Ph.D. *Fire in the Soul: A New Psychology of Spiritual Optimism*. New York: Warner Books, 1993.

Borysenko, Joan, Ph.D. *Guilt Is the Teacher, Love Is the Lesson: A Book to Heal Your Heart and Soul*. Warner Books, 1991.

Borysenko, Joan, Ph.D. *Minding the Body, Mending the Mind*. Warner Books, 1987, foreword by Andrew Weil, M.D. 2007.

Borysenko, Joan, PhD, and Drescher, Jean. *On Wings of Light: Meditations for Awakening to the Source*. Warner Books, 1992.

Boyd-Barrett, Leah. *Your Secret BodyMind Toolkit*. Ojai, Calif.: Earth Lotus Publishing, New Earth Books, 2012.



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

- Branden, Nathaniel, PhD. *How to Raise Your Self Esteem*. Bantam Books, 1987.
- Branden, Nathaniel, PhD. *Six Pillars of Self Esteem*. Bantam Books, 1994.
- Braverman, Eric R., M.D. *The Edge Effect: Achieve Total Health and Longevity with the Balanced Brain Advantage*. New York: Sterling Publishing CO, 2005.
- Braverman, Eric R., M.D. *The Healing Nutrients Within: Facts, Findings, and New Research on Amino Acids*. Laguna Beach, Calif: Basic Health Publications, Inc.; third edition, 2003.
- Brookline, Mass. *Diagnosis, and Practice*. Paradigm Publications, 1989.
- Burns, Davis. *Feeling Good: The New Mood Therapy*. NAL/Dutton, 1981. *
- Byrne, Rhonda. *The Secret Gratitude Book*. New York: Atria Books, 2007.
- Byrne, Rhonda. *The Secret*. New York: Atria Books, 2006.
- Chopra, Deepak, M.D. *Creating Health: How to Wake Up the Body's Intelligence*. Houghton Mifflin, 1995.
- Chopra, Deepak, M.D. *Perfect Health: The Complete Mind-Body Guide*. Crown Publishing Group, 1991.
- Chopra, Deepak, M.D. *Quantum Healing: Exploring the Frontiers of Mind and Body Medicine*. Bantam Books, 1990.
- Chopra, Deepak, M.D. *Return of the Rishi: A Doctor's Story of Spiritual Transformation and Ayurvedic Healing*. Houghton Mifflin, 1991.
- Chopra, Deepak, M.D. *Unconditional Life: Discovering the Power to Fulfill Your Dreams*. Bantam, 1992.
- Cousins, Norman. *Anatomy of an Illness as Perceived by the Patient*. Twentieth Anniversary Edition. New York: Norton, 2005.
- Cousins, Norman. *The Healing Heart*. New York: Norton, 1983.
- Dale, Theresa, PhD, ND. *Transform Your Personal DNA: Understanding the Blueprint of Your Life*. The Wellness Center for Research and Education Inc., 1996.
- De Smedt, Evelyn. *Life Arts: A Practical Guide to Total Being, New Medicine, and Ancient Wisdom*. St. Martin's Press, New York, 1977. *



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

Dossey, Larry, M.D. *Beyond Illness: Discovering the Experience of Health*. Random House, 1985.

Dossey, Larry, MD. *Space, Time, and Medicine*. Shambhala Publications, 1982.

Emmons, Henry. *The Chemistry of Calm: A Powerful Drug-Free Plan to Quiet Your Fears and Overcome Your Anxiety*. New York: A Touchtone Book, 2010.

Fox, Arnold, M.D., and Fox, Barry. *DLPA to End Chronic Pain and Depression*. Long Shadow Books, 1985. *

Gerber, Richard, MD. *Vibrational Medicine: New Choices for Healing Ourselves*. Bear and Co., 1996.

Goleman, Daniel. *The Meditative Mind: The Varieties of Meditative Experience*. Los Angeles: Jeremy Tarcher, Inc., 1988.

Gray, John, PhD. *What You Feel, You Can Heal: A Guide for Enriching Relationships*. Heart Publishing, 1984.

Hay, Louise L. *Heal Your Body: The Mental Causes for Physical Illness and the Metaphysical Way to Overcome Them, expanded/revised edition*. New York: Hay House, 1988.

Hay, Louise. *Power Is Within You*. Hay House, 1991.

Hay, Louise. *You Can Heal Your Life*. Hay House, 1987.

Hunt, Douglas, M.D. *No More Fears*. New York: Warner Books, 1988.

Ilchi Lee. *Brain Wave Vibration: Getting Back into the Rhythm of a Happy, Healthy Life*. Best Life Media, 2009.

Inglis, Brian. *Emotional Stress and Your Health*. Literary Licensing LLC, 2011. *

Jaffe, D. and Alfred, A. *Healing From Within*. Knopf, 1980. *

Jahnke, Roger. *The Healer Within*. Harper San Francisco, 1998.

Justice, Blair, Ph.D. *Who Gets Sick*. LA: Jeremy Tarcher, Inc., 1988.

Justice, Blair. *Who Gets Sick: Thinking and Health*. Peak Press, 1987.

Keleman, Stanley. *Your Body Speaks Its Mind*. Center Press, 1981.



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)HolistiC Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

- Klingelhofer, Edwin L., PhD. *Coping With Your Grown Children*. Humana, 1989.
- Levine, Barbara. *Your Body Believes Every Word You Say*. WordsWork Press, 2000.
- Levy, Susan L., DC. *Your Body Can Talk, 2nd edition: How to Use Simple Muscle Testing for Health and Well Being*. Kalindi Press, 2014.
- Locke, Steven, and Colligan, Douglas. *Healer Within: The New Medicine of Mind and Body*. NAL/Dutton, 1997.
- Mansell, Warren. *Coping with Fears and Phobias: A step-by-step guide to understanding and facing your anxieties*. Oxford, England: One World Publications, 2007.
- Masters, Robert, PhD, and Houston, Jean, PhD. *Listening to the Body: The Psychophysical Way to Health Awareness*. Dell Publishing, 1978. *
- Matsumoto, Kiiko and Birch, Stephen. *Five Elements & Ten Stems: Nan-Ching Theory, Mediators of the Mind*. Pressman, Alan, D.C. Management Enterprises. *
- Maxwell, Cade, C. *Awakened Mind: Biofeedback and the Development of Higher States of Awareness*. Element Books, Inc., 1993.
- McWilliams, Peter, and Roger, John. *You Can't Afford the Luxury of a Negative Thought*. Mary Book Publisher, 1994.
- McWilliams, Peter. *How to Heal Depression*. Mary Book, 1994.
- Mehl, Lewis E., M.D., PhD. *Mind and Matter, A Healing Approach to Chronic Illness*. Mindbody Press, 1986. *
- Moyers, Bill. *Healing and the Mind*. Doubleday, 1995.
- Nelson, Bradley. *The Emotion Code*. Mesquite, NV: Wellness Unmasked Publishing, 2007.
- Brown, Barbara B. *New Mind, New Body: Biofeedback, New Directions for the Mind*. Harper & Row, 1974. *
- Newman, Mildred, and Berkowitz, Bernard. *How to Be Awake and Alive*. Random House, 1975. *
- Ornstein, Robert. *The Amazing Brain*. Boston: Houghton-Mifflin, 1984.



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

Oyle, Irving, MD. *The Healing Mind*. Celestial Arts, 1974. *

Oyle, Irving, MD, and Jean, Susan. *The Wisdom Within: On Daydreams, Realities, and Revelations*. HJ Kramer Publishing, 1992. *

Palmer, Christopher M., M.D. *Brain Energy: A Revolutionary Breakthrough in Understanding Mental Health--and Improving Treatment for Anxiety, Depression, OCD, PTSD, and More*. BenBella Books, 2022.

Parker Albright, Peter and Bets. *Body, Mind, and Spirit*. Thule Press, 1981. *

Pearlmutter, David, M.D. *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers*. Little Brown Spark, 2018.

Pelletier, Ken. *Mind As Healer, Mind As Slayer: A Holistic Approach to Preventing Stress Disorders*. Dell Publishing Co., Inc., 1977.

Pelletier, Kenneth R. *Toward a Science of Consciousness*. Delta, 1987. *

Pelletier, Kenneth. *Mind as Healer, Mind as Slayer*. McHenry, Ill.: Delta, 1977.

Peters, Tom, and Austin, Nancy. *Passion for Excellence*. Warner Books, 1989.

Peters, Tom, and Waterman, Robert, Jr. *In Search of Excellence*. Warner Communications Co., 1993.

Philpott, William., Dwight D Kalita, and Linus Pauling. *Brain Allergies: The Psychonutrient and Magnetic Connections, 2nd Ed*. New Canaan, Conn.: Keats Publishing, 2000.

Reyner, J. H. *Psionic Medicine: The Study and Treatment of the Causative Factors in Illness*. Routledge and K Paul, 1974. *

Ricketts, Max. *Great Anxiety Escape*. Matu Lungin Publishing, 1990.

Russell, Peter. *Global Brain Awakens: Our Next Evolutionary Leap*. Global Brain, 1995.

Sahley, Billie Jay, PhD. *The Anxiety Epidemic: A Wounded Healer Tells How to Use GABA and Other Amino Acids to Control Anxiety and Panic Attacks*. San Antonio, Texas: Pain Stress Publications, 2002.

Samuels, Mike, M.D., and Bennett, Hal Z. *Be Well*. Signet, 1974. *

Seem, Mark, PhD. *Bodymind Energetics: Toward a Dynamic Model of Health*. Inner Traditions International Ltd., 1989.



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

- Selye, Hans, MD. *Stress of Life*. McGraw Hill, 1987.
- Shaffer, Martin. *Life After Stress*. Plenum Press, 1982.
- Sheehan, David. *Anxiety Disease*. Bantam Books, 1986.
- Simonion, Carl, M.D. *Getting Well Again*. Bantam Books, 1992.
- Slagle, Pricilla, MD. *The Way Up From Down*. Random House, 1987.
- Solomon, Dr. Gary. *Reel Therapy: How Movies Inspire You to Overcome Life's Problems*. NY: Lebhar-Friedman Books, 2001.
- Steadman, Alice. *Who's the Matter With Me?* DeVorss, 1977.
- Stephan, Naomi, and Moore, Sue. *Finding Your Life Mission Workbook: A Guide for Self Study*. Life Mission, 1991.
- Swindoll, Rev. Charles. *Living On the Ragged Edge*. Word Publishing, 1990.
- Talbot, Michael. *Holographic Universe*. Harper Collins, 1992.
- Truman, Karol K. *Feelings Buried Alive Never Die*. Utah: Olympus Distributing, 1991.
- Wachtel, Curt, M.D. *Your Mind Can Make You Sick or Well*. Prentice-Hall, 1959. *
- Weil, Andrew, MD. *Natural Health, Natural Medicine: A Comprehensive Guide to Wellness and Self-Care*. Boston: Houghton Mifflin, 2004.
- Williams, Montel. *Living Well Emotionally: Break Through to a Life of Happiness*. New York: New American Library, 2009.

* *may be out of print*