# LOUISE’S BOOK LIST

Here are some books I have found helpful, in no particular order:

* **Encounters with Qi: Exploring Chinese Medicine**
	+ David Eisenberg, M.D., with Thomas Lee Wright
* **Between Heaven and Earth: A Guide To Chinese Medicine**
	+ Harriet Beinfield L.Ac. and Efrem Korngold, L.Ac., O.M.D.
* **Illness as Metaphor**
	+ Susan Sontag
* **Love & Survival: The Scientific Basis for the Healing Power of Intimacy**
	+ Dean Ornish, M.D.
* **8 Weeks to Optimum Health**
	+ Andrew Weil, M.D.
* **On Death and Dying**
	+ Elisabeth Kubler-Ross
* **Healing and the Mind**
	+ Bill Moyers
* **Mindfulness Meditation: Cultivating the Wisdom of Your Body and Mind**
	+ Jon Kabat-Zinn
* **Full Catastrophe Living**
	+ Jon Kabat-Zinn
* **Love Medicine & Miracles**
	+ Bernie Siegel, M.D.
* **Peace, Love, & Healing**
	+ Bernie Siegel, M.D.
* **Getting Ready: Preparing for Surgery, Chemotherapy & Other Treatments**
	+ Bernie Siegel, M.D.
* **Who Dies?**
	+ Stephen Levine
* **Buddha’s Little Instruction Book**
	+ Jack Kornfield
* **Healing Into Life & Death**
	+ Stephen Levine
* **Grace & Grit**
	+ Ken Wilber
* **Refuge**
	+ Terry Tempest Williams
* **The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery**
	+ Rebecca Katz with Mat Edelson
* **Anti cancer: A New Way of Life**
	+ David Servan-Schreiber, MD, PhD