# 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