



MIND/BODY/SPIRIT WEB SITES 2007

Site: Raving Dove ~ an online literary journal dedicated to sharing thought-provoking writing, photography, and art that opposes the use of violence as conflict resolution, and embraces the intrinsic themes of peace and human rights."

Link: <http://ravingdove.org/index>

Site: Global Oneness Commitment - whatever you are searching for within the health, spirituality, personal development and inspirational field - you will find it on this Web site.

Link: <http://www.experiencefestival.com/contact/>

Site: Lime: Health Living with a Twist ~ seeking balance in life? Search this Web site, *Life Balance Media LLC*

Link: [http://www.lime.com/meditation\\_room](http://www.lime.com/meditation_room)

Site: Crossing the Creek ~ a practical guide to understanding the dying process by Michael Holmes from his experiences as a RN

Link: <http://crossingthecreek.com/>

Site: Karinya - information regarding many subjects of the Mind Body and Spirit. If you have questions and are searching for answers, visit this Web site

Link: <http://www.karinya.com/>

Site: Healthy Holistic Living - a free, complete, reliable and international place for information and resources on how to live a healthy happy holistic life for the whole family

Link: <http://www.healthyholisticliving.net/>

Site: Body-Mind-Spirit -

Ann Arbor, Michigan's premier **Wellness Center** providing classes, instruction and personal training in meditation, movement arts, natural healing & alternative therapies

Link: <http://bmswc.com/>

Site: Inner Traditions ~ books for the mind, body and spirit

Link: <http://www.innertraditions.com/>

Site: Rhythms of the Globe - connects you beyond geographical and cultural borders, celebrating the diversity of our planet and sharing experiences from around the world in a new spirit of engagement and cooperation.

Link: <http://www.rhythmsoftheglobe.com/>

Site: Institute of Noetic Sciences - the mission is to explore the frontiers of consciousness to advance individual, social, and global transformation.

Link: <http://www.noetic.org/>

Site: Beliefnet - the mission is to help you find, and walk, a spiritual path that will bring comfort, hope, clarity, strength, and happiness

Link: <http://www.beliefnet.com/>

Site: Chopra Center ~ Deepak Chopra, M.D. and David Simon, M.D. opened the Chopra Center For Wellbeing in 1996. The philosophy of the Center is based upon the principles and practices of holistic and alternative medicine from around the world.

Link: <http://www.chopra.com/>

Site: Peace On Earth ~ is an informational Web site administered by The People For Peace Project

Link: <http://www.people4peace.net/links.htm>

Site: The Humanist ~ applying humanism, a naturalistic and democratic outlook informed by science, inspired by art, and motivated by compassion, to broad areas of social and personal concern

Link: <http://www.thehumanist.org/>

Site: Mind, Body, and Spirit Academy~martial arts and self-cultivation Web site

Link: <http://www.flowinghands.com/>

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### MIND/BODY/SPIRIT SELECT BOOKS 2007

*The Divided Mind: The Epidemic of Mindbody Disorders*

John E. Sarno  
RC 49.S339

*The Complete Body Massage Course: An Introduction to the Most Popular Massage Therapies*

Nicola Stewart  
RM 721.W43

*Mind/Body Health: The Effects of Attitudes, Emotions, and Relationships*

Keith J. Karren  
RC 49.M522

*Desktop Yoga: The Anytime, Anywhere Relaxation Program for Office Slaves, Internet Addicts, and Stressed-Out Students*

Julie T. Lusk  
RA 781.7.L86

*No Time: Stress and the Crisis of Modern Life*

Heather Menzies  
T 14.5.M484

*Dr. Atkins' Age-Defying Diet Revolution*

Robert C. Atkins  
RA 776.75.A86

*Managing Your Mind: the mental fitness guide*

Butler, Gillian  
RA 790 .B83

*How to Meditate Using Chakras, Mantras, and Breath*

Dennis Chernin  
BL 627.C52

*Aromatherapy Bible: An Encyclopedia of Plants and Oils and How They Help You*

Daniele Ryman  
RM 666.A68 R963

*Finding the Right Treatment: modern and alternative medicine: a comprehensive reference guide that will help you get the best of both worlds*

Krohn, Jacqueline  
RC 81 .K875

*Alternative Medicine Sourcebook*

R 733 .A475

*Alternative Medicine: the definitive guide*

Reference R 733 .A46

*Illuminata: A Return to Prayer*

Marianne Williamson  
BL 560.W55

*Complementary and Alternative Medicine Sourcebook*

R 735 .C55 2006

*An Introduction to Music Therapy: Theory and Practice*

William B. Davis  
ML 3920.D28

*Journey to Mastery: Feng Shui for Life*

Kathryn M. Mickle  
BF 1779.F4 M537

*Lifestyle Modification*

Mary Wierenga  
RT 1. N77 2002 v.37 no.2

*The Miracle of Healing Hands: The Complete Guide to Ancient Yogic Healing and Massage Techniques*

Waheguru Khalsa  
RM 719.K55

*Herbal Healing: a practical introduction to medicinal herbs*

Hallowell, Michael  
RM 666 .H33 H35

*Natural Cures They Don't Want You to Know About*

Kevin Trudeau  
RZ 440.T785

*Nutrition and Fitness: Lifestyle Choices for Wellness*

Dorothy F. West  
RA 784.W48

*Nutrition for Dummies*

Carol Ann Rinzler  
TX 355.R535

*Radical Healing*

Ballentine, Rudolph  
R 733 .B255

*Physical Activity for Health and Fitness*

Allen W. Jackson  
QP 301.P556

*Return to Harmony: Creating Harmony and Balance Through the Frequencies of Sound*

Nicole LaVoie  
RZ 999.L22

*The Self-Care Advisor: The Essential Home Health Guide for You and Your Family*

Editors of Health Magazine  
RA 776.S4532

*Spontaneous Healing: how to discover and enhance your body's natural ability to maintain and heal itself*

Weil, Andrew  
RZ 440 .W43

*Superfoods Healthstyle: Proven Strategies for Lifelong Health*

Steven Pratt  
RA 427

*Therapeutic Touch Inner Workbook: Ventures in Transpersonal Healing*

Delores Krieger  
RZ 999.K754

*Total Fitness and Wellness*

Scott K. Powers  
RA 781.P66

*Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*

Jon Kabat-Zinn  
BF 637.M4 K23

*The Wings of Joy: Finding Your Path to Inner Peace*

Sri Chinmoy  
BL 624.C4752

*Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing*

Christiane Northrup  
RG 121.N59

*The Women's Book of Healing: Crystals and Gemstones, Auras and Laying on Hands, Chakras and Colors*

Diane Stein  
RZ 401.S8118

