

# LOUISE'S BOOK LIST

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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