

**Neuro/movement favorites (starred ones I've read, others are on my list):**

\*The Brain That Changes Itself by Dr. Norman Doidge

\*The Brain's Way of Healing by Dr. Norman Doidge

\*A Guide To Better Movement, The Science and Practice of Moving with More Skill and Less Pain by Todd Hargrove

\*How Emotions Are Made by Lisa Feldman Barrett

\*Balance, In Search of a Lost Sense by Scott McCredie

\*User's Guide to the Brain by Dr. John Ratey

\*Spark by Dr. John Ratey

\*Go Wild by Dr. John Ratey

\*Mindful Movement: The Evolution of the Somatic Arts and Conscious Action by Dr. Martha Eddy

\*Smart Moves, Why Learning is Not All In Your Head by Carla Hannaford

Anatomy of Breathing by Blandine Calais Germain

\*Play, How It Shapes the Brain by Stuart Brown

\*See To Play, The Eyes of Elite Athletes by Michael A. Peters, O.D

Pain Neuroscience Education by Louw, Puentedura, Schmidt & Zimney

Explain Pain, Supercharged by Moseley and Butler

Interoception: How I Feel by Cara Koscinski, MOT, OTR/L.

We Know It When We See It: What the Neurobiology of Vision Tells Us About How We Think by Richard Masland

Breath: The Science Of A Lost Art by James Nestor

Anything by

Dr. Oliver Sacks

Stephen Jenkinson

## **Yoga History Favorites:**

Practice and All Is Coming by Matthew Remski

Selling Yoga, From Counter-culture to Pop Culture by Andrea Jain

Yoga in Practice by David Gordon White

Sinister Yogis by David Gordon White

The Subtle Body: The Story of Yoga in America by Stefanie Syman

The Path of Modern Yoga by Elliot Goldberg

Roots of Yoga by Jim Mallinson & Mark Singleton

anything by Joseph Alter