

## Bibliography for MHTP Continuing Education Reading & Viewing Updated November 2023

### Newly listed books are in blue under each category

Please send additional suggestions to [mhpt@mhpt.org](mailto:mhpt@mhpt.org) – this Bibliography is updated every year.

Note: Books that are listed in the current MHTP Handbook on the Module reading list, but were not used for certification book reviews, may also be read and reported-on for CEUs. Those books are generally not listed on this Bibliography.

### Sound, Music & Healing

- Bailey, Derek: *Improvisation: Its Nature and Practice In Music*
- Beaulieu, John: *Music and Sound in the Healing Arts*
- Benson, Stella: *The Healing Musician*
- Bernstein, Seymour: *With Your Own Two Hands: Self-discovery through Music*
- Blofold, John: *Mantras: Sacred Words of Power*
- Bonny, Helen: *Music and Your Mind: Listening with a New Consciousness*
- Brendt, Joachim-Ernst: *Nada Brahma*
- Brendt, Joachim-Ernst: *The Third Ear*
- Brendt, Joachim-Ernst: *The World is Sound*
- Campbell, Don: *Music, Physician for Times to Come*
- Campbell, Don: *Introduction to the Musical Brain*
- Campbell, Don: *Music and Miracles*
- Campbell, Don: *The Roar of Silence*
- Carlson, R. & Shield, B: *Healers on Healing*
- Childers, Doc and Martin, Howard: *The HeartMath Solution*
- Childers, Doc and Martin, Howard: *Heart Intelligence*
- Cox, Helen and Roberts, Peter: *The Harp and the Ferryman*
- Crowe, Barbara: *Music and Soul-Making*
- D'Angelo, James: *Healing with The Voice*
- **Dodd, Vickie: *Healing through Sound: Awakening Your Audible Body***
- Doman, Alex & Campbell, Don: *Healing at the Speed of Sound*
- Fowells, Robert: *Chant Made Simple*
- Friedman, Karen A., MD and Merwin, Sara L, MPH: *The Informed Patient: A Complete Guide to a Hospital Stay*
- Gaiser, Robin Russell: *Musical Morphine: Transforming Pain One Note at a Time*
- Gardner, Kay: *Music as Medicine*
- Gardner, Kay: *Sounding the Inner Landscape*
- Gaynor, Mitchell: *The Healing Power of Sound*
- Gimbel, Theo: *Form, Sound, Colour and Healing*

- Godwyn, Jocelyn: *A Sourcebook of the Pythagorean Tradition in Music*
- Godwyn, Jocelyn, *Harmonics of Heaven and Earth*
- Godwyn, Jocelyn: *The Mystery of the Seven Vowels*
- Goldman, Jonathan: *Awakening the Lost Chord*
- Goldman, Jonathan: *Healing Sounds: The Power of Harmonics*
- Goldman, Jonathan: *The 7 Secrets of Sound Healing, Revised Edition*
- Goldstein, Barry: *The Secret Language of the Heart: How to Use Music, Sound, and Vibration as Tools for Healing and Personal Transformation*
- Green, Barry: *The Mastery of Music, Ten Pathways to True Artistry*
- Gutheil, Emil A: *Music and Your Emotions (1970)*
- Heilman, Kenneth: *Creativity and the Brain*
- Hernandez, Ana, *The Sacred Art of Chant*
- Hoffman, Janalea: *Rhythmic Medicine, Music with a Purpose*
- Jensen, Eric: *Music with the Brain in Mind*
- Journal of Music Therapy: *Music in the Control of Human Pain (article)*
- Keyes, Laurel Elizabeth: *Toning, The Creative Power of the Voice (1973)*
- Khan, Hazrat Inayat: *The Mysticism of Sound: The Music of Life*
- Kraus, Nina: *Of Sound Mind: How Our Brain Constructs a Meaningful Sonic World*
- Le Roux, Frances: *Music is Healing*
- Leeds, Joshua: *Sonic Alchemy*
- Levitin, Daniel J: *The World in Six Songs*
- Levitin, Daniel J: *This is Your Brain on Music*
- Lingerman, Hal A: *The Healing Energies of Music*
- Lipton, Bruce: *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles*
- Maddock-Dewhurst, Olivea: *The Book of Sound Therapy*
- Maman, Fabian: *The Tao of Sound*
- Miller, Mark: *The Art of Open Improvisation*
- Monti, Daneil, M.D. and Bazzan, Anthony, M.D.: *Tapestry of Health: Weaving Wellness into Your Life Through the New Science of Integrative Medicine*
- Mucci, Kate and Richard: *The Healing Sound of Music*
- Panel discussion: *Music and Its Impact on the Brain*, <https://milkeninstitute.org/video/music-impact-brain>
- Nakkach, Silvia: *Free Your Voice*
- Nester, James: *Breath: New Science of a Lost Art*
- Nova video: *The Music Instinct*
- O'Lionaird, Iarla, *Vocal Chords - 5 hour radio programs on cross-cultural song, why we sing*  
<http://vocalchords.ie/episodes/>
- Ortiz, John M: *Handbook of Music Psychology*, Samuel Weiser, Inc.

- Ortiz, John M: *The Tao of Music: Sound Psychology*
- PBS video: *Music and the Brain*
- Peterson, Karen: *Enjoy the Modes* (<https://www.enjoytheharp.com/enjoy-the-modes-instruction-book>)
- Rhiannon: *Vocal River: The Skill and Spirit of Improvisation*
- Rider, Mark: *The Rhythmic Language of Health and Disease*
- Rossi, Albert S, Ph.D: *Becoming a Healing Presence*
- Rothenberg, David: *Sudden Music: Improvisation, Sound and Nature*
- Russill Paul: *The Yoga of Sound*
- Sacks, Oliver: *Musicophilia*
- Schneck, Dan, Berger, Dorita: *The Music Effect*
- Schulman, Andrew: *Waking the Spirit*
- Shepard, Danny: *Modes Made Easy*
- The Sound Health Network Webinar Series: <https://soundhealth.ucsf.edu/webinar-view>
  - *Musical Improvisation and its Therapeutic Applications*
  - *Music During Incarceration*
  - *What You Need to Know to Apply for Music and Health Research Funding from the NEA and NIH*
- Steiner, Rudolf: *The Inner Nature of Music and the Experience of Tone (1923)*
- Stevens, Christine: *Music Medicine*
- Stewart, R.J: *Music, Power, Harmony*
- Store, Anthony: *Music and the Mind*
- Tame, David: *The Secret Power of Music*
- DVD: *The Darling Conversations*
- DVD: *The Lady in #6*
- DVD: *The Therapeutic Harp* ( <https://www.musiatry.com/>)
- DVD: *Alive Inside*
- Taylor, Jill Bolte, PhD: *My Stroke of Insight, A Brain Scientist's Personal Journey*
- Tomatis, Alfred: *The Ear and the Voice*
- Tomatis, Alfred: *The Conscious Ear: A Life of Transformation Through Listening*
- Watson and Drury, *Healing Music*
- Werbeck, Valborg, *Uncovering the Voice*
- Wieder, June Leslie: *Song of the Spine*

### **Self-Care, Empathy, Spirituality**

- Adler, Felten, Felten, Cohen: *Psychoneuroimmunology*. Editorial Reviews, from The New England Journal of Medicine
- Alcantara, Pedro: *Indirect Procedures: A Musician's Guide to the Alexander Technique*

- Alcantara, Pedro: *The Alexander Technique: A Skill for Life*
- Aldridge, David: *Health, the Individual, and Integrated Medicine.*
- Armstrong, Karen: *Twelve Steps to a Compassionate Life*
- Bewley, Anne: *At the Heart of the Matter: Communicating Care*
- Brill, Peggy: *The Core Program*
- Cameron, Julia: *The Artist's Way*
- Candace, Pert: *Everything You Need to Know to Feel Go(o)d.*
- Chokyi Nyima Rinpoche: *Medicine & Compassion*
- Collinge, William: *Partners in Healing*
- Diamond, J: *Behavioral Kinesiology (1979)*
- Frank, David and Frank, Bernard: *Runes: The Secret Healer: Ancient Solutions to Modern Day*
- Frantzis, Bruce: *Relaxing into Your Being: The Taoist Meditation Tradition of Lao Tse*
- García, Héctor and Miralles, Francesc: *Ikigai: The Japanese Secret to a Long and Happy Life*
- Gerber, R: *A Practical Guide to Vibrational Medicine*
- Horvath, Judith: *Playing (less) Hurt*
- Kaptchuk, Ted, *The Web That Has No Weaver: Understanding Chinese Medicine*
- Kotter, Jeffery: *Doing Good: Passion and Commitment for Helping Others*
- Krieger, D: *Living the Therapeutic Touch: Healing as a Lifestyle (1987)*
- Krieger, D., & Kunz, D: *The Spiritual Dimension of Therapeutic Touch*
- LaRowe, Karl: *Breath of Relief: Transforming Compassion Fatigue*
- Lerner, Harriet: *The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self*
- Marchant, Jo: *Cure: A Journey Into the Science of Mind over Body*
- Matlins/Magida: *How To Be A Perfect Stranger - The Essential Religious Etiquette Handbook*
- Matthews, Caitlin: *Singing the Soul Back Home*
- McTaggart, Lynne: *The Intention Experiment*
- McTaggart, Lynne: *The Bond*
- Miles, Pamela: *Reiki: A Comprehensive Guide*
- Mitchell, Emily: *Your Body's Energy*
- Myss, C.M: *The Creation of Health*
- Myss, Caroline & Shealy, Norman: *The Creation of Health.*
- Oschman, James: *Energy Medicine*
- Pelletier, Kenneth: *Mind as Healer, Mind as Slayer*
- Ram Dass, & Bush, M: *Compassion in Action*
- Samuels, Mike & Nancy: *Seeing with the Mind's Eye*
- Sheldrake, Rupert: *A New Science of Life*

- Sheldrake, Rupert: *The Sense of Being Stared-At*
- Siegal, Bernie, M.D.: *A Book of Miracles*
- Siegal, Bernie, M.D.: *Love, Medicine & Miracles*
- Siegal, Bernie, M.D.: *Peace, Love & Healing*
- Sperling, Lidia Marina: *Seven Steps for Wellbeing and Joy in Your Life: A Must-Have Guide for Musicians*
- Taylor, Jill Bolte: *My Stroke of Insight: A Brain Scientist's Personal Journey*
- Trzeciak, Stephen and Mazzarelli, Anthony: *Compassionomics: The Revolutionary Scientific Evidence That Caring Makes a Difference*
- Wagner, Chris: *Self-Care Rx for Healthcare Professionals: Proven Strategies to Combat Stress and Burnout*
- Wagner, Susan: *A Doctor's Guide to Therapeutic Touch.*
- Wolff, Otto: *Home Remedies: Herbal and Homeopathic Treatments for Use at Home*
- Young, Jacqueline: *The Healing Path*

### **Aging, Death & Dying**

- Address, Richard F and Person, Hara E: *That You May Live Long: Jewish Perspectives on Caregiving*
- Ahronheim, Judith and Doron, Weber: *Final Passages*
- Albom, Mitch: *Tuesdays With Morrie*
- Aziz, Shahid, M.D.: *Courageous Conversations on Dying - The Gift of Palliative Care*
- Bauby, Jean-Dominique: *The Diving Bell and the Butterfly*
- Boerstler & Kornfeld: *Life to Death: Harmonizing the Transition*
- Bolen, J: *Close to the Bone: Life-Threatening Illness and the Search for Meaning*
- Bryce, Linda: *The Courage to Care: Being Fully Present with the Dying*
- Byock, Ira: *The Four Things That Matter Most*
- Byock, Ira: *Dying Well*
- Callahan, Maggie: *Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying*
- Childs-Gowell, Elaine, A.R.N.P., Ph.D: *Good Grief Rituals: Tools for Healing*
- Cleary, Thomas: *Living and Dying with Grace: Counsels of Hadrat 'Ali*
- Courtney, Candice C. and Doka, Kenneth J.: *Healing Through Illness, Living Through Dying*
- DVD: *Consider the Conversation: A Documentary on a Taboo Subject*
- DVD: *This is How People Die*, workshop with Barbara Karnes
- Dalai Lama: *Advice on Dying*
- Dancing Heart, Maria: *The Last Adventure of Life*
- Derricote, Cheryl Patrice: *Being the Grown-Up, Taking Care of Someone with a Terminal Illness*

- Duncan, Katie: *The Dying Process: Your Essential Guide to Understanding Signs, Symptoms & Changes At The End Of Life*
- Eben Alexander: *Proof of Heaven*
- Eben Alexander: *Map of Heaven*
- Eknath Easwaran: *Dialogue with Death*
- Ellison, Koshin Paley: *Awake at the Bedside: Contemplative Teachings on End-of-Life Care*
- Erickson, Karla: *How We Die Now: Intimacy and the Work of Dying*
- Fanslow-Brunjes, Cathleen: *Using the Power of Hope to Cope with Dying: The Four Stages of Hope*
- Fatteh, Abdullah: *At Journey's End*
- Gawande, Atul: *Being Mortal*
- Genova, Lisa: *Still Alice*
- Groves, Richard and Henriette Anne Klausner: *The American Book of Living & Dying*
- Groves, Richard: *The Sacred Art of Dying*
- Guroian, Vigen: *Life's Living toward Dying*
- Halifax, Roshi Joan: *Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death*
- Hampton, Charles: *The Transition Called Death*
- Hemingway, Annamaria: *Practicing Conscious Living and Dying*
- Hillman, James: *The Force of Character and the Lasting Life*
- Irish, D., Lundquist, K and Nelson, V.J.: *Ethnic Variations in Dying, Death and Grief*
- Jenkinson, Stephen: *Griefwalker* (film)
- Jenkinson, Stephen: *Die Wise*
- Kalanithi, Paul: *When Breath Becomes Air*
- Kearney, Michael, M.D.: *Mortally Wounded*
- Kubler-Ross, Elizabeth: *Death Is of Vital Importance*
- Kubler-Ross, Elizabeth: *Living with Death and Dying*
- Kubler-Ross, Elizabeth: *On Death and Dying*
- Kumar, Sameet: *Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss*
- Leo, Kathy: *On the Breath of Song: The Practice of Bedside Singing for the Dying*
- Levine, Stephen and Ondrea: *A Year To Live*
- Levine, Stephen and Ondrea: *Who Dies?*
- Levine, Stephen and Ondrea: *Healing Into Life and Death*
- LiPuma, Samuel and DeMarco: *The Dying Experience*
- Marcell, Jacqueline: *Elder Rage or Take My Father....Please*
- McNeese, Pat (editor): *Dying, A Book of Comfort*
- Miller, James and Cutshall, Susan: *The Art of Being a Healing Presence*
- Moody, Raymond and Arcangel, Dianne: *Life After Loss*

- Morhaim, Dan, M.D.: *The Better End, Surviving (and Dying) on Your Own Terms in Today's Modern Medical World.*
- Nuland, Sherwin: *How We Die*
- Oliver, S.L.: *What the Dying Teach Us: Lessons on Living*
- Osho: *Death – The Greatest Fiction: The Fear of Death*
- Peck, M. Scott, M.D.: *Denial of the Soul: Spiritual and Medical Perspectives on Euthanasia and Mortality*
- DVD: Ram Das, Alan Jones, Rabbi Zalman Schachter-Shalomi, and Fr. Maximillian Mizzi: *Graceful Passages*
- Ram Das: *Still Here*
- Rinpoche, Sogyal: *The Tibetan Book of Living and Dying*
- Ritchie, George: *Ordered to Return*
- Rosen, Elliott: *Families Facing Death: A Guide for Healthcare Professionals and Volunteers*
- DVD: Rusnak, Kathleen J: *Because You've Never Died Before*
- DVD: Schroeder-Sheker, Therese & Osteseki, Frank: *The Art of Living & Dying*
- Schroeder-Sheker, Therese: *Transitus: A Blessed Death in the Modern World*
- Sharkey, Frances, M.D.: *A Parting Gift*
- Steiner, Rudolf: *Staying Connected*
- Thomas, L.E., & Eisenhandler: *Religion, belief, and spirituality in late life*
- Webb, Marilyn: *The Good Death: The New American Search to Reshape the End of Life*
- Weenolsen, Patricia, Ph.D.: *The Art of Dying: How to Leave This World with Dignity*
- Weenolsen, Patricia, Ph.D.: *Transcendence of Loss Over the Life Span*
- Wilber, Ken: *Grace and Grit: Spirituality and Healing in the Life and Death of Treya Killam Wilber*
- William H. Thomas, M.D.: *What Are Old People For?*
- Wilson, Ian: *The After Death Experience: The Physics of the Non-Physical*
- Wolfelt, Alan D. PH.D.: *Companioning the Grieving Child, a soulful guide for caregivers.*
- Wooten-Green, Ronald: *When the Dying Speak*
- Yoder, Greg: *Companioning the Dying: A Soulful Guide for Caregivers*
- Zalman Schachter-Shalomi and Miller, Ronald S: *From Age-ing to Sage-ing*