

Recommended reading - Ayurveda

General interest Ayurveda books (entry level)

Perfect Health	Deepak Chopra
Quantum Healing	Deepak Chopra
Perfect Weight	Deepak Chopra
The Wisdom of Healing	David Simon
Mind, Body & Sport	John Douillard
Yoga for your Type	David Frawley
Prakruti	Robert Svoboda
Ayurveda, the Science of Self-Healing	Vasant Lad
The Physiology of Consciousness	Robert Keith Wallace
Ayurvedic Beauty Care	Melanie Sachs
A Woman's Best Medicine	Nancy Lonsdorf
Practical Ayurveda	Atreya
Ayurvedic Healing for Women	Atreya
Perfect Balance	Atreya

Ayurvedic books (beginner level)

Secrets of Ayurvedic Massage	Atreya
Yoga and Ayurveda	David Frawley
Ayurvedic Massage	John Douillard
Encyclopaedia of Ayurvedic massage	John Douillard
Freedom from Disease	Hari Sharma
Ayurveda (life, health & longevity)	Robert Svoboda
Ayurveda for Women	Robert Svoboda
Forever Healthy	Kumuda Reddy
Ayurveda and Aromatherapy	Light Muller
Ayurvedic Remedies	Light Miller
Ayurvedic Home Remedies	Light Miller

Ayurvedic books (student level)

The Ayurveda Encyclopaedia	Swami Sada Shiva Tirtha
Yoga of herbs	Vasant Lad/ David Frawley
Textbook of Ayurveda (Vol I & II)	Vasant Lad
Ayurveda and the Mind	David Frawley
Ayurvedic Healing	David Frawley
Contemporary Ayurveda	Hari Sharma
Ayurveda and Panchakarma	Sunil Joshi

Ayurvedic books (practitioner level)

Ayurveda & Marma Therapy	David Frawley
Ayurvedic Medicine	Sebastian Pole
Secrets of the Pulse	Vasant Lad
Secrets of Healing	Maya Tiwari
Charaka Samhita (three vol)	Sharma & Dash
Sushruta Samhita (three vol)	Murthy
Astanga Hrdayam (seven vol)	Murthy

Sthapatya-veda books

Vastu – the origin of Feng Shui	Marcus Schmieke
The Vastu Vidya Handbook	Juliet Pegrum

Astrology Books

Astrology of the Seers	David Frawley
Ancient Hindu Astrology	James Braha

Recommended reading - general

Music for Healing Books

Through Music to the Self	Peter Michael Hamel
Healing Sounds	Jonathon Goldman
The Mozart Effect	Don Campbell

Fictional Books

The Worm Forgives the Plough	John Collis
The Glass Bead Game	Hermann Hesse
Knulp	Hermann Hesse
The Art of Motorcycle Maintenance	Robert Pirsig
Lila	Robert Pirsig
Bridge Across Forever	Richard Bach
Illusions	Richard Bach
Walden	Henry Thoreau
The Snow Leopard	Peter Metthiason
Touching the Void	Joe Simpson
The Way of the Peaceful Warrior	Dan Macmillan
The Celestine Prophecy	James Redfield
Tai of Poo/Piglet	Benjamin Hoff

Inspirational Books

Men From Mars Women from Venus	John Grey
The White Hole In Time	Peter Russel
Conversations With God	Neale Donald Walsh
The Seven Spiritual Laws of Success	Deepak Chopra
Autobiography of a Yogi	Yoganananda
Bhagavad Gita	Maharishi
Science of Being	Maharishi
The Road Less Travelled	Scott Peck
Writings of Florence Shovel Shinn	Florence Shovel Shinn

Miscellaneous Books

Essential Oils Integrated Medical Guide	Gary Young
The Master Cleanser	Stanley Burroughs
The Key to Health & Rejuvenation	Andrea Moritz
The Amazing Liver Cleanse	Andrea Moritz
Loving What Is	Byron Katie
The Breakthrough Experience	John Demartini
Tapping the Healer Within	Roger Callahan
Yoga Nidra	Swami Satyananda Saraswati