

BOOK LIST 2022/23

- 1 Chi Kung by Master K.Y.Wong ISBN 978-1864760989
Concise text with photos for the 18 moves of Shibashi Chi Kung.
- 2 Tao Te Ching by Lao Tzu translated by Stephen Mitchell ISBN 978-0-7112-3649-3
A concise translation of the Tao Te Ching.
- 3 The I Ching or Book of Changes by Brian Browne Walker ISBN 9-780749-926175
A concise and clear translation of this classic text.
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An amazing reference book on health and nutrition.
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How your thoughts, emotions and physical body reflect each other.
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A timeless classic from the founder of Aikido.
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A self-treatment guide using oriental healing techniques & great reference book.
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When you encounter animals in Nature it's useful to know what energy they represent.
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A look at lunar cycles and Nature.
- 12 Spark in the Machine by Dr. Daniel Keown ISBN 978-1-84819-196-9
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- 13 Spiritwalker: Messages from the Future by Hank Wesselman Ph.D.
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- 14 The Way of Energy by Master Lam Kam Chuen ISBN 978-0-671-73645-3
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Linked to the I Ching this explores the transformation of consciousness. Profound.
- 17 I Ching Wisdom by Wu Wei ISBN 0-943015-42-1
A useful book to dip into on a regular basis to gauge the success of your actions.
- 18 A Practical Guide to Acupoints by Ilaira Bouratinos & Chris Jamey ISBN 978-1-905367-80-1
A comprehensive guide to acupoints and the meridian system, a great self-help book.

Some good reference books and a couple of others I've encountered that you might enjoy.