

(SOME) FAVORITE BOOKS AND CDS /DVDS

ANIMAL SPEAK-TED ANDREWS

A NEW EARTH-ECKART TOLLE (good audio book)

CELESTINE PROPHECY-JAMES REDFIELD or DVD

EASTERN BODY WESTERN MIND -ANODEA JUDITH

ENERGY MEDICINE -DONNA EDEN

HANDS OF LIGHT- BARBARA BRENNAN

HEAL YOU LIFE-LOUISE HAY

HEALING WITH WHOLE FOODS – PAUL PITCHFORD

INFINITE MIND-VALERIE HUNT

LIGHT EMERGING-BARBARA BRENNAN

JOYS WAY-BROUGH JOY

MUTANT MESSAGE DOWN UNDER-MARLO MORGAN

NOURISHING TRADITIONS -SALLY FALLON

QUANTUM HEALING-DEEPAK CHOPRA

RAWSOME-BRIGITTE MARS

THE COMPLETE GUIDE TO CLEANSING AND DETOX
the four winds holistic cleanse - NICHOLAS SCHNELL

*TRUE BALANCE-SONJA CHOQUETTE (good basic information book)

THE LAW OF ATTRACTION-ESTHER/JERRY HICKS (especially fun audio book) Also on youtube, lots of good video clips.

THE FIELD- LYNN MCTAGGART

THE FOUR AGREEMENTS – DON MIGUEL RUIZ

THE FIFTH AGREEMENT - DON MIGUEL RUIZ AND DON JOSE RUIZ

THE HOLOGRAPHIC UNIVERSE- MICHAEL TALBOT

THE SECRET- DVD or BOOK

VIBRATIONAL MEDICINE- GERBER

WHAT THE BLEEP.... -DVD

ANYTHING BY CAROYLN MYSS

ANYTHING BY DEEPAK CHOPRA

ANYTHING BY ESTHER/JERRY HICKS

ANYTHING BY ECKART TOLLE

ANYTHING BY GREG BRADEN

Other fun explorations on line-Astro.com (Astrodienest)

On Thursdays, full astrology readings for free. Need to know the exact time and place of your birth.

HERBAL BOOKS (organized by favorite teachers, friends and most used references – followed by alphabetical by author last name)

THE BOOK OF HERBALWISDOM-MATTHEW WOOD
SEVEN HERBS PLANTS AS TEACHERS- MATTHEW WOOD
THE EARTHWISE HERBAL -OLD WORLD MEDICINAL PLANTS
and NEW WORLD MEDICINAL PLANTS – MATTHEW WOOD
HOLISTIC MEDICINE and the EXTRACELLULAR MATRIX – MATTHEW WOOD
TRADITIONAL WESTERN HERBALISM PULSE EVALUATION – MATTHEW WOOD
(anything by Matt Wood!)

THE PRACTICING HERBALIST-MARGI FLINT
Now in its 4th edition!

FORAGER'S HARVEST-SAM THAYER
NATURE'S GARDEN-SAM THAYER

MIDWEST MEDICINAL PLANTS – LISA M. ROSE
MIDWEST FORAGING- LISA M. ROSE

DENTAL HERBALISM -LESLIE ALEXANDER AND LINDA A. STRAUB-BRUCE

HERBAL ANTIBIOTICS – STEPHEN BUHNER
THE LOST LANGUAGE OF PLANTS – STEPHEN BUHNER
SACRED AND HERBAL HEALING BEERS – STEPHEN BUHNER

PLANT MEDICINE – RICHO CECH

PLANT SPIRIT MEDICINE- ELLIOT COWAN
(anything by Buhner!)

NATIVE PLANTS NATIVE HEALING traditional Muskogee way-TIS MAL CROW

BOTANY INA DAY – THOMAS J. ELPPEL

HERBAL RECIPIES Vibrant Health – ROSEMARY GLADSTAR for
(anything by Rosemary Gladstar !)

THE LANGUAGE OF PLANTS – JULIA GRAVES

(THE) HERBAL MEDICINE MAKER'S HANDBOOK-JAMES GREEN

PLANT IDENTIFICATION TERMINOLOGY -JAMES G. HARRIS and MELINDA WOOLF HARRIS

MEDICINAL MUSHROOMS – CHRISTOPHER HOBBS
GROW IT HEAL IT – CHRISTOPHER HOBBS and LESLIE GARDNER

MEDICINAL HERBALISM – DAVID HOFFMANN
SEPP HOLZER'S PERMACULTURE- SEPP HOLZER

INDIAN HERBOLOGY OF NORTH AMERICA-ALMA HUTCHENS

NURSE-HERBALIST -MARTHA MATHEWS LIBSTER

PLANTS USED BY THE GREAT LAKES OJIBWA-JAMES MEEKER/JOAN ELIAS/JOHN HEIM

WHAT'S DOIN' THE BLOOMIN'? -CLAYTON AND MICHELE OSLUND

NEWCOMB'S WILDFLOWER GUIDE – LAWRENCE NEWCOMB

(THE) WAY OF HERBS- MICHAEL TIERRA

MYCELIUM RUNNING -PAUL STAMETS

HEALING WISE-SUSUN WEED

MENOPAUSAL YEARS the wise woman's way – SUSUN WEED

HERBS FOR PETS- WULF/TILFORD

ALL OF THE AUDOBON SOCIETY BOOKS

On- line resources

<https://www.matthewwoodinstituteofherbalism.com/> Matthew Wood

<https://earthsongherbals.com/>- Margi Flint

<https://www.herbcraft.org>– Jim McDonald

<https://www.fourwindsnhc.com/nicholas> - Nicholas Schnell

<https://sagemountain.com/>- Rosemary Gladstar

Learningherbs.com

<https://www.eclecticschoolofherbalmedicine.com/>- Thomas Easley

<https://chestnutherbs.com/about/links/#organizations>

<https://bastyr.libguides.com/herbs/websites>