

REQUIRED READING

AUTHOR NAME	TITLE	ABOUT
The Arbinger Institute	Leadership and Self-Deception: Getting out of the Box <i>and</i> The Anatomy of Peace: Resolving the Heart of Conflict	Uncovering self-deception in first-person story form. Breaking out of collusion and justification. Reading them brings the experience of a moment of Conscience.
Brown, Michael	Alchemy of the Heart <i>and</i> The Presence Process	Transform turmoil into Peace through emotional integration.
Chodron, Pema	The Places that Scare You <i>and</i> When Things Fall Apart	Guides to fearlessness in difficult times.
Goleman, Daniel	Vital Lies and Simple Truths	The anatomy and physiology of self-deception
Katie, Byron	Loving What Is: Four Questions that can Change Your Life	A simple method of self-inquiry into the surprisingly vast number of fallacies we live by.
Kerr, Michael E.	Chronic Anxiety and Defining a Self http://www.thebowencenter.org/	An introduction to family systems theory, which, sees human beings as elements in a structure of interlocking relationships rather than as autonomous entities.
Mares, Theun	Return of the Warriors <i>and</i> This Darned Elusive Happiness	The Toltec path primers.
Nicoll, Maurice	The New Man	A reinterpretation of Christianity by Gurdjieff & Nicoll
Nolan, Albert	Jesus Today: A Spirituality of Radical Freedom	When stripped of cultural trappings, interpretations, and theology, what do the Gospels say about what Jesus taught?
Ouspenski, P.D.	The Psychology of Man's Possible Evolution	Psycho-spiritual Ideas of Gurdjieff as formulated in lectures in the early 1920's
Ouspenski, P.D.	The Cosmology of Man's Possible Evolution	Gurdjieff's Cosmology including Law of 3 and Law of 7
Psaris, Jett and Lyons, Marlana	Undefended Love	A workbook for breaking out of self-deception and the prison of false personality.
Rinpoche, Sogyal	Tibetan Book of Living and Dying	Buddhism: art of compassion
Riordan-Speeth	The Gurdjieff Work	History, basic Ideas of Gurdjieff Work
Ruiz, Don Miguel	The Voice of Knowledge <i>and</i> Four Agreements	Discerning Self from social conditioning
Rosenberg, Marshall	Speak Peace in a World of Conflict	A workbook for unlearning the language of oppression and learning the language of peace and nurturing.
Senge, Peter	The Fifth Discipline: The Art and Practice of the Learning Organization	Breaking out of linear/sequential mental models and other fallacies that shape our worldview. The best introduction to systems theory available. Excellent de-conditioning.
Tavris, Carol and Aronson, Elliot	Mistakes Were Made (but not by <i>me</i>)	Why we justify foolish beliefs, bad decisions, and hurtful acts.
Tolle, Eckhart	A New Earth: : Awakening to Your Life's Purpose	Implications of living in the Now. Breaking through illusions of the mind.
Trungpa, Chogyam	Shambhala: The Sacred path of the Warrior	The warrior tradition of the Tibetan people.
Wheatley, Margaret J.	Leadership and the New Science: Discovering Order in a Chaotic World	Quantum Physics, Chaos Theory, fractals, and organic principles of self-organization applied to modern organizations.
Wilber, Ken	The Integral Vision	A very short introduction to the revolutionary Integral approach to Life, God, the Universe and Everything. A framework for developing an inclusive worldview.