

Reading List

Book Title	Author	Publishers/ISBN
A Book of Five Rings	Miyamoto Musashi translated Victor Harris	Flamingo Fontana ISBN 0006 540317
A Life of One's Own	Joanna Field	Virago Press ISBN 086068 8216
A Short History of Nearly Everything	Bill Bryson	Transworld Publishers ISBN 978-0-55299-704-1
Advanced Pressure Point Fighting of Ryukyu Kempo	George Dillman	George Dillman Karate International ISBN 0 9631996 3 3
Ageless Spine Lasting Health – out of print. New edition: Natural Posture for Pain Free Living: The Practice of Mindful Alignment	Kathleen Porter	Healing Arts Press ISBN-10: 1620550997 ISBN-13: 978-1620550991
Anatomy & Physiology	Any good textbooks in order to understand how your body works	
Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists	Thomas W. Myers	Churchill Livingstone ISBN-10: 044310283X ISBN-13: 978-0443102837
Applied Tai Chi Chuan	Nigel Sutton	A&C Black ISBN 07136 34502
Bankei Zen	Peter Haskell	Grove Press ISBN 0394 624939
Be Who You Are	Jean Klein	Element Books, ISBN 1-85230-103-1
Blueprint – How DNA makes us who we are	Robert Plomin	Penguin Books, ISBN 978-0-141-98426-1
Body Language	Allan Pease	Sheldon Press ISBN 085969 4062
Born to Win	Muriel James and Dorothy Jongeward	New American Library ISBN 0330 293141
Brain Sex	Anne Moir & David Jessel	Mandarin/Octopus ISBN 07493 05258
Bubishi Martial Art Spirit	translated George W Alexander and Ken Penland	Yamazato Publications ISBN 0 9631775 1 6
Caught in the Quiet	Rod McKuen	W.H. Allen, ISBN 0-491-01051-6
"CHAOS"	James Gleick	ISBN 0749386061
Chen Family Taijiquan	Master Chen Xiaowang	Available from the Chinese Internal Arts Association at: www.ciaa.org.uk
Chen – Living Taijiquan in the Classical Style	Master Jan Silberstorff	Singing Dragon ISBN 978-1-84819-021-4
Chen Taijiquan: Masters & Methods	Davidine Siaw Voon Sim & David Gaffney	D&D Publications ISBN 978-1720938286

Cry Anger	Dr. Jack Birnbaum	ISBN 07736 10154
Debt – The First 5000 Years	David Graeber	ISBN 978-1-61219-419-6
Dynamic Karate	Masatoshi Nakayama	Ward Lock Ltd. ISBN 07063 17149
Families and How to Survive Them	Robin Skynner and John Cleese	ISBN 0413 565203
Feel the Fear and Do It Anyway	Susan Jeffers	Century Hutchinson ISBN 07126 25550
Gestalt Councilling in Action	Petruska Clarkson	Sage Publications ISBN 08039 81899
Genome: The Autobiography Of Species In 23 Chapters	Matt Ridley	Fourth Estate Ltd ISBN 978-1857028355
Getting to YES	Roger Fisher, William Ury and Bruce Patton	Business Books-Random Century Ltd. ISBN 07126 5528X
Home Comming	John Bradshaw	Piatkus ISBN 07499 10542
Homo Deus – A Brief History of Tomorrow	Yuval Noah Harari	Penguin Random House UK ISBN 978-1-784-70393-6
How Did We Get Into This Mess	George Monbiot	Verso Books ISBN 978-1-7866-3078-0
Illustrated Tai-Chi Chuan for Health and Beauty	Yang Ming-Shi	Bunka Publishing Bureau ISBN 087040 3761
In Our Own Hands	Sheila Ernst and Lucy Goodison	ISBN 07043 38416
IRON JOHN - A Book About Men	Robert Bly	Element ISBN 185230223X
Karate-Do Kyohan	Gichin Funakoshi	Ward Lock Ltd. ISBN 07063 19966
Kung Fu	David Chow and Richard Spangler	Unique Publications ISBN 086568 0116
Kyusho-Jitsu : the Dillman method of pressure point fighting	George A Dillman	George Dillman International ISBN 0 9631996 1 7
Language and Thought	Noam Chomsky	Moyer Bell ISBN 1-55921-074-5
Louder Than Words	Benjamin K. Bergen	Basic Books ISBN 978-0-465-02829-0
Male Speak	Irma Kurtz	Johnathan Cape ISBN 0224 02342-X
Man and his Symbols	Carl Jung	Picador, ISBN 0-330-25321-2
Man and his Symbols	Carl Jung	Picador/Pan ISBN 0330 253212
Manufacturing Consent : The Political Economy of the Mass Media	Noam Chomsky and Edward S Herman	New York Pantheon
Meditation – a Treasury of Technique	Pam and Gordon Smith	the The C.W. Daniel Company Ltd ISBN 0-85207-2147
Men	Mary Ingham	Century Publishing ISBN 07126 01902
Movements of Magic – the spirit of Tai Chi Chuan	Bob Klein	Newcastle Publishing Inc., ISGN 0-87877-072-0
My Dearest Enemy, My Dangerous Friend	Dorothy Rowe	Routledge, ISBN 978-0-415-39048-4

Natural Posture for Pain Free Living – the practice of Mindful Alignment	Kathleen Porter	Healing Arts press, ISBN 978-162055099-1
Noam Chomsky – How the World Works	David Barsamian and Arthur Naiman	Hamish Hamilton/Penguin ISBN 978-0-241-14538-8
Nunchaku and Sai	Sakagami Ryusho	Japan Publications ISBN 0087040 3338
One Robe One Bowl - the Zen Poetry of Ryokan	translated John Stevens	Weatherfield ISBN 0834 801264
Opening the Energy Gates of Your Body	B.K. Frantzis	North Atlantic Books ISBN 1-55643-164-3
Other Minds: The Octopus and the Evolution of Intelligent Life	Peter Godfrey-Smith	William Collins ISBN 978-0008226299
Passages	Gail Sheehy	Bantam Books ISBN 03553 103067
People of the Lie	M. Scott Peck	
Pride and a Daily Marathon	Jonathan Cole	Duckworth ISBN 0-7156-2385-0
Prisoners of Geography	Tim Marshall	Elliott & Thompson ISBN 978-1-78396-243-3
Range: How Generalists Triumph in a Specialized World	David Epstein	Penguin ISBN-13: 9780735214484
Returning to the Source talks on Zen	OSHO	Element, ISBN 1-85230-700-5
S.K.I. Kumite Kyohan	Hirokazu Kanazawa	Shotokan Karate International, Tokyo
Shotokan Karate International Kata (vol 1)	Hirokazu Kanazawa	Shotokan Karate International, Tokyo
Shotokan Karate International Kata (vol 2)	Hirokazu Kanazawa	Shotokan Karate International, Tokyo
Shuriken-Do	Shirakami Ikku-Ken	Paul H. Crompton Ltd ISBN 090176 4949
Staying O.K.	Amy and Thomas Harris	ISBN 0330 29136 X
Stick Fighting	Masaaki Hatsumi	
T A Today	Ian Stewart and Vann Joines	Lifespace Publishing ISBN 1870244001
Tai Chi for Every Body	Eva & Karel Koskuba	Readers Digest
Tai-Chi Ch'uan the Technique of Power	Tem Horwitz & Susan Kimmelman with H.H. Lui	Rider ISBN 009136731 X
Tai-Chi Touchstones, Yang Family Secret Transmissions	Douglas Wile	Sweet Chi Press
Tanto: Japanese Knives and Knife Fighting	Russell Maynard	published by Unique Publications ISBN 086568 0787
Tao Te Ching	Lao Tsu, translated Gia-Fu Feng and Jane English	Wildwood House ISBN 07045 00078
Teach Yourself Zen – a way of life	Christmas Humphreys	Hodder & Staughton, ISBN 0-340-38484-0

The Age of Surveillance Capitalism	Shoshana Zuboff	Profile Books, ISBN 978-1781256848
The Art of War	Sun Tzu	Oxford Press, ISBN 0-19-501476-6
The Art of War	Sun Tzu, translated Samuel B. Griffith	Oxford University Press ISBN 019 501476-6
The Betrayal of the Body	Alexander Lowen	Macmillan ISBN 002 0773005
The Blind Watchmaker	Richard Dawkins	Penguin ISBN 01400 80562
The Body Has a Mind of It's Own	Sandra Blakeslee & Matthew Blakeslee	www.thebodyhasamindofitsown.com
The Brain that Changes Itself	Norman Doidge	Penguin ISBN 978-0-141-03887-2
The Complete Guide to Kung Fu Fighting Styles	Jane Hallander	Unique Publications ISBN 086568 0655
The Continuum Concept	Jean Liedloff	Addison-Wesley Publishing Inc ISBN 0-201-05071-4
The Corruption of Capitalism – why rentiers thrive and work does not pay	Guy Standing	BiteBack Publishing, ISBN 978-1785900440
The Dancing Wu Li Masters	Gary Zukav	Rider ISBN 07126 38172
The Epigenetics Revolution	Nessa Carey	Icon Books ISBN 978-184831347-7
The Essence of Taijiquan	David Gaffney & Davidine Siaw-Voon Sim	www.chentaijigb.co.uk
The Extended Phenotype	Richard Dawkins	
The Fantasy Factor	Dr. H.E. Stanton	Macdonald & Co ISBN 0356 15193-X
The Female Eunuch	Germain Greer	Harper Collins ISBN 0586 080554
The Five Levels of Taijiquan	Grandmaster Chen Xiaowang, commentary by Master Jan Silberstorff	Singing Dragon ISBN 978-1-84819-093-1
The Handbook of Chinese Horoscopes	Theodora Lau	Souvenir Press ISBN 0285 624334
The Heart of Karate-Do	Shigeru Egami	Kodansha International ISBN 0 87011 437 9
The Human Biocomputer	John C. Lilly M.D.	Sphere Books ISBN 0349 122040
The Human Zoo	Desmond Morris	
The Illustrated Canon of Chen Family Taijiquan	Chen Xin	INBI Matrix Pty Ltd. ISBN 13: 978-5-98687-008-5, 10: 5-98687-0080-5
The Japanese Sword	Inami Hokusui	Cosmo Publishing Co.
The Joy of Feeling	Iona Marsaa Teeguarden	Japan Pubs Inc ISBN 0870406345
The Language Instinct	Steven Pinker	Penguin Books ISBN 014 01.75296
The Language Instinct	Steven Pinker	Penguin, ISBN 0-14-017529-6
The Life of Dad – the making of the modern father	Dr Anna Machin	Simon & Schuster ISBN 978-1-4711-6140-7
The Limits of Masculinity	Andrew Tolson	Harper and Row ISBN 0-06-014333-9
The Mind Club	Daniel M. Wegner & Kurt Gray	ISBN 978-0-670-78583-4

The Madness of Crowds: Gender, Race and Identity	Douglas Murray	Bloomsbury Publishing ISBN PB: 978-1-63557-994-9
The Naked Ape	Desmond Morris	ISBN 0224 612417
The Nature of Things	Lyall Watson	Hodder and Stoughton ISBN 0340 502851
The New Rulers of the World	John Pilger	Verso ISBN 1-85984-412-X
The Patterning Instinct: A Cultural History of Humanity's Search for Meaning	Jeremy Lent	Prometheus Books ISBN 978-1633882935
The Primal Scream	Dr Arthur Janov	Abacus ISBN 0349118434
The Primal Scream	Dr. Arthur Janov	Abacus ISBN 0349 118434
The Prince	Niccolo Machiavelli	Penguin ISBN 0140441077
The Prophet	Kahlil Gibran	William Heineman / Pan Books ISBN 0330 262203
The Quantum Self	Danah Zohar	Bloomsbury ISBN 07475 02714
The Reconstructed Heart	Robert Llewellyn	Simon & Schuster, ISBN 0-671-71182-2
The Red Book of Gestalt	Gaie Houston	The Rochester Foundation, London
The Road Less Travelled	M. Scott Peck	Rider Books ISBN 07126 18198
The Science of Meditation	Daniel Coleman & Richard J. Davidson	Penguin Life ISBN 978-0-241-97567-1
The Selfish Gene	Richard Dawkins	
The Songlines	Bruce Chatwin	Picador ISBN 0330 300822
The Spirit of Shaolin	David Carradine	Aquarian / Thorsons ISBN 185538 2377
The Structure of Magic II	John Grinder and Richard Bandler	Science and Behaviour Books Inc. ISBN 08314 00498
The Tao is Silent	Raymond M. Smullyan	Harper and Row ISBN 0060 674695
The Teaching of Buddha	Bukkyo Dendo Kyokai	Buddhist Promoting Foundation, Europe & Japan
The Use of the Self	F. Matthias Alexander	Chaterson Ltd
The Void	Frank Close	Oxford University Press, ISBN 978-0-19-922590-3
The Way of Harmony	Howard Reid	Unwin Hyman Ltd. ISBN 004 4402694 PBK
The Wisdom of Insecurity	Alan Watts	Rider Books ISBN 07126 95885
Thinking, Fast and Slow	Daniel Kahneman	Penguin Books ISBN 978-0-141-03357-0
This is Karate	Masutatsu Oyama	Japan Publications ISBN 087040 2544
Traditional Aikido (Vols 1-5)	Saito Morihiro	Minato Res & Publ (Tokyo), Vol 1- ISBN 0087040 2668, Vol 2 - 0087040 2676, Vol 3 - 0087040 2870, Vol 4 - 0087040 2889, Vol 5 - 0087040 3729

Treasure Islands – Tax Havens and the men who stole the world	Nicholas Shaxson	Vintage Books ISBN 978-0-099-54172-1
What Do Women Want?	Luise Eichenbaum and Susie Orbach	ISBN 07181 22364
What We May Be	Piero Ferrucci	Turnstone Press ISBN 085500 1534
Why am I Afraid to Tell You Who I Am?	John Powell	Fontana/Collins ISBN 000 624006
Why the West Rules – For Now	Ian Morris	Profile Books ISBN 978 84668 208 7
Why We Sleep	Matthew Walker	Penguin ISBN 978-0-141-98376-9
Zen Edge	Alexander Eliot	Thames and Hudson ISBN 05000 11710
Zen Flesh, Zen Bones	David Reps	Pelican Books, ISBN 0-14-021283-3
Zen Flesh, Zen Bones	Paul Reps	Penguin ISBN 014 0212833
Zen Here – Now On the Open Way	Hogen	Published Jiko Oasis Books, ISBN 0-9519372-0-0
Zen in the Art of Archery	Eugen Herrigel	Arkana Books, ISBN 0-14-019074-0
Zen in the Art of Archery	Eugen Herrigel	Arkana/Penguin ISBN 014 0190740
Zen Mind Beginners Mind	Shunryu Suzuki	Weatherhill ISBN 08348 00799
Zen Speaks	Translated by Brian Bruya	Aquarian Books, ISBN 1-85538-442-6