

Suggested Readings from **The Road Not Taken**

1. Books for creating a more meaningful life (the first four could be thought of as “required reading.”)

- ❖ **The Art of Possibility**, by Ben & Roz Zander. An inspiring view of the possibility that lives in each of us, and how we can live from its positive energy. One of the best books I know.
- ❖ **The Power of Now**, by Eckhart Tolle. Extraordinary book, with insightful concepts, as well as practical exercises, on living wholly in the present. Practices offered in book can be life-changing.
- ❖ **The Four Agreements**, by don Miguel Ruiz. A clear and focused statement of four promises you can make to yourself to have a life of meaning: (1) Be impeccable with your word. (2) Don't take anything personally. (3) Don't make assumptions. (4) Always do your best.
- ❖ **The Power of Intention**, by Wayne Dyer. A powerful exposé on how the energy of what we *want* to have happen in the world affects what *actually* happens in our world. All of his works are inspiring.
- ❖ **Sacred Contracts**, by Caroline Myss. A look into the soul's purpose for being here on the planet. Helps you define your “sacred contract” as a way of deeply understanding self. Also a great overview of personality archetypes. Deep insight. Also by Myss: **The Anatomy of the Spirit** and **Invisible Acts of Power**.
- ❖ **Quantum Theology**, by Diarmuid O'Murchu. A phenomenal look at theology (not religion) from the perspective of quantum physics. His point: our world is too complex for the ‘classical’ view, but is one of unity when viewed from a perspective of the quantum.
- ❖ **The Universe Story**, by Brian Swimme & Thomas Berry. A comprehensive history of the universe, one that integrates human & natural history “as one.”
- ❖ **The Spiritual Universe**, by Fred Wolf. An explanation of the universe, and of our place in it, through an exploration of soul, spirit, self, matter and energy, all set against the backdrop of quantum physics. Eye-opening, but not light reading. Also, by Fred Wolf, **The Eagle's Quest** (on shamanism), and **The Yoga of Time Travel** (on “time travel”).
- ❖ **The Invitation**, by Oriah Mountain Dreamer. Text to accompany the beautiful, inspiring poem. Speaks to what's truly important in life, contrasted with what so many people *believe* is important. The book also “looks & feels good.”
- ❖ **Shambhala: The Sacred Path of the Warrior**, by Chögyam Trungpa. A guide to personal freedom through self-knowledge, using ancient eastern warrior teachings, adapted to modern times. A book of peace and wisdom.
- ❖ **Seven Life Lessons of Chaos, Spiritual Wisdom from the Science of Change**, by Jon Briggs and David Peat. The quantum view of science recognizes that life is uncertain, even chaotic, “naturally” resisting human attempts to control, manipulate, or even predict. It suggests that we might instead choose to embrace chaos, becoming participants in the opportunity for creative expression offered by uncertainty. Also by Peat, **Blackfoot Physics**.
- ❖ **Care of the Soul**, by Thomas Moore. Nurturing the soul in everyday life is key to cultivating dignity, peace and character. His words get inside you, and open you to a new way of seeing and feeling. His writing is artful, with a theme of how we've lost knowledge and respect for ourselves from the *inside*, and how we can regain it. Excellent others by Thomas Moore: **Original Self** and **The Re-Enchantment of Everyday Life**.
- ❖ **Goddesses in Every Woman**, and also **Gods in Every Man**, by Jean Shinoda Bolen. The myths of the main Greek Goddesses (and Gods) are used to define personality ‘archetypes,’ models that live in each of us, which can be used to help understand self more deeply. Fun reading, wonderful insights. Read both, regardless of your gender. Start with Goddesses; it's more comprehensive.

- ❖ **Power vs. Force**, by David Hawkins. A beautiful explanation of “levels of thinking,” all the way to the world’s greatest masters. Eye-opening context and framework for how level of thought influences our view of what’s possible in life, and therefore the actions we take.
- ❖ **The Four-Fold Way**, by Angeles Arrien. A lucid account of spiritual approaches in other cultures. Shamanic and native traditions hold great treasures and wisdom for us all. Easily approachable, yet full of the wisdom of the ages.
- ❖ **Soulcraft**, by Bill Plotkin. “It is not possible to save the world by trying to save it. You need to find *what is genuinely yours* to offer the world before you can make it a better place.” Soul embraces and calls us toward what is most unique in us, and is made visible in the world through our core powers – values, abilities and knowledge.
- ❖ **The Seat of the Soul**, by Gary Zukav. Power comes from the spirit, not from something external to us. Also **Soul Stories**.
- ❖ **Blink**, by Malcolm Gladwell. In life’s decisions, small or large, we already know far more than we “think.” Intuition opens us to “knowing without knowing,” having answers without asking the questions. Powerful aide to accelerating the process of creative expression.
- ❖ **The Way of Ignorance**, by Wendell Berry. Life is far too complex for us to apprehend it all. What we need, Berry suggests, is a ‘way of being’ that *allows* for our ‘ignorance,’ thereby opening us to far better choices than we make today. An antidote to the often destructive, and ultimately unsustainable, path on which we find ourselves, individually and as a society.
- ❖ **Making Your Dreams Come True**, by Marcia Wieder. How to know your dreams, and then create a life in which your dreams come true.
- ❖ **A Path With Heart**, by Jack Kornfield. The message: Any path in life is a right path as long as it has heart. A look at the importance of following your heart and not just your head/ego, following ancient Buddhist traditions.
- ❖ **When Things Fall Apart**, by Pema Chödrön, an American Buddhist nun. Life is a series of births and deaths, every day, every minute; once we “get it,” we’ll stop chasing off pain, realizing that we may use the pain in our lives to cultivate wisdom, compassion and courage. *All* her books are full of wisdom, love and peace. Also, **The Wisdom of No Escape**, and **The Places that Scare You**.
- ❖ **A Theory of Everything**, by Ken Wilbur. One of the great spiritual thinkers of our times, Wilbur offers unique ways to look at the integration of mind, body and spirit. No light reading here, or with any of his books, but if you’re willing to take the time, a phenomenal amount of insight. Also, **No Boundary**.

2. Books for the design of your work and career

- ❖ **Creating the Work You Love**, by Rick Jarow. Not your basic “how to” book, but a rather unique exploration of how work shapes our life, and vice versa. Focuses on how we use our energy as an expression of self. This is the best introduction I’ve seen to the “new” idea of designing your work and career around the passion inside you.

3. Books for enhancing your capabilities at work (good outside of work, too)

- ❖ **The Corporate Mystic**, by Gay Hendricks & Kate Ludeman. A direct and concise description of the spiritual leader, and how spiritual leadership benefits leader, team, company and world. Beautifully written.
- ❖ **Finding Our Way: Leadership for an Uncertain Time**, by Margaret Wheatley. How we might listen in a new way – to nature, to each other, and to ourselves – as a way to develop a more effective, meaningful and peaceful way of being in our organizations and communities. A book of strong intention.

- ❖ **Primal Leadership**, by Daniel Goleman. Leadership is really emotional in nature, and people seek out as their leaders those with whom they feel an emotional connection, not necessarily the person on the chart. Emotional leadership is made up of self-awareness, self-management, social awareness and relationship management.
- ❖ **The New Agreements in the Workplace: Releasing the Human Spirit**, by David Dibble. An adaptation of The Four Agreements (above) to the workplace. A much-needed statement that success in the workplace depends on humanness, not on “the bottom line.”
- ❖ **How the Way we Talk Can Change the Way We Work**, by Robert Kegan and Lisa Lahey. An excellent book about how success in the workplace is strongly influenced both by our intention and by our language. They suggest adopting an intention of learning (vs. control) and a language of personal responsibility (vs. blame).
- ❖ **The Seven Habits of Highly Effective People**, by Steven Covey. An older classic that still holds all its meaning today. Somewhat “prescriptive” in nature, but still requires some thinking, and getting to know yourself.
- ❖ **The Fifth Discipline**, by Peter Senge. Another classic, one that is direct and insightful for anyone in an organization, even an organization of two (a relationship) or one (yourself). He suggests a ‘systems thinking’ model that looks at the recurring, underlying patterns in our lives as a way to learn, to solve problems and to move forward.

4. Books for coaches about coaching, but great for any of us in relationships with others (which is all of us)

- ❖ **Mentoring: The Tao of Giving and Receiving Wisdom**, by Chungliang Al Huang and Jerry Lynch. A fresh approach and explanation to effective relationships between mentor and mentee, teacher and student. They portray this beautifully and artfully, as a spiral dance, where good teachers are students and good students are teachers.
- ❖ **Coaching: Evoking Excellence in Others**, by James Flaherty. Structured approach to the art of coaching, designed for use in organizations, but applicable to individual work as well. I’ve studied with James, and this book is an example of the focus and rigor he brings to his work.
- ❖ **The Passions**, by Robert Solomon. A detailed, almost text-book style view of the full range of human emotions; a wonderful, but not easy, guide to why and how we are.