

BOOK LIST 2024

- 1 Chi Kung by Master K.Y.Wong ISBN 978-1864760989
[Concise text with photos for the 18 moves of Shibashi Chi Kung.](#)
- 2 Taiji Qigong by Chris Jarmey ISBN 9781556435546
[A more indepth look at Shibashi Qigong.](#)
- 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.](#)
- 4 Healing with Whole Foods by Paul Pitchford ISBN 1-55643-430-8
[An amazing reference book on health and nutrition.](#)
- 5 Bodymind by Debbie Shapiro ISBN 1-85230-167-8
[How your thoughts, emotions and physical body reflect each other.](#)
- 6 The Art of Peace by Morihei Ueshiba ISBN 978-1-59030-144-9
[A timeless classic from the founder of Aikido.](#)
- 7 Osho Zen Tarot: The Transcendental Game of Zen
[Tarot with a twist - a beautiful mix of Zen insight by Osho with art.](#)
- 8 The Alchemist by Paulo Coelho
[A timeless classic. A great and easy read.](#)
- 9 The Book of Oriental Wisdom by Clive Witham ISBN 978-1-84409-604-6
[A self-treatment guide using oriental healing techniques & great reference book.](#)
- 10 The Medicine Cards by Jamie Sims & David Carsdon ISBN 0-312-20491-4
[When you encounter animals in Nature it's useful to know what you might be reflecting.](#)
- 11 Moon Time by Johanna Paungger & Thomas Poppe ISBN 184413300-1
[A look at lunar cycles and Nature.](#)
- 12 Little Friend by Emilio Rojas ISBN 1-85230-281-X
[A profound mix of art by Valdes Galindo and writing by the author.](#)
- 13 Spiritwalker: Messages from the Future by Hank Wesselman Ph.D.
[The author repeatedly has experiences of a future life ...](#)
- 14 The Meridians of Acupuncture by Felix Mann.
[A great resource on the meridian system with diagrams and more.](#)

15 The Gene Keys by Richard Rudd

A modern take on the I Ching drawing on ancient wisdom from additional sources. An amazing work and highly recommended for the times we're in.

16 A Practical Guide to Acupoints by Lair Bouratinos & Chris Jarmey

Take your tai chi and qigong up a level and explore the acupoints to give you a better understanding of which moves to prioritise in your practise at any given time in your life.

17 Chi Health Cycle by Jost Sauer

An excellent resource on your body clock and the meridian system.

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