



## Manduka Community Reading List 2016

### Yoga

Yoga and Life Empowerment by Sid McNairy  
Perfectly Imperfect by Baron Baptiste  
Meditations on Intention and Being by Rolf Gates  
Living Your Yoga by Judith Lasater  
Yoga Sutras of Patanjali  
Do Your Om Thing by Rebecca Pacheco  
Yoga and the Quest for the True Self by Stephen Cope  
The Wanderlust Book by Jeff Krasno  
Meditations from the Mat by Rolf Gates  
Yoga from the Inside Out by Christina Sell  
Kokoro Yoga by Mark Devine  
Light on Yoga by B.K.S. Iyengar  
Light on Life by B.K.S. Iyengar  
Yoga Anatomy by Leslie Kaminoff and Amy Matthews  
Yoga Girl by Rachel Brathen  
Yoga Mind, Body and Spirit by Donna Farhi  
Yoga and Body Image by Melanie Klein  
The Athlete's Guide to Yoga by Sage Rountree  
Yoga and the Pursuit of Happiness by Sam Chase  
Yoga and the Subtle Body by Tias Little  
A Life Worth Breathing by Max Storm  
Dancing Light by Tao Porchon-Lynch  
RETOX by Lauren Imperato  
The Promise by Mark Whitell

### More Yoga

Polishing the Mirror by Ram Dass Empowering  
Your Life with Yoga by Bliss Wood  
The Path of the Yoga Sutras by Nicolai Bachman  
Sivananda Buried Yoga by Yogi Manmoyanand  
Oms From the Mat by Dana M. Damara  
The Injury Free Yoga Practice by Steven Weiss  
Echo by Francesca Lia Block  
Yoga Beyond Belief by Ganga White  
The Science of Yoga by William J Broad  
Yoga For Life by Colleen Saidman Yee

### Self-Love & Empowerment

The Four Agreements by Don Miguel Ruiz  
The Gifts of Imperfection by Brené Brown  
Daring Greatly by Brené Brown  
Radical Acceptance by Tara Brach  
Untethered Soul by Michael Singer  
A Spiritual Renegade's Guide to the Good Life by Lama Marut  
Broken Open by Elizabeth Lesser  
I Am That Girl by Alexis Jones  
Big Magic by Elizabeth Gilbert  
Carry On Warrior by Glennon Doyle Melton  
Gratitude: A Way of Life by Louise L. Hay  
Light is the New Black by Rebecca Campbell  
Ego Is the Enemy by Ryan Holiday

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### Fiction

The Razor's Edge by W. Somerset Maugham  
Shantaram by Gregory Roberts  
Siddhartha by Hermann Hesse  
The Alchemist by Paulo Coelho  
My Struggle: Book 1 by Karl Ove Knausgaard  
The Pillars of the Earth by Ken Follett  
Zen and the Art of Motorcycle Maintenance by Robert M. Pirsig  
1984 by George Orwell  
Secret Daughter by Shilpi Somaya Gowda  
The Yoga of Max's Discontent by Karan Bajaj  
Diana, Herself by Martha Beck  
The Medicine Woman by Lynn Andrews  
The Sheltering Sky by Paul Bowles  
The Great Gatsby by F. Scott Fitzgerald  
Crime and Punishment by Fyodor Dostoyevsky  
The Red Tent by Anita Diamant  
My Sister's Keeper by Jodi Picoult  
Breakfast with Buddha by Roland Merullo  
Lunch with Buddha by Roland Merullo  
The Celestine Prophecy by James Redfield  
Nurturing Healing Love by Scarlett Lewis

### Poetry

Mary Oliver  
Rumi

### Autobiography & Memoir

Autobiography of a Yogi by Paramahansa Yogananda  
Poser by Claire Dederer  
The Art of Asking by Amanda Palmer  
Eat, Pray, Love by Elizabeth Gilbert  
Committed by Elizabeth Gilbert  
It Sucked and Then I Cried by Heather Armstrong  
My Year with Eleanor by Noelle Hancock  
Krishnamurti's Notebook by Jiddu Krishnamurti  
Man's Search for Meaning by Viktor E. Frankl  
Yes Please! Amy Poehler  
Dharma Punx by Noah Levine  
When Breath Becomes Air by Paul Kalanithi

### Health & Wellness

Meditate Your Weight by Tiffany Cruikshank  
Awareness Through Movement by Moshe Feldenkrais  
Pretty Happy by Kate Hudson  
The Man Who Mistook His Wife For A Hat by Oliver Sacks

### De-stress

Yoga Therapy for Stress and Anxiety by Robert Butera Butera  
Destressifying by Davidji  
Sabbath: Finding Rest, Renewal and Delight In Our Busy Lives by Wayne Muller

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### **Spirituality**

Bhagavad Gita translated by Eknath Easwaran  
A New Earth by Eckhart Tolle  
The Power of Now by Eckhart Tolle  
Stillness Speaks Eckhart Tolle  
When Things Fall Apart by Pema Chodron  
The Book of Awakening by Mark Nepo  
The Four Desires by Rod Stryker  
Shambhala by Chogyam Trungpa  
Awareness by Anthony De Mello  
The Way of Zen by Alan Watts  
The Book by Alan Watts  
How Yoga Works by Geshe Micahel Roach  
Be Here Now by Ram Dass  
The Tibetan Book of Living and Dying  
The Seat of the Soul by Gary Zukav  
True Love by Thich Nhat Hanh  
Peace Is Every Step by Thich Nhat Hanh  
The Energy of Prayer by Thich Nhat Hanh  
Peace is Every Step by Thich Nhat Hanh  
Awakening Shakti by Sally Kempton  
The Buddha Walks into a Bar by Lodro Rinzler  
Spiritual Bypassing by Robert Augustus  
Masters Myths of the Asanas by Alanna  
Kaivalya Spiritual Practices of the Ninja  
Outrageous Openness by Tosha Silver  
The Zen Commandments by Dean Sluyter  
The Way of the Peaceful Warrior by Dan Millman

### **Breath & Meditation**

Journey of Awakening by Ram Dass  
Get Some Headspace by Andy Puddicombe  
The Breathing Book by Donna Farhi  
Journey to the Heart by Melody Beattie  
Daily Om by Madisyn Taylor  
Buddha's Brain by Rick Hanson  
The Healing Power of Breath by Richard P. Brown  
Science of the Breath by Rama

### **Energy Healing**

The Soul Searcher's Handbook by Emma Mildon  
Eastern Body, Western Mind by Anodea Judith  
Chakra Balancing by Anodea Judith  
Energy Medicine by Donna Eden  
Energy Medicine by James L. Oschman

### **Children**

I Am Yoga by Susan Verdi  
Stargirl by Jerry Spinellil