

# Reading & Resources

Embodiment is primarily about experience. However, theory and practice are 'two wings of a bird', to use a Buddhist phrase, so some reading is useful, and may just be a pleasure. Reading is not the most important part of the course, but it will give you a wider perspective, and aid your development.

We suggest arranging discussion dates to reflect on core reading with your peer group. This will help you socially process and keep each other accountable for getting the reading done.

We divide books in three groups:

## 1. Core reading

These books are part of the coursework requirements, and are essential to read for FEC, and to pass CEC. They will get referred to during live sessions.

### **During FEC (the first semester of CEC)**

***Embodiment - Moving Beyond Mindfulness*** - Mark Walsh ([LINK](#))

(Essential for FEC and CEC. The basics of embodiment. On the platform as a pdf but many people also order a hard or Kindle copy on amazon). Read this now.

***Trauma is Really Strange*** - Steve Haines ([LINK](#))

(A short introduction to trauma with pictures. Read by the end of FEC. Book better than Kindle for this one).

### **During CEC (for those staying on)**

***The Body in Coaching and Training: An Introduction to Embodied Facilitation*** -

Mark Walsh ([LINK](#))

(summarises in theory the main aspects of the course. This is really the CEC textbook and you should know inside-out if doing CEC. Start reading it now or at the start of CEC)

## 2. Recommended Reading

These books are highly recommended for CEC, and may also be referred to. However, if you're a non-native English speaker or have other challenges with reading, you may skip them.

***Own It*** - Liz Peters

(by a graduate, this is a super accessible intro to the work, and great for building confidence teaching it!)

***Embodied Peacemaking*** - Paul Linden

(The best practical guide to embodiment exercises, generally. Its scope is wider than the name. Best to get the full book from Paul's website, on our portal is a free short version too - that would be the minimum to read.)

***Working with Normal People: A Guide for Hippies*** - Mark Walsh

(Short e-book on making the subject of embodiment accessible to everyone.)

***Leadership Embodiment*** - Wendy Palmer

(Includes a good basic section on neuroscience.)

***The Body keeps the Score*** - Bessel van der Kolk

(How trauma shows up in the body.)

***Trauma Essentials*** - Babette Rothschild or ***Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body*** - Peter A. Levine

(Both are useful intros to this field. See also their other books, or books by Gabor Maté, Stephen Porges/Debs Dana and Judith Lewis Herman. If you are experienced in trauma theory/treatment already, we suggest taking the opportunity to go deeper into body-based approaches.)

***The Art of Somatic Coaching: Embodying Skillful Action, Wisdom, and Compassion*** -

Richard Strozzi-Heckler

(This touches upon the role of embodiment for coachees, as well as for coaches.)

***Embodied Meditation: Mindfulness, the Body, and Daily Life*** - Mark Walsh and Karin van Maanen

(A great overview of embodied meditation, easy to read.)

***The Nature Fix: Why Nature Makes us Happier, Healthier and more Creative*** - Florence Williams

(About nature connection - very recommended.)

### 3. Bonus Reading

Read these for pleasure and geekery, if you like reading. In no particular order.

***Nine Ways of Seeing a Body*** - Sandra Reeve  
(Philosophy of the body - very readable.)

***Resonate: Zen and the Way of Making a Difference*** - Ginny Whitelaw  
(A great book on how to facilitate change. All her books are good.)

***Your Body is Your Brain*** - Amanda Blake  
(Embodiment fundamentals and some neuroscience.)

***Restorative Embodiment*** - Alan Fogel  
(Both deep and practical)

***Emotional Anatomy*** - Stanley Keleman  
(Beautifully illustrated, if slightly inaccessible classic.)

***Mastery*** - George Leonard  
(A short book on the road to excellence from a well-known embodiment teacher.)

***The Silent Pulse*** - George Leonard  
(Poetic book on our rhythms and fundamental nature.)

***Integral Life Practice*** - Wilber et al  
(Provides a wider context and has an excellent chapter on practice.)

***Awakening Somatic Intelligence*** - Risa F. Kaparo and Rick Hanson  
(Various somatic exercises.)

***Presence-Based Coaching*** - Doug Silsbee  
(An aligned approach to coaching.)

***Somatic Psychotherapy Toolbox*** - Manuela Mischke-Reeds  
(This is not a therapy course but some of these could be useful.)

***Breakfast Essays: Brief Writings on Body Awareness and Life (e-book)*** - Paul Linden  
(Digestible stories about embodiment.)

***Listen, Say Yes, Commit*** - Harry Puckering  
Improv principles, with applications to business.

***Wild Woman's Way*** - Michaela Boehm  
A very good book on embodiment, not just for women.

## 4. Specific Topics

Further reading, if you fancy getting deeper into particular topics or modalities:

### FACILITATION

There are many good books on facilitation and coaching that are not specifically 'embodied'. Here are a few:

***How to run a great workshop*** - Nikki Sims

(Beginner's guide to facilitation. Try also John Heron for more in-depth work.)

***Co-Active Coaching*** - Kimsey-House

(Good place to start if you're new to coaching. John Whitmore is also a classic.)

### MEDITATION

***The Body*** - Paramananda or ***Meditation for Life*** - Martine Bachelor

(Both are good for beginners.)

Also recommended: Anything by Shinzen Young (very logical), Thich Nhat Hanh (accessible), Ken McCleod (deep), Jon Kabat Zinn (scientific/secular), and Pema Chodron (heart-led). See also: Judith Blackstone's Realisation Process (various books).

Dharma Seed is an epic resource (Rob Burbea and Ajhan Sucitto are two recommendations there for more advanced practitioners there). On Youtube Ajahn Sona (traditional), Guru Viking (interviews - also a podcast) and Michael Taft (advanced) are good, but explore and find someone to your taste.

Good meditation apps include Buddhify and Brightmind, though there are many others.

### OTHER MODALITIES

***Teaching Yoga*** - Donna Farhi

(Clear, readable book on teaching any practice and the ethics of embodied work. Enquiry based, not prescriptive.)

***Hakomi Mindfulness-Centered Somatic Psychotherapy: A Comprehensive Guide to Theory and Practice*** - Halko Weiss and Greg Johanson

(Deeper into body therapy.)

***Wisdom of The Body Moving*** - Linda Hartley

(A good intro to Body mind Centering and dance movement therapy from a leading Brit. Everybody is a Body is another recommended DMT one.)

***Sensing Feeling and Action*** - by Bonnie Bainbridge Cohen

(Intro to Body Mind Centring.)

***Dance Movement Therapy*** - Katya Bloom and Rosa Shreeves

(A short book of games and exercises from dance movement therapy.)

***Authentic Movement: Moving the Body, Moving the Self, Being Moved: A Collection of Essays (Volume Two)*** - Patrizia Pallaro (editor) or ***Offering from the Conscious Body: The Discipline of Authentic Movement*** - Janet Adler

(Useful and relevant to all somatic disciplines.)

***Laban for All*** - Jean Newlove and John Dalby

(On Laban movement analysis.)

***Sweat your Prayers*** - Gabrielle Roth

(On Five Rhythms dance.)

***The Elusive Obvious: The Convergence of Movement, Neuroplasticity, and Health*** - by

Moshe Feldenkrais

(Intro to the thinking and work of Moshe Feldenkrais. Excellent new edition with a forward by Norman Doidge.)

## Other online Resources

- The Embodiment Unlimited App - iStore, Google Play etc. Plenty of free embodiment stuff, and a way to access your course
- The Embodiment YouTube Channel (huge collection of videos from Mark Walsh): <https://www.youtube.com/@Theembodimentchannel>
- The Embodiment Podcast (lots of episodes with interesting guests): <https://embodimentunlimited.com/podcast/>
- Facebook – company group with good discussions: <https://www.facebook.com/groups/embodimentconference/?mibextid=HsNCOg>
- Instagram –short videos, Q&As, quotes etc: @warkmalsh, <https://www.instagram.com/warkmalsh/?hl=en>

**Do also ask the team including assistants, and your peer group for recommendations, according to their areas of experience. We are as a group by far the best “resource”.**