

Suggested Readings

Health and Nutrition

- Baker, Arthur M. *Awakening Our Self Healing Body*, Self Health Care Systems, 1994
- Barnard, Dr. Neal. *The Power of Your Plate*, Book Publishing Company, 1990
- Barnard, Dr. Neal. *Food is a Wonder Medicine*, Magni Group, Inc., 1993
- Batmanghelidj, F. *Your Body's Many Cries for Water*, Global Health Solutions, 1997
- Bragg, Paul C. and Bragg, Patricia. *Bragg Healthy Lifestyle*, 1997
- Diamond, Harvey and Diamond, Marilyn. *Fit For Life*, Warner Books, 1985
- Diamond, Harvey and Diamond, Marilyn. *Fit For Life II: Living Health*, Warner Books, 1987
- Diamond, Harvey. *Your Heart Your Planet*, Hay House, Inc., 1990
- Diamond, Harvey. *You Can Prevent Breast Cancer*, ProMotion Publishing, 1995
- Fry, T. C. *The Ultimate Diet: Superior Foods, Diet Principles & Practices for Perfect Health*
- Gibbs, Dr. Gary. *The Food That Would Last Forever* [on food irradiation], Avery Publishing Group, 1993
- Inglis, Les. *Diet for a Gentle World*, Avery Publishing Group, 1993
- Lyman, Howard. *Mad Cowboy*, Scribner, 1998
- McDougall, Dr. John and McDougall, Mary. *The McDougall Plan*, New Win Publishing, Inc. 1983
- Ornish, Dr. Dean. *Eat More, Weigh Less*, HarperCollins Publishers, Inc., 1993
- Robbins, John. *Diet for a New America*, Stillpoint Publishing, 1987
- Robbins, John. *May All Be Fed*, William Morrow and Company, Inc., 1992
- Robbins, John. *Reclaiming Our Health*, H. J. Kramer, Inc., 1996

Raw Food and Enzymes

- Alexander, Joe. *Blatant Raw Foodist Propaganda!*, Blue Dolphin Press, Inc., 1990
- Arlin, Steve. Dini, Fouad. Wolfe, David. *Nature's First Law*, Maul Bros. Publishing, 1996
- Classic, Carl. *Secret to Hunza Superior Health*, Center for Human Natural Nutrition, 1989
- Gallo, Roe. *Perfect Body*, ProMotion Publishing, 1997
- Gerson, Dr. Max. *A Cancer Therapy, Results of Fifty Cases*, Totality Books, 1958, 1975, 1977
- Howell, Dr. Edward. *Enzyme Nutrition*, Avery Publishing Group, Inc., 1985
- Kordich, Jay. *The Juiceman's Power of Juicing*, William Morrow & Co., Inc., 1992
- Kulvinskis, Viktoras. *Survival into the 21st Century*, 21st Century Publications, 1975
- Walker, Dr. Norman W. *Natural Weight Control*, Norwalk Press, 1981
- Walker, Dr. Norman W. *The Natural Way to Vibrant Health*, Norwalk Press, 1972

Books

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- Walker, Dr. Norman W. *Becoming Younger*, Norwalk Press, 1949, Revised 1978, Edited and Revised 1995
- Walker, Dr. Norman W. *Fresh Vegetable and Fruit Juices*, Norwalk Press, 1970, Revised 1978
- Wigmore, Dr. Ann. *The Hippocrates Diet and Health Program*, Avery Publishing Group, 1983
- Wigmore, Dr. Ann. *The Wheatgrass Book*, Avery Publishing Group, 1985
- Wigmore, Dr. Ann. *The Sprouting Book*, Avery Publishing Group, 1986
- Wolfe, David. *The Sunfood Diet Success System*, Maul Bros. Publishing, 1999

Fruitarian

- Gregory, Dick. *Dick Gregory's Natural Diet for Folks Who Eat: Cookin' with Mother Nature*, Harper & Row, 1973
- Krok, Morris. *Fruit the Food & Medicine for Man*, Custodian Publishing Co., 1984

Fasting

- Airola, Dr. Paavo. *How to Keep Slim, Healthy & Young with Juice Fasting*, Health Plus Publishers, 1971
- Bragg, Paul C. and Bragg, Patricia, *The Miracle of Fasting*, Health Science, 1996
- Shelton, Herbert M. *Fasting Can Save Your Life*, American Natural Hygiene Society, 1978

Science and Philosophy

- Bohm, David and Hiley, B. J. *The Undivided Universe*, Routledge, 1993
- Capra, Fritjof. *The Tao of Physics*, Bantam Books/Shambhala Publications, 1975
- Frank, Philipp. *Philosophy of Science*, Prentice-Hall, 1957
- Gonick, Larry and Wheelis, Mark. *The Cartoon Guide to Genetics*, HarperPerennial, 1983
- Rifkin, Jeremy. *Entropy, Into the Greenhouse World*, Bantam Books, 1980
- Rifkin, Jeremy. *Algeny, A New Word - A New World*, Penguin Books, 1983
- Sheldrake, Rupert. *The Rebirth of Nature*, Bantam Books, 1991

Spiritual and Higher Consciousness

- Emerson, Ralph Waldo. *Selected Writings of Ralph Waldo Emerson*, The New American Library, 1965
- Keyes, Jr., Ken, *Your Life Is A Gift*, Love Line Books, 1987
- Krishnamurti, J. *Think on These Things*, HarperPerennial, 1964
- Krishnamurti, J. and Anderson, Allan W. *A Wholly Different Way of Living*, Krishnamurti Foundation Trust Ltd., 1991
- Krishnamurti, J. and Bohm, Dr. David. *The Ending of Time*, HarperCollins Publishers, 1985
- Kushi, Michio. *Forgotten Worlds*, One Peaceful World, 1992
- Szekely, Edmond Bordeaux. *The Essene Way, Biogenic Living*, International

Books

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Biogenic Society, 1989
Szekely, Edmond Bordeaux. *The Essene Gospel of Peace*, International
Biogenic Society, 1981

Compassion

Dinshah, Jay. *Out of the Jungle*, American Vegan Society, 1995, 1975, 1967
Gregerson, Jon, *Vegetarianism, A History*, Jain Publishing Company, 1994
Joy, Charles R. *Albert Schweitzer, An Anthology*, Beacon Press, 1947
Moran, Victoria. *Compassion, The Ultimate Ethic*, American Vegan Society, 1991

Animal Rights

Fox, Dr. Michael W. *Inhumane Society, The American Way of Exploiting
Animals*, St. Martin's Press, 1990
Midgley, Mary. *Animals and Why They Matter*, University of Georgia Press, 1983
Robbins, John. *Diet for a New America*, Stillpoint Publishing, 1987
Singer, Pete. *Animal Liberation*, Avon Books, 1975

Women

Stone, Merlin. *Ancient Mirrors of Womanhood*, Beacon Press, 1979, 1990

Education

Krishnamurti, J. *Krishnamurti On Education*, Krishnamurti Foundation Trust Ltd.,
1974
Krishnamurti, J. *Letters to the Schools Volume One*, Krishnamurti Foundation
Trust Ltd., 1981
Neill, A. S. *Summerhill, A Radical Approach to Child Rearing*, Hart Publishing
Co., 1960

Native Americans

Brown, Jr., Tom. *Awakening Spirits*, Berkley Publishing Book, 1994
Koning, Hans. *The Conquest of America*, Cornerstone Books, 1993
Mails, Thomas E. *The Hopi Survival Kit*, Penguin Group, 1997
McFadden, Steven. *The Little Book of Native American Wisdom*, Element Books,
1994
McLuhan, T. C. *Touch the Earth*, Promontory Press, 1971
Nerburn, Kent and Menglekoch, Louise. *Native American Wisdom*, New World
Library, Classic Wisdom Collection, 1991
Wright, Ronald. *Stolen Continents*, Houghton Mifflin Company, 1992
Ywahoo, Dhyani. *Voices of Our Ancestors*, Shambhala Publications, 1987

Environmental

- Beder, Sharon. *Global Spin*, Chelsea Green Publishing Company, 1997
- Caldicott, Dr. Helen. *If You Love This Planet*, W. W. Norton & Co., Inc., 1992
- Carson, Rachel. *Silent Spring*, Ballantine Books, 1962
- Center for Investigative Reporting and Moyers, Bill. *Global Dumping Ground*, Seven Locks Press, 1990
- Gonick, Larry. Outwater, Alice. *The Cartoon Guide to the Environment*, HarperPerennial, 1996
- Krishnamurti, J. *On Nature and the Environment*, HarperSanFrancisco, 1991
- Krishnamurti, J. *All the Marvelous Earth*, Krishnamurti Foundation Trust Ltd., 2000
- Lappe, Frances Moore. Collins, Joseph. *Food First, Beyond the Myth of Scarcity*, Ballantine Books, 1977
- Leopold, Aldo. *A Sand County Almanac*, Oxford University Press, 1949, 1966
- Lovelock, James. *The Ages of Gaia*, W. W. Norton & Co., Inc., 1988
- Lovelock, James. *Gaia, A New Look at Life on Earth*, Oxford University Press, 1979, 1987, 1995
- Muir, John. *My First Summer in the Sierra*
- Robbins, John. *Diet for a New America*, Stillpoint Publishing, 1987
- Thoreau, Henry David. *Walden and On the Duty of Civil Disobedience*, New American Library, 1960
- Schumaker, E. F. *Small Is Beautiful*, Harper & Row Publishers, 1973
- Vogl, Richard J. *A Primer of Ecological Principles, Book One*, Pyro Unlimited, 1976

Environmental Readers

- Edited by Tobias, Michael. *Deep Ecology*, Avant Books, 1988
- Edited by Dobson, Andrew *The Green Reader*, Mercury House, 1991
- Edited by Forstner, Lorne J. and Todd, John H. *The Everlasting Universe*, D. C. Heath and Company, 1971

Social

- Gandhi, M. K. *An Autobiography or The Story of My Experiments with Truth*, Navajivan Publishing, 1927, 1996
- King, Coretta Scott. *The Words of Martin Luther King, Jr.*, 1987
- Krishnamurti, J. *Social Responsibility*, Krishnamurti Foundation Trust Ltd., 1992
- Krishnamurti, J. *Living in an Insane World*, Krishnamurti Foundation Trust Ltd., 1989

Alternate History

- Allen, Gary. *None Dare Call It Conspiracy*, Concord Press, 1971
- Gregerson, Jon, *Vegetarianism, A History*, Jain Publishing Company, 1994
- Griffin, G. Edward. *World Without Cancer*, American Media, 1974
- Icke, David. *...and the truth shall set you free*, Papworth Press, 1995
- Icke, David. *The Robots' Rebellion*, Gateway Books, 1994
- Koning, Hans. *The Conquest of America*, Cornerstone Books, 1993

Eastern Perspectives

- Christensen, Alice. *Yoga of the Heart*, American Yoga Association and The Philip Lief Group, Inc., 1998
- Cowmeadow, Oliver. *Shiatsu, A Practical Introduction*, Element Books Limited, 1998
- Gregerson, Jon. *Vegetarianism, A History*, Jain Publishing Company, 1994
- Hittleman, Richard. *Yoga, 28 Day Exercise Plan*, Bantam Books, 1980
- Hoare, Sophy. *Yoga*, Ideals Publishing Company, 1980
- Houston, Dr. F. C. *The Healing Benefits of Acupressure*, Keats Publishing, Inc. 1991
- Lo, Benjamin Pang Jeng/Inn, Martin/Amacker, Robert/Foe, Susan. *The Essence of T'ai Chi Ch'uan*, North Atlantic Books, 1979
- Palmer, Martin. *The Elements of Taoism*, Element Books Limited, 1991
- Radha, Swami Sivananda. *The Hatha Yoga Workbook*, based on *Hatha Yoga: The Hidden Language*, Timeless Books, 1989
- Suzuki, D. T. *What Is Zen?*, Harper & Row Publishers, 1971
- Wong Kiew Kit. *The Complete Book of Tai Chi Chuan*, Element Books Limited, 1996
- Wong Kiew Kit. *The Complete Book of Zen*, Element Books Limited, 1998
- Wong Kiew Kit. *The Art of Chi Kung, Making the Most of Your Vital Energy*, Element Books Limited, 1993

*NOTE – The *Tao Te Ching* and the *Chang Tzu* are important Taoist books that are extremely perceptive. However, since it is difficult to translate from another language without the perspective of the translator influencing the results... especially from Chinese... it is not surprising that there are many translations of both of these classics with significant differences. Obtaining 2 or 3 different translations (I personally have 6 of the *Tao Te Ching*!) of each of these would be quite beneficial.

* The *I Ching* is another Taoist book with even older roots and is an extensive treatment of the nature of cycles and their universal inherent properties.

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About the Author

Robert Louis "Bj" Jacobucci (1942 -)

The Author was born in Philadelphia, Pennsylvania. His family moved to a small rural town in Southern New Jersey when he was six. There he was educated in the local public schools and then attended Drexel and Lehigh Universities where he majored in Physics. After an important insight, he left the semiconductor industry and went into business for himself. This included systems analyst, programmer, freelance photographer, and teacher.

Most importantly, the author sees himself as a child of Gaia and a representative of Humankind.