

## **ARCH LIFE COACH TRAINING – RESOURCE LIST**

### **Alignment:**

*Shaman, Healer, Sage* by Alberto Villoldo, Ph.D.

*What We May Be: Techniques for Psychological and Spiritual Growth through Psychosynthesis*  
by Piero Ferrucci

*The Path of the Medicine Wheel* by Kathy Callahan, Ph.D.

*Becoming Supernatural* by Joe Dispenza, DC

### **Relationship:**

*The Complexity of Connection* by Judith Jordan, Ph.D. (editor) et al.

*Relational-Cultural Therapy* by Judith Jordan, Ph.D.

*Relational Integrative Therapy* by Linda Finlay, Ph.D.

*Attached* by Amir Levine, MD and Rachel Heller, MA

*Hold Me Tight: Seven Conversations for a Lifetime of Love* by Sue Johnson, Ph.D.

*Ancestral Medicine* by Daniel Foor, Ph.D.

### **Consciousness:**

*Power vs. Force* by David Hawkins, M.D., Ph.D.

*Highly Sensitive Person* by Elaine Aaron, Ph.D.

*Mindsight: The New Science of Personal Transformation* by Daniel Siegel, MD

*The Brain's Way of Healing* by Norman Doidge, MD

### **Healing:**

Gabor Mate, M.D. books (also, check out his many youtube videos):

*In the Realm of Hungry Ghosts: Close Encounters with Addiction*

*When the Body Says No: The Stress-Disease Connection*

*The Myth of Normal: Trauma, Illness and Healing in a Toxic Culture* (with Daniel Mate,  
due out April 2022)

*The Polyvagal Theory in Therapy* by Deb Dana, LCSW

*Polyvagal Exercises for Safety and Connection: 50 Client-Centered Practices*  
by Deb Dana, LCSW

*Trauma and Recovery: The Aftermath of Violence - from Domestic Abuse to Political Terror*  
by Judith Herman, MD

*In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*  
by Peter Levine, Ph.D.

*The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*  
by Bessel van der Kolk, MD

*The Balance Within: The Science Connecting Health and Emotions* by Esther Sternberg, MD

*Complex PTSD: From Surviving to Thriving* by Pete Walker, MA

**Other resources:**

Kelly Brogan, MD (holistic psychiatrist)- <https://www.kellybroganmd.com/blog/the-greater-reset>

Judiy Tsafir, MD (holistic psychiatrist and astrologer) - <https://www.judytsafirmd.com/>  
(excellent website and newsletter)