

## YLC Reading List

### Required Reading:

- 1) Stephen Cope. *The Wisdom of Yoga: A seekers guide to extraordinary living*
- 2) Bo Forbes. *Yoga for Emotional Balance: Simple Practices to Help Relieve Anxiety and Depression*
- 3) Rick Hanson - *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*

### Additional Reading (optional and for future learning)

- 1) Jillian Pransky. *Deep Listening: A Healing Practice to Calm Your Body, Clear Your Mind, and Open Your Heart*
- 2) David Emerson. *Overcoming Trauma through Yoga: Reclaiming your body*
- 3) Stephen Cope. *Deep Human Connection: Why we need it more than anything else*
- 4) Stephen Cope. *The Great Work of your Life: A guide for the journey to your true calling*
- 5) Michael Stone - *The Inner Tradition of Yoga*
- 6) Rick Hanson. *Hardwiring Happiness: The new brain science of contentment, calm, and confidence*
- 7) Daniel Siegel. *Mindsight: The new science of personal transformation*
- 8) Amy Weintraub. *Yoga for Depression: A compassionate guide to relieve suffering through yoga*
- 9) Amy Weintraub - *Yoga Skills for Therapists: Effective practices for mood management*
- 10) Davidson & Goleman. *Altered Traits: Science reveals how meditation changes your mind, brain and body*

### Recommended PODCASTS

- 1) Liberated Body Podcast with Brooke Thomas (especially the episodes with Bo Forbes)
- 2) The One You Feed Podcast with Eric Zimmer
- 3) Yogaland with Andrea Ferretti