

Stepping on the Path

Reading list of suggested books
to help get started on your journey of practice

- ❑ *The Life We Are Given* by George Leonard and Michael Murphy
- ❑ *Mastery* by George Leonard
- ❑ *The Way of Aikido* by George Leonard
- ❑ *The Silent Pulse* by George Leonard
- ❑ *The Future of the Body* by Michael Murphy
- ❑ *Jacob Atabet* by Michael Murphy
- ❑ *The Soul's Code* by James Hillman
- ❑ *Hara: The Vital Center of Man* by Karlfried Graf Durckheim
- ❑ *Evolutionaries* by Carter Phipps
- ❑ *Supernormal* by Dean Radin
- ❑ *Esalen: The Religion of No Religion* by Jeff Kripal
- ❑ *Aikido and the Harmony of Nature* by Mitsugi Saotome

Several books from the list above are available in the [ITP Bookstore](#).
You can [contact us](#) with your questions — we are here to support you.

