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](http://www.itp-international.org). You can [contact us](http://www.itp-international.org) with your questions — we are here to support you.