

TEXTBOOK LIST - Mind-Body & Asian Bodywork

Course	Book Title	Req	Rec	Author	Publisher	Year	Notes	Market Cost
MB 0101 Taiji 1	Traditional Chinese Fitness Exercises	X		China Sports and New World Press	New World Press, Beijing, China	1995		\$30
	Fundamentals of Tai Chi Chuan, Third Edition		X	Huang W	Distributor: American Academy of Chinese Culture	1979		---
MB 0102 & 0103 Taiji 2 & 3	Traditional Chinese Fitness Exercises	X		China Sports and New World Press	New World Press, Beijing, China	1995		\$30
	T'ai Chi According to the I Ching, Embodying the Principles of the Book of Changes		X	Olson S	Inner Tradition International, Vermont	2001		\$25
ABT 01 Tuina 1	Chinese Bodywork	X		Sun, Chengnan	Pacific View Press	1993		\$35
	Atlas of Tuina Manipulations		X	Sheng Guoquan and Yan, Jutao	Shanghai Scientific & Technical Publishing House	1999		---
ABT 02 & 03 Tuina 2 & 3	Chinese Bodywork OR	X		Sun, Chengnan	Pacific View Press	1993		\$35
	Tuina: a Handbook for Students and Practitioners	X		Yan Lu	Heilongjian Science and Technology Press	2005		---
	Special Test for Orthopedic Examination, 4th Edition		X	Konin and Wiksten	Slack Incorporated	2016		\$55
	Trail Guide to the body		X	Andrew Biel	Books of Discovery	2014		\$70
ABT 03A Chinese Pediatric Tuina	Chinese Pediatric Massage		X	Cline, K.	Healing Arts Press	2000		\$25
ABQ 01 Medical Qigong 1	Sheng Zhen Wuji Yuan Gong: Return to Oneness (book)	X		Li, J. and Gong, C	International Sheng Zhen Society Foundation	2004		\$25
	Sheng Zhen Wuji Yuan Gong: Return to Oneness	X		Li, J. & Gong, C.	International Sheng Zhen Society Foundation	2004		\$40 (DVD)
	Chinese Medical Qigong Therapy, a Comprehensive Clinical Text		X	Johnson J.	The International Institute of Medical Qigong, Pacific Grove	2000		---
	Qigong for Treating Common Ailments		X	Xu X.	Ymaa Publication Center	2000		\$16
ABQ 02 & 03 Medical Qigong 2 & 3	Sheng Zhen Wuji Yuan Gong: Return to Oneness (book)	X		Li, J. and Gong, C	International Sheng Zhen Society Foundation	2004		\$25
	Sheng Zhen Wuji Yuan Gong: Return to Oneness	X		Li, J. & Gong, C.	International Sheng Zhen Society Foundation	2004		\$40 (DVD)
	Eight Brocades Seated Chi-Kung		X	Olson, S	Jade Forest Publishers	1997		\$30
	Chinese Medical Qigong Therapy, a Comprehensive Clinical Text		X	Johnson J.	The International Institute of Medical Qigong	2000		---
	Chinese Qigong Outgoing-Qi Therapy		X	Yu W	Shandong Science and Technology Press, China	1992		\$35
MB 0301, 0302 & 0303 Qigong 1, 2 & 3 - Sheng Zhen	Sheng Zhen Wuji Yuan Gong: Return to Oneness (book)	X		Li, J. and Gong, C	International Sheng Zhen Society Foundation	2004		\$25

MB 0301 Qigong 1- Wild Goose	Wild Goose Qigong	X		Yang Meijun	China Science & Technology Press	1991		\$50
MB 0302 Qigong 2- Wild Goose	Wild Goose Qigong	X		Yang Meijun	China Science & Technology Press	1991		\$50
	The Way of Qigong, the Art and Science of Chinese Energy Healing		X	Cohen, K.	Wellspring/ Ballantine	1999		\$15
MB 0303 Qigong 3- Wild Goose	Wild Goose Qigong	X		Yang Meijun	China Science & Technology Press	1991		\$50
	Working out, working within: The Tao of Inner Fitness through sports and exercise		X	Lynch J.	Tarcher	1999		\$15
MB 0301, 0302 & 0303 Qigong 1, 2 & 3 - Yi Jin Jing	Zengyanyijinxisuineigongtushuo	X	X	Zhang Zao	Shaanxi Science & Technology Press	2009	In Chinese - excerpts with pictures provided in class	---