

BOOKS OUR EDITORS ARE READING

TURNER, JILL BOLTE (2008). *My stroke of insight: A brain scientist's personal journey*. New York, NY: Viking.

WAYMENT, HEIDI A., & BAUER, JACK J. (2008). *Transcending self-interest: Psychological explorations of the quiet ego*. Washington, DC: American Psychological Association.

... **Marcie Boucouvalas**

TAYLOR, EUGENE (2009). *The mystery of personality: A history of psychodynamic theory*. New York, NY: Springer.

It sounds academic, but it is full of wonderful stories of the many individuals who created these theories. A delightful set of surprises.

RAM DASS, METZNER, RALPH, & BRAVO, GARY (2010). *Birth of a psychedelic culture: Conversations about Leary, the Harvard experimenters, Millbrook and the sixties*. Santa Fe, NM: Synergetic Press.

NARBY, JEREMY, KOUMEN, JAN, & RAVALEC, VINCENT (2010). *The psychotropic mind: The world according to ayahuasca, iboga, and shamanism*. Rochester, VT: Park Street Press.

... **James Fadiman**

GODDARD, GERRY (2009). *Transpersonal theory and the astrological mandala: An evolutionary model*. Victoria, BC, Canada: Trafford Publishing.

WHITE, DAVID GORDON (2003). *Kiss of the Yogini: Tantric sex in its South Asian contexts*. Chicago: University of Chicago Press.

ZNAMENSKI, ANDREI A. (2007). *The beauty of the primitive: Shamanism and the Western imagination*. New York: Oxford University Press.

... **Jorge Ferrer**

JENKINS, J.M. (2009). *2012 story*. New York, NY: Jeremy P. Tarcher/Penguin.

JUNG, C. G. (2009). *The red book*. New York, NY: W. W. Norton.

TART, C. (2009). *End of materialism*. Oakland, CA: New Harbinger Publications, Inc.

... **Stanislav Grof**

JUNG, C.G. (2009). *The red book: Liber novus* (Sonu Shamdasani, Ed., Mark Kyburz, John Peck, & Sonu Shamdasani, Trans.). New York, NY: W. W. Norton. (Preface by Ulrich Hoerni)

This reproduction of Jung's private notebook is reproduced in the original German with English translation, including the color pictures and illuminations by Jung.

STURROCK, PETER (2009). *A tale of two sciences: Memoirs of a dissident scientist*. Palo Alto, CA: Exoscience.

An eminent solar astronomer, a founder of the Society for Scientific Exploration, tells of his experiences in the halls of conventional science and the byways of unconventional sciences, including ESP, reincarnation, unidentified flying objects, and healing.

... **Arthur Hastings**

BERNARD, TED (2010). *Hope and hard times: Communities, collaboration and sustainability*. Gabriola Island, BC, Canada: New Society Publishers.

RABJAM, SHECHEN (2007). *The great medicine that conquers clinging to the notion of reality*. Boston, MA: Shambhala Publications.

WATTERS, ETHAN (2010). *Crazy like us: The globalization of the American psyche*. New York, NY: Free Press.

... **Michael Hutton**

CARLSTEDT, ROLAND A. (Ed.). (2010). *Handbook of integrative clinical psychology, psychiatry, and behavioral medicine*. New York, NY: Springer, 2010.

DIETRICH, ARNE. (2007). *Introduction to consciousness*. New York, NY: Palgrave/Macmillan.

MCMANARA, PATRICK. (2009). *The neuroscience of religious experience*. Cambridge, MA: Cambridge University Press.

... **Stanley Krippner**

ELGIN, DUANE (2009). *The living universe – Where are we? who are we?, where are we going?* San Francisco, CA: Berret-Koehler Publishers.

A most important description of the Universe as alive and its implications making clear that as humanity recognizes this and lives accordingly; we have the opportunity of living sustainably and averting the materialism and environmental degradation which threaten us

ELGIN, DUANE (2010). *Voluntary simplicity* (2nd ed.). Harper Collins.

MCDERMOTT, ROBERT (2009). *The new essential Steiner*. Great Barrington, MA: Lindsfarne Books.

A clear and fascinating introduction to the work and insights of a most important and not adequately recognized transpersonal leader.

SHAPIRO, ALISON BONDS (2009). *Healing into possibility: The transformational lessons of a stroke*. Tiburon, CA: H. J. Kramer, Novato, CA: New World Library.

... **John Levy**

BOOKER, CHRISTOPHER (2006). *The seven basic plots: Why we tell stories*. London: Continuum. (Originally published 2004)

NICHTERN, ETHJAN (2007). *One city: A declaration of interdependence*. Boston: Wisdom Publications

SAUL, JOHN RALSTON (1993). *Voltaire's bastards: The dictatorship of reason in the west*. New York, NY: Vintage.

... **David Loy**

RILKE, RAINER MARIA, BARROWS, ANITA, & MACY, JOANNA (2009). *A year with Rilke: Daily readings from the best of Rainer Maria Rilke*. New York, NY: HarperOne.

... **Huston Smith**

SOLKIN, V. (2008). (Ed.). *Ancient Egypt: Encyclopedia* [Drevnii Egipet. Entsiklopediya] by MAAT, Society of Ancient Egypt studies. Moscow: Art-rodnik. [In Russian].

YU, MAMLEEV (2009). *Russian journeys to subtle world* [Russkie pokhody v tonkii mir]. Moscow: AST, Zebra E. [In Russian]

... **Tõnu Soidla**

ELKMAN, PAUL (2003). *Emotions revealed: Recognizing faces and feelings to improve communication and emotional life*. New York, NY: Times Books.

HAGERTY, BARBARA BRADLEY (2009). *Fingerprints of God: The search for the science of spirituality*. New York, NY: Riverhead Books.

TOMS, JUSTINE (2008). *Small pleasures: Finding grace in a chaotic world*. Charlottesville: Hampton Road.

... **Charles T. Tart**

HEMENWAY, P. (2005). *Divine proportion: Φ (Phi) in art, nature, and science*. New York, NY: Sterling.

LEVERING, M. (200). *Zen: Images, texts, and teachings*. London: Duncan Baird Publishers.

... **Miles Vich**

ERATOSTHENES & HYGINUS, C. JULIUS. (1997). *Star myths of the Greeks and Romans: A sourcebook containing the constellations of Pseudo-Eratosthenes and the poetic astronomy of Hyginus* (Theony Condos, Trans.). Grand Raids, MI: Phanes.

NAYDLER, JEREMY (2005). *Shamanic wisdom in the pyramid texts: The mystical tradition of ancient Egypt*. Rochester, VT: Inner Traditions.

YENNER, WILLIAM (2009). *American guru: A story of love, betrayal and healing—former students of Andrew Cohen speak out*. Rhinebeck, NY: Epigraph.

... **Jenny Wade**

The best books of 2020, according to Amazon Books editors, span multiple genres including history, science, nonfiction, mystery, romance and more. Crown; Riverhead Books; Knopf. Nov. 19, 2020, 11:04 PM UTC. By Sydney Williams, Shop TODAY. Our editors independently selected these items because we think you will enjoy them and might like them at these prices. If you purchase something through our links, we may earn a commission. Pricing and availability are accurate as of publish time. Learn more about Shop TODAY. A day after the National Book Foundation announced the 2020 National Book Award winners, books may be republished due to popularity without becoming a new edition. New editions are typically revisions of the original work. For books that originally appeared at an earlier date and that have been republished at a later one, insert the original publication date before the publication information. For books that are new editions (i.e. different from the first or other editions of the book), see An Edition of a Book below. Butler, Judith. *Gender Trouble*. A Work Prepared by an Editor. Cite the book as you normally would, but add the editor after the title with the label "edited by." Bronte, Charlotte. *Jane Eyre*, edited by Margaret Smith, Oxford UP, 1998. Note that the format for citing sources with important contributors with editor-like roles follows the same basic template. Check out these editor-approved books for your reading list. To inspire your reading list (and, really, because we're nosy and love to know what everyone's reading), we asked our editors to share the books that are currently helping them unwind. From historical fiction to engrossing memoirs to inspiring nonfiction, there's sure to be a book here that's destined for your to-read pile. Read on to find out what Southern Living editors are reading right now, as well as some of the time-tested books we always turn to when we need a reset. Then drop us a line and let us know what you're reading right now to relax, recoup, and unwind. Start Slideshow. 1 of 8. Importance of Reading Books. Reading is important because it develops our thoughts, gives us endless knowledge and lessons to read while keeping our minds active. Reading books can help us learn, understand and makes us smarter. Not to mention the knowledge, vocabulary expansion and thinking skills we develop, so read a good book today! Table of Contents. Reading a book, and taking the time to ruminate and make inferences and engage the imaginal processing, is more cognitively enriching, without a doubt, than the short little bits that you might get if you're into the 30-second digital mode. Ken Pugh (President of Haskins Laboratories). Keep reading for our summer recommendations: 14 of the best books to read right now, from thrillers set in remote parts of Russia and Ireland to a non-fiction tome on the history of U.S. land. All products featured in this story are independently selected by our editors. However, when you buy something through our retail links, we may earn an affiliate commission. Homegoing, Yaa Gyasi. I've always loved stories that follow a family over generations of time (I devoured the Little House on the Prairie series as a child), so I knew I'd love Yaa Gyasi's Homegoing as soon as I read

Every book gives you an opportunity to learn new things and explore new ideas. Reading books increases your knowledge and makes you smarter. However, reading books is one of those constructive habits that actually help us improve our concentration power. It helps us to train our brain to focus our attention and live in the present.

4. Reading improves your emotional health. Reading a book, and taking the time to ruminate and make inferences and engage the imaginal processing, is more cognitively enriching, without a doubt, than the short little bits that you might get if you're into the 30-second digital mode. Ken Pugh (President of Haskins Laboratories). In fact, for years before the movies were invented and the theater wasn't always available to all, reading had been the only form of personal entertainment, and perhaps this is why it has been in the spotlight for such a long time. That's why a variety of books should be included in all teaching programs around the world. Children and our common future would benefit greatly from teaching our kids about other people, cultures, and their points of view.

Conclusion. So, why is reading good for you? Books. Some people are fond of reading, while others consider it to be a waste of time. Different people have different attitude to reading. Some of them have dozens of books in their houses and consider reading to be their favourite pastime. Other people prefer watching TV to reading books. Personally, I get a lot of enjoyment out of reading books. Our family loves gathering in the sitting room in the evening and reading books: fairy tales, novels, detective stories, thrillers, fantastic stories and what not. It has become a tradition and I'm sure it makes our family united. To my mind, books