



## Biofeedback- Resource Books

Many of the books below are available on Amazon and most as second hand at reduced prices.

The comments are to help and it is recommended that you visit Amazon to read the reviews to help decide which books!

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## **Conventional Biofeedback**

**Schwartz, Mark S. Biofeedback, Third Edition: A Practitioner's Guide. New York: The Gilford Press. 2003.**

*Now fully revised and updated, this comprehensive text offers state-of-the-science coverage of biofeedback research, applications, clinical procedures and biomedical instrumentation. Existing chapters have been restructured and extensively rewritten, some with new authorship, and 11 entirely new chapters added. Like the previous edition, the book describes approaches to treating a wide range of clinical problems, including musculoskeletal pain, headaches, temporomandibular disorders, fibromyalgia, Raynaud's disease, and more. New chapters include coverage of paediatric headaches, pelvic floor-related disorders, and applications for athletes and musicians. In addition, significant advances in EEG applications are reflected in four new chapters devoted exclusively to this area. With contributions from leading experts, the volume offers a combination of practical know-how and scholarly expertise.*

## **Advanced Biofeedback Concepts and principles**

### **The Real World**

**"Secret Worlds: The Universe Within." Davidson, Micheal W. Florida State University. 14 February 2006.**

[<http://micro.magnet.fsu.edu/primer/java/scienceopticsu/powersolf10/>](http://micro.magnet.fsu.edu/primer/java/scienceopticsu/powersolf10/).

*This is a movie where initially you view the Milky Way at 10 million light years from the Earth. Then move through space towards the Earth in successive orders of magnitude until you reach a tall oak tree just outside the buildings of the National High Magnetic Field Laboratory in Tallahassee, Florida. After that, begin to move from the actual size of a leaf into a microscopic world that reveals leaf cell walls, the cell nucleus, chromatin, DNA and finally, into the subatomic universe of electrons and protons.*

**The Self-Aware Universe: How Consciousness Creates the Material World (Paperback)**

**by Amit Goswami**

*Useful for Quantum Physics and relationships with Consciousness.*

**What the Bleep Do We Know!? : Discovering the Endless Possibilities for Altering Your Everyday Reality (Hardcover)**

**by William Arntz**

*This is an amazing and enlightening film. That confirms what Mediums and Psychics have been telling us all along. That reality is Maya an illusion created in our minds. I watched this film after reading a book called The Holographic Universe by Micheal Talbot which is very similar to What the bleep but has even more scientific evidence to back up the idea that we are living in a giant Holo-deck.*



### **The Holographic Universe (Paperback) \***

**by Michael Talbot**

*Despite its apparent materiality, the universe is actually a kind of 3-D projection and is ultimately no more real than a hologram, a 3-D image projected in space and made with the aid of a laser. Using this model, a world-renowned physicist and a Nobel prize winning neurophysiologist has developed a new description of reality. It encompasses not only reality as we know it, including hitherto unexplained phenomena of physics, but is capable of explaining such occurrences as telepathy, paranormal and out-of-the-body experiences, "lucid" dreaming and even mystical and religious traditions such as cosmic unity and miraculous healings. In part one, the author explains in simple prose the theory behind a holograph and its traditional applications to science. In part two, he shows the panoramic way in which the holographic model makes sense of the entire range of mystical, spiritual and psychic experience. Finally, in part three, he explores the implications for other universes beyond our own.*

### **The Field: The Quest for the Secret Force of the Universe**

Lynne McTaggart

*A book which gives scientific proof of the paranormal. Psychic activity, remote viewing, the power of prayer and homoeopathy are all discussed. The energy found in the vacuum - or the zero point field - seems to be the key to all sorts of unexplained phenomena: ESP or remote viewing, homeopathy, energy medicine, spiritual healing, and even the homing instincts of animals. Lynne McTaggart follows the life and work of disparate physicists, pioneers in the area where the paranormal meets quantum physics.*

#### **From the Publisher**

*A book which, like Capra's Tao of Physics, explores the latest offerings from the scientific community who have found an explanation for the supernatural. It promises to be one of the most successful popular science books of the year. Will appeal to readers of Frijof Capra, Arthur C. Clarke, Graham Hancock and those interested in the paranormal, energy medicine, and popular science -*

### **Quantum Physics**

### **Mr Tompkins in Paperback (Canto S.) (Paperback) \***

**by Roger Penrose**

*Mr Tompkins has become known and loved by many thousands of readers (since his first appearance over fifty years ago) as the bank clerk whose fantastic dreams and adventures lead him into a world inside the atom. George Gamow's classic provides a delightful explanation of the central concepts in modern physics, from atomic structure to relativity, and quantum theory to fusion and fission. Roger Penrose's new foreword introduces Mr Tompkins to a new generation of readers, and reviews his adventures in the light of current developments in physics today.*

### **In Search of Schrodinger's Cat (Paperback)**

**by John Gribbin**

*Part history book and part remedial physics text for those who lost interest when the equations started getting unintuitive, In Search of Schrödinger's Cat explains quantum physics in a way that's not only clear, but also enjoyable.*



*Gribbin opens with the subjects that most physics professors have just started to examine by the end of term: the mysterious character of light; the valence concept in Nils Bohr's atomic model; radioactive decay; and the physics of life-defining DNA all get clear, comprehensive and witty coverage. This book reveals the beauty and mystery that underlies everything in the universe.*

*Does this book claim to explain quantum physics without maths? No. Maths is too central to physics to be bypassed. But if you can do basic algebra, you can understand the equations in *In Search of Schrödinger's Cat*. Gribbin is the physics teacher everyone should have in high school or college: kind without being a pushover, knowledgeable without being condescending, and clearly expressive without being boring. Gribbin's book belongs on the shelf of every pre-calculus student. It also deserves a place in the library of everyone who was scared away from advanced physics prematurely.*

#### **From the Back Cover**

*Quantum theory is so shocking that Einstein could not bring himself to accept it. It is so important that it provides the fundamental underpinning of all modern sciences. Without it, we'd have no nuclear power or nuclear weapons, no TV, no computers, no science of molecular biology, no understanding of DNA, no genetic engineering.*

*In Search of Schrödinger's Cat tells the complete story of quantum mechanics, a truth stranger than any fiction. John Gribbin takes us step by step into an ever more bizarre and fascinating place, requiring only that we approach it with an open mind. He introduces the scientists who developed quantum theory. He investigates the atom, radiation, time travel, the birth of the universe, superconductors and life itself. And in a world full of its own delights, mysteries and surprises, he searches for Schrödinger's Cat - a search for quantum reality - as he brings every reader to a clear understanding of the most important area of scientific study today - quantum physics.*

*In Search of Schrödinger's Cat is a fascinating and delightful introduction to the strange world of the quantum - an essential element in understanding today's world.*

#### **[Turbulent Mirror, The: Illustrated Guide to Chaos Theory and the Science of Wholeness \(Paperback\) \\*](#)**

**[by John P. Briggs](#)**

*The authors provide an introduction to chaos theory, the search for order and predictability in the random nature of events. The book acknowledges the role of chaos theory in the application of such things as fluctuations in the stock market and the treatment of heart attacks.*

#### **[Schrodinger's Kittens and the Search for Reality: The Quantum Mysteries Solved \(Paperback\)](#)**

**[by John Gribbin](#)**

##### **Synopsis**

*Following on from his bestseller, *SCHRODINGER'S CAT*, John Gribbin presents the recent dramatic improvements in experimental techniques that have enabled physicists to formulate and test new theories about the nature of light. He describes these theories not in terms of hard-to-imagine entities like spinning subnuclear particles, but in terms of the fate of two small cats, separated at a tender age and carried to opposite ends of the universe. In this way Gribbin*



*introduces the reader to such new developments as quantum cryptography, through which unbreakable codes can be made, and goes on to possible future developments such as the idea that the 'entanglement' of quantum particles could be a way to build a STAR TREK style teleportation machine.*

**Dancing Wu Li Masters: An Overview of the New Physics (Paperback)**  
**by [Gary Zukav](#)**

*Reader reviews are mixed on this one!*

**The Tao of Physics (Flamingo S.) (Paperback)**  
**by [Fritjof Capra](#)**

*Fritjof explores eastern mysticism in the form of Hinduism, Buddhism, Chinese thought, Taoism and Zen, with devoting many pages to introduce them and provides the reader with a good insight into these religions.*

*Fritjof does not inject much humour into his work, but does have quite an interesting take on discoveries in that discoveries, most often come to people in an almost daydreaming state, as did this book come into being. His writing is clear and at times concise, at others, elaboration on the subject is very well included and there is little in this book to get bored with.*

*What Fritjof does is take excerpts from the different schools of thought and shows how this correlates with scientific findings of the 20th century; he does this with ease and grace. The main thing to be taken away from this book is the idea that some of those things were written 1000's of years ago, and science has been playing 'catch up' with the mystics. Definitely worth reading if you like science or not, but more so if you like science.*

**Q. E. D.: The Strange Theory of Light and Matter (Penguin Press Science S.) (Paperback)**  
**by [Richard P. Feynman](#)**

*Quantum electrodynamics - or QED, for short - is the revolutionary theory that explains how light and electrons interact. Thanks to Richard Feynman and his colleagues, who won the Nobel Prize for their ground-breaking work in this area, it is also one of the rare parts of physics that is known for sure, a theory that has stood the test of time. Based on a series of lectures delivered to the general public at the University of California, Feynman here wittily explains the theory of quantum electrodynamics, the central aspect of much of modern physics.*

**Six Not-so-easy Pieces: Einstein's Relativity, Symmetry and Space-time (Penguin Press Science S.) (Paperback)**  
**by [Richard P. Feynman](#)**

*Originally published by Allen Lane in 1998, a popular science book containing material from the physics lectures of Richard Feynman on the subject of Einstein's relativity theory.*

*Richard P. Feynman was more than a Nobel Prize-winning physicist; he was a prankster, a wit, and one of the greatest science teachers of all time. In this second collection of Feynman's taped Caltech lectures, he brings the difficult, anti-intuitive theories of Einstein down to earth for the science student and science-conscious layperson. When it comes to explaining science, nobody does it better than Feynman*



**Quantum Theory: A Very Short Introduction (Very Short Introductions S.)**  
**(Paperback)**  
**by John Polkinghorne**

**Book Description**

*Quantum Theory is the most revolutionary discovery in physics since Newton. This book gives a lucid, exciting, and accessible account of the surprising and counterintuitive ideas that shape our understanding of the sub-atomic world. It does not disguise the problems of interpretation that still remain unsettled 75 years after the initial discoveries. The main text makes no use of equations, but there is a Mathematical Appendix for those desiring stronger fare. Uncertainty, probabilistic physics, complementarity, the problematic character of measurement, and decoherence are among the many topics discussed.*

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**Introducing Quantum Theory (Paperback)**  
**by J.P. McEvoy (cartoon style presentation)**

*Quantum theory confronts us with bizarre paradoxes which upset the logical edifice of classical physics. At the sub-atomic level, one particle seems to know what the others are doing (so-called 'non-locality'), and according to Heisenberg's 'uncertainty principle', there is a limit on how accurately nature can be observed. And yet the theory is amazingly accurate and widely applied, explaining all of chemistry and most of physics. This book takes us on a step-by-step tour with the key figures, including Planck, Einstein, Bohr, Heisenberg and Schrodinger. Each contributed at least one crucial concept to the theory. The puzzle of the wave-particle duality is here, along with descriptions of the two questions raised against Bohr's 'Copenhagen Interpretation' - the famous 'dead and alive cat' and the EPR paradox. Both remain unresolved at the beginning of the 21st century.*

**The Body Electric**

**Energy Medicine: The Scientific Basis (Paperback) \***  
**by James Oschman**

*There is growing interest world wide in the field of mind-body medicine and the effect which the natural "energy forces" within the body play in the maintenance of normal health and wellbeing. This in turn has led to interest in how these energies or forces may be channelled to assist in healing and restoration to health. This book, written by a well known scientist with a degree in biophysics and a PhD in biology, brings together for the first time evidence from a wide range of disciplines which is beginning to provide an acceptable explanation for the energetic exchanges that take place in all therapies*

*Energy Medicine provides an exciting and challenging read for anyone who may be interested in or curious about the therapeutic aspects of energy. It provides a stimulus to discussion among both the sceptics and those who are already*



*convinced of the healing potential of body energy.*

### **Synopsis**

*There is a growing interest world-wide in the field of mind-body medicine and the effect which the natural energy forces within the body play in the maintenance of normal health and wellbeing. This in turn, has led to interest in how these energies or forces may be channelled to assist in healing and restoration to health. This book, written by a well known scientist with a degree in biophysics and a PhD in biology, brings together for the first time, evidence from a wide range of disciplines which is beginning to provide an acceptable explanation for the energetic exchanges that take place in all therapies. "Energy Medicine" provides an exciting and challenging read for anyone who may be interested in or curious about the therapeutic aspects of energy. It provides a stimulus to discussion among both the sceptics and those who are already convinced of the healing potential of body energy.*

### **Energy Medicine in Therapeutics and Human Performance (Paperback)**

**by James Oschman**

*This book brings into focus the wide variety of emerging information on energy medicine, and explores mechanisms by which mind and body processes influence the body's healing and performance potential. The author draws on information from an extraordinary range of sources - from physiology and biophysics, to examples drawn from the realms of spontaneous healing, cutting-edge athletic and artistic performance, the martial arts, and various contemplative and spiritual practices. In this book, the author focuses on the roles of electrons, electromagnetic fields, and related energetic and quantum processes, the properties of space, and consciousness itself. Both readers with no previous knowledge of this subject area and those who have studied it in some detail will find insights here which are exciting, illuminating and will directly help their own therapeutic practice and performance potential.*

### **General Energetic Medicine**

#### **Cross Currents: Perils of Electropollution, the Promise of Electromedicine (Paperback)**

**by Robert O. Becker**

*Discusses the impact of electromagnetic pollution on the human body, and describes alternate healing methods that make use of the body's innate electrical healing systems*

#### **The Body Electric (Paperback) Electromagnetism and the Foundation of Life \***

**by Robert O. Becker**

*Colourful and controversial, this is a tale of engrossing research, scientific and medical politics, and breakthrough discoveries that offer new possibilities for fighting disease and harnessing the body's healing powers. '*

#### **A Practical Guide to Vibrational Medicine (Paperback)**

**by Richard Gerber**

*At the dawn of the 21st century, the old paradigms of medicine have begun to fall apart. We no longer believe that our bodies are machines with parts that wear down, only to be braced up by drugs or replaced through surgery. Instead, a growing number of pioneering researchers embrace a new view of healing - one expounded by Dr. Richard Gerber in his groundbreaking bestseller, Vibrational Medicine. Now he shows how to put this new way of thinking into practical use,*



*describing the role of consciousness and "thought forms", as well as the benefits of homeopathy, acupuncture, colour and light healing, magnetobiology and other therapies. A traditionally trained physician, Dr. Gerber combines scientific evidence with traditional methods from the East and West to unlock our potential for healing ourselves*

**Vibrational Medicine: The Number 1 Handbook of Subtle Energy Therapies (Paperback)**  
**by Richard Gerber**

*The original comprehensive guide to energetic healing with a new preface by the author and updated resources. \* More than 125,000 copies sold. \* Explores the actual science of etheric energies, replacing the Newtonian worldview with a new model based on Einstein's physics of energy. \* Summarizes key points at the end of each chapter to help the serious student absorb and retain the wealth of information presented.*

*This combination of ancient wisdom and new science is the definitive introduction to health care for modern times. The standard reference book on energetic healing, Vibrational Medicine has gained widespread acceptance by individuals, schools, and health-care institutions nationwide as the textbook of choice for the study of alternative medicine. Trained in a variety of alternative therapies as well as conventional Western medicine, Dr. Gerber provides an encyclopedic treatment of energetic healing, covering subtle-energy fields, acupuncture, Bach flower remedies, homeopathy, radionics, crystal healing, electrotherapy, radiology, chakras, meditation, and psychic healing. He explains current theories about how various energy therapies work and offers readers new insights into the physical and spiritual perspectives of health and disease.*

**Synopsis**

*This new edition provides the most up-to-date information on alternative health care, and helps to explain what possibilities are available as more and more people choose to take responsibility for their own health. Dr Richard Gerber practices internal medicine and is a very popular international teacher. This book is the culmination of twenty years of nationally recognised research into alternative medical diagnosis and treatment, and has become the definitive text for energetic medicine.*

**Vibrational Medicine for the 21st Century: A Complete Guide to Energy Healing and Spiritual Transformation (Paperback)**  
**by Richard Gerber**

*This is a reference guide to energy medicine that explains many aspects of this new form of healing, which is central to the success of homoeopathy, flower essences and hands-on healing. The book describes what vibrational medicine is, its history in Eastern systems of health and provides scientific evidence that is intended to support an energy-based approach to health and well-being. The fundamental concepts are covered, including chakras and the meridians, as well as the key energy therapies such as homoeopathy, acupuncture, flower essences, colour and light, magnet therapy, radionics and hands-on healing. For each of these therapies, there is an explanation of what it is, how it works, problems that can be treated, specific remedies for particular ailments, and what is involved in a typical therapeutic session.*

**Wikipedia.**

[http://en.wikipedia.org/wiki/Main\\_Page](http://en.wikipedia.org/wiki/Main_Page)



*This is an on line encyclopaedia that is useful for an overview of terms.  
It is suggested that the student uses this for an overview or for terms or subjects that  
are unfamiliar.*