

# Reading List

*Resources to satisfy anyone from beginner to spiritual maturity.*

Following are some suggestions of books that have been suggested as a recommended reading. While it is a short list in its embryonic stage, it may be of help to you or to a friend who may be searching for a source of strength and satisfaction in his or her practice situation.

This is a working document and suggestions of books that have helped you in your journey are welcomed. We are also working on developing a list of audiotapes from previous ACT conferences that are be of interest to members of our group or to potential new members. If you wish to comment on any of these books or would like to add to the list please contact:

**Mike White, MD at [mfw30@cox.net](mailto:mfw30@cox.net)**

**Born Only Once – Conrad Baars, MD**

**The Physician and the Bible – Paul Tournier**

**Praying for the Unborn Child – Francis and Judith McNutt**

**The Seven Habits of Highly Effective People – Stephen Covey**

**Interior Castle – St. Teresa of Avila**

**Collected Works of St. John of the Cross – Kavanaugh**

**The Wounded Healer – Henri Nouwen**

**A Tree Full of Angels – Marnna**

**Simply Sane – Gerald May**

**Healing the Wounds – David Hilfiker, MD**

**Something Beautiful for God – Malcom Muggeridge**

**The Imitation of Christ – Thomas a Kempis**

**True Devotion to Mary – St. Louis de Montfort**

**Dying Well: Peace and Possibilities at the End of Life – Ira Byock, MD**

**Healing – Francis McNutt**

**Healing Prayer: Spiritual Pathways to Health and Happiness – Barbara Shlemon Ryan**

**(Actually anything written by Francis McNutt or Barbara Shlemon Ryan (two of the founders of ACT) would be useful and enlightening.)**