

# CEC Reading and Resources

Embodiment is by definition about felt experience. However, theory and practice are ‘two wings of a bird’, so some reading may be useful (and may just be a pleasure!). Reading is not the most important part of CEC, but it will give you a wider perspective and aid your development.

We divide books in three groups, deepening upon how much time you have/ are willing to make for it.

All books are in English and we appreciate this is not everyone’s first language so have kept the “essential” list, (ie needed for graduation) quite small. Be aware that some of those books have been published in several languages and/or are available as audiobooks, if reading is not your preference.

We suggest arranging discussion dates to discuss essential reading with your small peer group. This will help you socially process and keep each other accountable for getting the reading done.

## 1. **Essential reading**

These books are part of the coursework requirements to pass CEC. If you need special exception for not reading the essential books (eg due to severe dyslexia), then please ask the course manager.

***The body in training and coaching*** – Mark Walsh

This should be thought of as the primary course-handbook.

***Trauma is Really Strange*** - Steve Haines

(Super short intro to trauma with pictures and very little text. The absolute minimal for all facilitators to understand about the topic).

***Own It*** - Liz Peters

(An accessible beginner friendly book, by an EFC graduate. Super accessible intro to the work, and great for confidence teaching it!)

***Embodied Peacemaking*** - Paul Linden (ebook)

(The best practical guide to embodiment exercises, generally. Don’t be fooled by the name, it has a wider scope and was my “exercise book” personally when I started out - Mark.)

<https://www.being-in-movement.com/product/embodied-peacemaking/>

## 2. **Core Reading**

These books are highly recommended and may also be referred to with the assumption you've at least browsed them. However, if you're a non-native English speaker or have other challenges with reading, you may skip them or read them after the course.

***Leadership Embodiment*** - Wendy Palmer  
(Includes a good section on neuroscience.)

**The Leadership Dojo** - Richard Strozzi Heckler  
(Another major influence on the field. If you read this on FEC read another of his).

***Radical Wholeness*** - Philip Shepherd  
(one of the best books on the body and environment, also deeply poetic)

***Trauma Essentials*** - Babette Rothschild or  
***Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body*** - Peter A. Levine  
(Both are useful intros to this field, pick one).

See also their other books, or books by Gabor Maté, David Berceles, Stephen Porges, Bessel Van Der Kolk and Judith Lewis Herman.

If you are experienced in trauma theory/treatment already, we suggest taking the opportunity to go deeper into body-based approaches.)

***Working with Normal People: A Guide for Hippies*** - Mark Walsh (ebook)  
(Short e-book on making embodiment accessible to everyone. Also exists as a podcast.)  
Available for free for course participants [here](#) or in your resources on the learning platform.

***The Silent Pulse*** - George Leonard  
(Poetic book on our rhythms and fundamental nature.)

***Breakfast Essays: Brief Writings on Body Awareness and Life (e-book)*** - Paul Linden  
(Digestible stories about embodiment.)

***Presence-Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart*** - Doug Silsbee  
(An aligned approach to coaching.)

### **3. Specific embodied Modalities/ Extras**

- If you have a particular embodiment interest, plus a few miscellaneous extras.  
Read for pleasure and geekery, if you like reading.

***Body Sense: A guide to experiential anatomy*** - Andrea Olson  
(good introduction also to BMC)

***Bodyfulness: Somatic Practices for Presence, Empowerment, and Waking Up in This Life*** -  
Christine Caldwell  
(General intro to embodiment.)

***Your body is your brain*** - Amanda Blake  
(neuroscience and embodiment)

***Integral Life Practice*** - Wilber et al  
(Provides a wider context and has an excellent chapter on practice.)

***Dancing Deeper Still*** - Martin Keogh  
(About contact dance and also teaching any embodied art)

***Somatic Psychotherapy Toolbox*** - Manuela Mischke-Reeds  
(No need to be a therapist to use some of these too)

***Teaching Yoga*** – Donna Farhi  
(Clear, readable book on teaching any practice and the ethics of embodied work. Enquiry based, not prescriptive.)

***Emotional Anatomy*** - Stanley Keleman  
(Beautifully illustrated, if slightly inaccessible classic.)

***Hakomi Mindfulness-Centered Somatic Psychotherapy: A Comprehensive Guide to Theory and Practice*** - Halko Weiss and Greg Johanson  
(Deeper into body therapy.)

***Listen, Say Yes, Commit*** - Harry Puckering  
(Improv principles, with applications to business)

***Awakening Somatic Intelligence: The Art and Practice of Embodied Mindfulness*** - Risa F. Kaparo and Rick Hanson  
(Various somatic exercises.)

***Wisdom of The Body Moving*** - Linda Hartley  
(A good intro to Body mind Centering and dance movement therapy from a leading Brit. Everybody is a Body is another recommended DMT one.)

***Sensing Feeling and Action*** - by Bonnie Bainbridge Cohen  
(Intro to Body Mind Centring.)

***Dance Movement Therapy*** - Katya Bloom and Rosa Shreeves  
(A short book of games and exercises from dance movement therapy.)

***Authentic Movement: Moving the Body, Moving the Self, Being Moved: A Collection of Essays (Volume Two)*** - Patrizia Pallaro (editor) or

***Offering from the Conscious Body: The Discipline of Authentic Movement*** - Janet Adler  
(Useful and relevant to all somatic disciplines.)

***Laban for All*** - Jean Newlove and John Dalby  
(On Laban movement analysis.)

***Mastery*** - George Leonard  
(A short book on the road to excellence from a well-known embodiment teacher and inventor of The Samurai Game.)

***Sweat your Prayers*** - Gabrielle Roth  
(On Five Rhythms dance. See also Movement Medicine by Darling Khan)

***My Tao Te Ching*** - Francis Briers  
(Where wisdom and humour combine, from former EFC co-lead trainer, Frankie. He has written several others we also recommend, including Radical Embrace, Death & Life and more.)

***The Elusive Obvious: The Convergence of Movement, Neuroplasticity, and Health*** - by Moshe Feldenkrais  
(Intro to the thinking and work of Moshe Feldenkrais. Excellent new edition with a forward by Norman Doidge.)

## **FACILITATION**

There are many good books on facilitation and coaching that aren't not specifically 'embodied' Here are a few:

***How to run a great workshop*** - Nikki Sims  
(Beginner's guide to facilitation. Try also John Heron for more in-depth work.)

***Co-Active Coaching*** - Kimsey-House  
(Good place to start if you're new to coaching. John Whitmore is also a classic.)

## MEDITATION

***The Body - Paramananda*** or ***Meditation for Life*** - Martine Bachelor  
(Both are clear and “light”.)

Also recommended: Anything by Shinzen Young (very “rational”), Judith Blackstone (a little “esoteric” for some though), Thich Nhat Hanh, Ken McCleod (deep), Jon Kabat Zinn (scientific/secular), Pema Chodron (heart-led) and Noah Levine (punk rock Buddhist alternative!). See also: Judith Blackstone’s Realisation Process (various books).

Good **meditation apps** include Brightmind (our favourite), Buddhify and Insight Timer, though there are many others. “State” is also excellent for brief breathwork.

**Martin Aylward’s’ upcoming book** (oct) is also excellent and will be next year’s embodied meditation textbook.

### Online Resources

- The Embodiment YouTube Channel (huge collection of videos from Mark Walsh):  
[www.youtube.com/user/IntegrationTraining](http://www.youtube.com/user/IntegrationTraining)
- The Embodiment Podcast (lots of episodes with interesting guests):  
<https://embodiedfacilitator.com/the-embodiment-podcast/>
- Facebook – Embodiment Unlimited:  
<https://www.facebook.com/groups/embodimentconference>
- Marks Instagram - @warkmalsh

**Do also ask your peer group for recommendations, according to their areas of experience**