

Reading list suggestions for Jennifer Allen's Art Process Workshops

Art as Medicine by Shaun McNiff, Shambhala (1992).

Art Is a Way of Knowing by Pat Allen, Shambhala (1995).

Art Heals: How Creativity Cures the Soul by Shaun McNiff (2004)

Art Therapy Sourcebook by Cathy Malchiodi, McGraw-Hill (2006).

BioSpirituality: Focusing As a Way to Grow by Peter A. Campbell, Loyola Press (1997).

Bird by Bird: Some Instructions on Writing and Life by Anne Lamott, Anchor (1995).

Bone Knowing: A True Story of Coming to Life in the Face of Impending Loss by Jennifer Allen, Juju Press (2009).

Felt Sense: Writing with the Body by Sondra Perl Boynton/Cook (2004).

Focusing by Eugene T. Gendlin, Bantam Books (1982).

Focusing Oriented Art Therapy: Accessing the Body's Wisdom and Creative Intelligence by Laury Rappaport, Jessica Kingsley Publishers, (2009).

In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness by Peter A. Levine Ph.D. and Gabor Mate M.D. (2010)

Art From Intuition: Overcoming your Fears and Obstacles to Making Art by Dean Nimmer, Watson-Guptill (2008).

Life, Paint, and Passion by Michele Cassou (1992) Tarcher

Live & Learn: Expressive Drawing: A Practic... by Steven Aimone, Lark Crafts (2009).

No More Secondhand Art by Peter London, Shambhala (1989)

Point Zero: Creativity Without Limits by Michele Cassou, Tarcher (2001).

SoulCollage Evolving: An Intuitive Collage Process for Self-Discovery and Community by Seena B. Frost Hanford Mead Publisher (2010)

The Power of Focusing: A Practical Guide to Emotional Self-Healing by Anne Cornell Weisner, New Harbinger Publications (1996).

The Radical Acceptance of Everything by Ann Weiser Cornell, Calluna Press (2005).

The Soul's Palette: Drawing on Art's Transformative Powers by Cathy A. Malchiodi, Shambhala (2002).

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Trust the Process: An Artist's Guide to Letting Go by Shaun McNiff, Shambhala, (1998).

Writing Begins with the Breath: Embodying Your Authentic Voice by Laraine Herring Shambhala (2007).

Writing Down Your Soul: How to Activate and Listen to the Extraordinary Voice Within by Janet Conner, Canary Press (2009).

Writing Down the Bones: Freeing the Writer Within by Natalie Goldberg, Shambhala (2010).

Zen and the Art of Falling in Love by Brenda Shoshanna, Ph.D. Simon and Shuster (2003).