

# Recent Transpersonal Texts

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Warwick Fox, *Towards a Transpersonal Ecology*, Green Books, 1995 (see review on page 63): combining ecological issues with transpersonal psychology, Fox discusses the best hopes for protecting and safeguarding the planet.

Robert Frager and James Fadiman, *Personality and Personal Growth*, 2nd edn (3rd edn forthcoming), Harper Collins, 1984: probably the best transpersonally-orientated examination of personality theories from east and west.

Stan Grof, *The Adventure of Self-Discovery*, State University of New York Press, 1988: Stanislav Grof, one of the leading pioneers of transpersonal techniques within psychiatry, provides a far-reaching account and explanation of transpersonal experiences.

Christiana Grof and Stan Grof, *The Stormy Search for the Self*, Tarcher, 1990: one of the best books available on transpersonal therapies.

Charles Laughlin, John McManus and Eugene d'Aquili, *Brain, Symbol and Experience*, Columbia University Press, 1992: the relationship between cross-cultural studies, neuroscience and the contemplative traditions, written from a transpersonal perspective by three leading anthropologists.

Michael Murphy and Stephen Donovan, *The Physical and Psychological Effects of Meditation*, Esalen Institute, 1989:

reviews over one thousand studies of the effects of meditation on the body and the mind.

John Rowan, *The Transpersonal: Psychotherapy and Counselling*, Routledge, 1993: a comprehensive and perceptive examination of transpersonal counselling by one of the authorities in the area.

Huston Smith, *Beyond the Post-modern Mind*, Quest, 1989: writing as a philosopher, Smith argues that transpersonal perspectives are the best way of resolving the current *impasse* in post-modern thinking.

Richard Tarnas, *The Passion of the Western Mind*, Harmony Books, 1991: sympathetically inclined towards transpersonal themes, this book is regarded by many authorities as the best single-volume history of western thought.

Charles Tart (ed), *Transpersonal Psychologies*, 3rd edn, Harper Collins, 1992: an examination of the relationship between transpersonal psychologies and the spiritual traditions, by one of the leading experts in the field.

Frances Vaughan, *The Inward Arc: Healing and Wholeness in Psychotherapy and Spirituality*, New Science Library, 1986: a thorough and sensitive overview of certain aspects of transpersonal development.

Roger Walsh and Frances Vaughan (eds), *Paths Beyond Ego: The Transpersonal Vision*, Tarcher, 1993: an excellent anthology of writings by many of the major authorities working with transpersonal ideas.

John Welwood, *Journey of the Heart*, Harper Collins, 1990: an exploration of transpersonal issues within the context of human relationships.

Michael West (ed), *The Psychology of Meditation*, Cambridge University Press, 1989: extensive review of the research literature on meditation edited by one of the experts

who has done most to bring meditation within the scope of psychological orthodoxy.

Ken Wilber, *Up From Eden*, Doubleday, 1981: Wilber is one of the most influential writers within transpersonal psychology, and this is perhaps his most seminal work.

David Wulff, *Psychology of Religion: Classic and Contemporary Views*, Wiley, 1991: comprehensive, scholarly and readable — one of the best current attempts at mastering the enormous literature involved, and its transpersonal implications.

