



Human Givens Diploma Reading List

REQUIRED READING

Human Givens: the new approach to emotional health and clear thinking

Joe Griffin and Ivan Tyrrell, HG Publishing. Paperback £14.99

Why We Dream: the definitive answer

Joe Griffin and Ivan Tyrrell, HG Publishing. Paperback £11.99

How to Lift Depression... fast

Joe Griffin and Ivan Tyrrell, HG Publishing. Paperback £9.99

Freedom From Addiction: the secret behind successful addiction busting

Joe Griffin and Ivan Tyrrell, HG Publishing. Paperback £9.99

How to Master Anxiety: All you need to know to overcome stress, panic attacks, phobias, trauma, obsessions and more

Joe Griffin and Ivan Tyrrell, HG Publishing. Paperback £9.99

The Observing Self

Arthur J Deikman, Beacon Press. Paperback £12.49

Release from Anger: practical help for controlling unreasonable rage

Joe Griffin and Ivan Tyrrell, HG Publishing. Paperback £9.99

PLUS: The Human Givens Journal

The journal, most books and the following audio downloads are available from HG Publishing at www.humangivens.com/publications/ or you can order/subscribe to the journal over the phone by calling: +44 (0)1323 811662 with your credit/debit card details.

REQUIRED LISTENING

How Stories Heal

Pat Williams. HG Publishing. Price £8.99

The Therapeutic Power of Guided Imagery

Joe Griffin and Ivan Tyrrell, HG Publishing. Price £6.99

Effective Anxiety Management – without drugs

Joe Griffin and Ivan Tyrrell, HG Publishing. Price £6.99

Effective Anger Management: understanding and controlling unreasonable expressions of anger in yourself and other people

Joe Griffin and Ivan Tyrrell, HG Publishing. Price £6.99

Understanding and Lifting Depression without drugs...

Joe Griffin and Ivan Tyrrell, HG Publishing. Price £6.99

Which you are you?

Pat Williams, HG Publishing. Price £6.99

Evolution and the Human Givens

Joe Griffin and Ivan Tyrrell, HG Publishing. Price £6.99

SUGGESTED FURTHER READING

The Influential Mind

Tali Sharot. Abacus. £9.99

– a great summary of the brain science behind behaviour change.

The Master and His Emissary: The Divided Brain and the Making of the Western World

Iain McGilchrist. Yale University Press. £13.63

– an excellent book that explains hemispherical differences and why civilization is threatened by context blindness.

Godhead: the brain's big bang – the explosive origin of creativity, mysticism and mental illness

Joe Griffin and Ivan Tyrrell. HG Publishing. £15.00. Available from Amazon.

– addresses the need for meaning and the role of consciousness in the universe.

How to liberate yourself from pain: practical help for sufferers

Dr Grahame Brown, with Denise Winn. Kindle only, from Amazon.

Listening to Idries Shah: How understanding can grow

Ivan Tyrrell. HG Publishing. £14.99.

– contains much useful information about the rise of the Human Givens approach by one of its originators.

Mad in America: Bad science, bad medicine, and the enduring mistreatment of the mentally ill

Robert Whitaker, Basic Books. £10.99

– a devastating critique of modern psychiatry and the pharmaceutical industry.

Transforming Tales

Rob Parkinson. Jessica Kingsley. £17.59

– a rich and wise source of therapeutic metaphors.