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### Author

Advaita Ashram  
Agarwal, Satya P  
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Alston, A.J.  
Amadon, Alfred Mason, M.D.  
Amaldas, Swami  
Anand, Anjali Devi  
Ananda, Sri  
Ananthanarayanan, Raghu  
Anderton, Bill  
Andrews, Cecile  
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Aranya, Swami Hariharananda  
Asokananda (Harald Brust)  
Ashley-Farrand, Thomas  
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Aung, Dr. Steven K.H.  
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Austin, James H., M.D.  
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### Title

Teachings of Swami Vivekananda (1981)  
The Gita and Tulasi-Ramayana (2000)  
Beat Fatigue with Yoga (1999)  
How to Get Well (1974)  
How to Keep Slim, Young and Healthy with Juice Fasting (1971)  
Psychology: East and West (1976)  
Anatomy and Asana: Preventing Yoga Injuries (2006)  
The Devotional Poems of Mirabai (1980)  
The Fold-out Atlas of the Human Body (1991)  
Christian Yogic Meditation (1983)  
Yoga for Easier Pregnancy and Natural Childbirth (1999)  
Yoga, Develop Your Latent Powers (1985)  
Learning Through Yoga, 2nd Edition (KYM) (2002)  
Live Better Meditation (2002)  
The Circle of Simplicity (1997)  
Sounding Sanskrit: Vedic and Traditional Chants for Yoga (2006)  
Yoga Philosophy of Patanjali (1983)  
The Yoga of Mindfulness (1993)  
Chakra Mantras (2006)  
Shakti Mantras (2003)  
8 Medicine Buddhas (2000)  
The Mother (1979)  
Savitri (1981)  
Zen and the Brain (1999)  
Yoga for Wimps (2000)

Bach, Richard	Illusions: The Adventures of a Reluctant Messiah (1977)
Bachman, Nicolai	The Language of Yoga (2004)
Badner, Allan Hunt	Mindfulness in the Marketplace (2002)
Baird, Robert	Religion in Modern India (1981)
Balaskas, Arthur	Bodylife (1977)
Balaskas, Janet	Preparing for Birth with Yoga (1994)
Balaskas, Arthur & Stirk, John	Soft Exercise - The Complete Book of Stretching (1983)
Ballentine, R., M.D.	The Theory and Practice of Meditation (1975)
Banerjea, Akshaya Kumar	Philosophy of Gorakhnath (1999)
Baptiste, Baron	Journey into Power (2002)
Baptiste Saint-Jure, Fr. Jean	Trustful Surrender to Divine Providence (1980)
Bardella, Virgilio	An Intangible Beauty (2014)
Barnett, Marilyn	Hot Yoga (2009)
Bartok, Josh	Daily Wisdom - 365 Buddhist Inspirations (2001)
Bashford, Daphne	Stretch (1998)
Bates, Charles	Ransoming the Mind (1986)
BBC Publications	Every Body Knows - Yoga Demystified (1975)
Beck, Charlotte Joko	Everday Zen (1989)
Beck, Charlotte Joko	Nothing Special - Living Zen (1993)
Behramj, Yogiraj	Yogasana for Health (1989)
Bell, Rosamund	Simple Yoga Techniques (1998)
Belling, Noa	The Yoga Handbook (2001)
Bender, Ruth	Yoga Exercises for Every Body (1975)
Bennett, Bija	Emotional Yoga (2002)
Bernard, Theos	Hatha Yoga (1975)
Bhagvan, Jai	I Bow to the Light Within You (date unknown)
Bhamorabutr, Abha, B.A. (Law)	Buddhism (1985)
Bharati, Agehananda	The Ochre Robe (1980)
Bharati, Swami Veda	God (1979)
Bharati, Swami Veda	Introducing Mahabharata Bhishma (2002)
Bharati, Swami Veda	The Light of Ten Thousand Suns (date unknown)
Bharati, Swami Veda	Night Birds, A Collection of Short Writings (2000)
Bhasya, Sri	Brahma Sutras (1998)
Biel, Andrew	Trail Guide to the Body (2001)
Birch, Beryl Bender	Beyond Power Yoga (2000)
Birch, Beryl Bender	Power Yoga (1995)
Bisoondoyal, Basdeo	The Essence of the Vedas and Allied Scriptures (1997)
Bixby, Neil J.	The Yoga Solution (1986)
Blakney, Raymond B	Meister Eckhart (1941)
Blofeld, John	The Tantric Mysticism of Tibet (1974)

Bolton, Brett	Edgar Cayce Speaks (1970) (Poor condition)
Boonkanjanaram Meditation Centre	Vipassana Bhavana (1988)
Borysenko, Joan, Ph.D.	Minding the Body, Mending the Mind (1988)
Bouanchaud, Bernard	The Essence of Yoga (1997)
Brown, Michael	The Presence Process (2012)
Brahma Kumaris	Inner Beauty - a Book of Virtues (date unknown)
Brahma (Kumaris)	Practical Meditation (1996)
Brahma (Kumaris)	Raja Yoga (1987)
Brahma Kumaris World Spirituality University	Living Values, A Guidebook
Brenner, Paul, M.D., Ph.D	Seeing Your Life Through New Eyes (2000)
Brown, Deena	American Yoga (1980)
Bruney, Michael	The Qigong Year (2002)
Brunton, Paul Dr.	A Search in Secret India (1998)
Buck, William	Mahabharata (1981)
Buck, William	Ramayana (1981)
Bucke, Richard Maurice, M.D.	Cosmic Consciousness (1991)
Burroughs, Stanley	Healing for the Age of Enlightenment (1976)
Calais-Germain, Blandine	Anatomy of Movement (1991)
Calvert, Mechele Marina	Explorations in Awareness (2001)
Capra, Fritjof	The Tao of Physics (1979)
Carlson, Geri L.	I Stand Amazed (2007)
Carr, Rachel	Be a Frog, a Bird or a Tree (1977)
Carrington, Patricia, M.D.	Freedom in Meditation (1977)
Chaitow, Leon, D.O, M.R.O.	Osteopathic Self Treatment (1990)
Chanchani, Swati	Yoga for Children (2010)
Chang, Garma C.C.	Six Yogas of Naropa (1963)
Chapman, Jessie	Yoga Postures for Your Body, Mind and Soul (2001)
Chapman, Jessie	Yoga Sequences for Your Body, Mind and Soul (2001)
Chatlani, Mohini	Yogaflows (2003)
Chen, Chao-Hsiu	Beauty Feng Shui (2000)
Chia, Mantak & Maneewan	Healing Love Through the Tao, Cultivating Female Sexual Energy (1986)
Chia, Mantak	Taoist Secrets of Love, Cultivating Male Sexual Energy (1984)
Chidananda, Sri Swami	Practical Guide to Yoga (1985)
Chinmayananda, Swami	Astavakra Gita (2005)
Chinmoy, Sri	Kundalini: The Mother Power (1974)
Chmelik, Stefan	Le Secret Des Herbes Chinoises (French) (2000)
Chopra, Deepak, M.D.	Ageless Body, Timeless Mind - paperback (1993)
Chopra, Deepak, M.D.	Ageless Body, Timeless Mind - hardcover (1993)
Chopra, Deepak, M.D.	Life After Death (2006)
Chopra, Deepak, M.D.	Perfect Health (1990)

Choudry, Bikram	Bikram's Beginning Yoga Class (2000)
Christensen, Alice	The American Yoga Association's Beginner's Manual (2002)
Christensen, Alice	The American Yoga Association's New Yoga Challenge (1997)
Christensen, Alice	Easy Does it Yoga for Older People (1979)
Christensen, Alice	The Light of Yoga Society Beginner's Manual - Yoga (1972)
Christensen, Alice	Yoga of the Heart (1998)
Church, Anthea	Angels (1997)
Church, Anthea	Inner Space (1997)
Clarfield, Janice	Pregnancy Yoga, Yoga Teacher Training Study Guide (date unknown)
Clayton, Gayle	Transformative Meditation (2004)
Cohen, Andrew	An Unconditional Relationship to Life (1995)
Cope, Stephen	Yoga and the Quest for the True Self (2000)
Couch, Jean	The Runner's Yoga Book (1990)
Couch, Jean	Runner's World Yoga Book (1979)
Coulter, H. David	Anatomy of Hatha Yoga (2001)
Cousins, Norman	The Healing Heart (1984)
Craig, Marjorie	Miss Craig's Face-Saving Exercises (1970)
Crisp, Tony	Yoga and Childbirth (1976)
Crowley, Aleister	Eight Lectures on Yoga (1972)
Custard, Harry Lewis	Seeing Life Whole (1967)
Custard, Harry Lewis	Seeing Things Whole (1949)
Cusumano, Camille	Tofu, Tempeh and Other Soy Delights (1984)
Dalai Lama	The Heart of the Buddha's Path (1999)
Dalderis, Maynard and Leanne	Do You Have a Moment? (1987)
Danielou, Alain	The Complete Kama Sutra (1994)
Dass, Ram	Journey of Awakening (1978)
Davey, H.E.	Japanese Yoga (2001) <i>signed</i>
Davich, Victor	8 Minute Meditation (2004)
David-Neel, Alexandra	The Secret Oral Teachings in Tibetan Buddhist Sects (1974)
Davis, Roy Eugene	An Easy Guide to Ayurveda (1996)
Davis, Roy Eugene	An Easy Guide to Meditation (1995)
Davis, Roy Eugene	The Eternal Way (1996)
Davis, Roy Eugene	God Has Given us Every Good Thing (1986)
Davis, Roy Eugene	Life Surrendered In God (1995)
Davis, Roy Eugene	Living in God (1997)
Davis, Roy Eugene	A Master Guide to Meditation & Spiritual Growth (1994)
Davis, Roy Eugene	The Path of Light (1998)
Davis, Roy Eugene	The Science of God-Realization (2002)
Davis, Roy Eugene	The Science of Kriya Yoga (1984)
Davis, Roy Eugene	Seven Lessons in Conscious Living (2000)

Davis, Roy Eugene	The Spiritual Basis of Real Prosperity (1999)
Davis, Roy Eugene	Surrendered Love, Redeeming Grace (1993)
Davis, Roy Eugene	Yoga Essential Teachings and Practices (1992)
Day, Harvey	About Yoga Diet (1971)
de Michelis, Elizabeth	A History of Modern Yoga (2008)
de Nicolas, Antonio T.	Avatara (1976)
Desikachar, Kausthub, Dr.	The Heart of Asana (2012)
Desikachar, Kausthub	The Yoga of the Yogi (2005)
Desikachar, T.K.V.	Health, Healing and Beyond (1998)
Desikachar, T.K.V.	The Heart of Yoga, Developing a Personal Practice, revised edition (1999)
Desikachar, T.K.V.	In Search of Mind (2001)
Desikachar, T.K.V.	Reflections on Yoga Sutra-s of Patanjali (2003)
Desikachar, T.K.V.	Religiousness in Yoga (1980)
Desikachar, T.K.V.	Vedic Chant Companion (2000)
Desikachar, T.K.V.	The Viniyoga of Yoga (2009)
Desikachar, T.K.V.	What are We Seeking? (2005)
Devereux, Godfrey	Dynamic Yoga (1998)
Devereux, Godfrey	15 Minute Yoga (2000)
Devi, Indra	Forever Young Forever Healthy (1969)
Devi, Indra	Renew Your Life Through Yoga (1964)
Devi, Indra	Yoga for Americans (1959)
Devi, Indra	Yoga for You (1968)
Devi, Nischala Joy	The Secret Power of Yoga (2007)
Dhanaraj, Hubert	Adventures in Yoga Series 3 - Pranayama (date unknown)
Dhanaraj, Hubert	Adventures in Yoga Series 4 - Rock Asanam (1990)
Dhanaraj, Vethasiromani Hubert	The Effects of Yoga and the SBX Fitness Plan (1974)
Digambarji, Swami	Hathapradipika (1970)
Digambarji, Swami	Yoga Kosa Yoga Terms Explained with Reference to Context, Vol 1, Part II
Douglas-Klotz, Neil	Prayers of the Cosmos (1990)
Dunne, Desmond	Yoga for Everyman (1953)
Douillard, John	Body, Mind and Sport (2001)
Durekheim, Karlfried Graf	Hara, The Vital Centre of Man (1988)
Dychtwald, Ken	Bodymind (1977)
Dyczkowski, Mark S.G.	A Journey in the World of the Tantras (2004)
Eagleman, David	Incognito, The Secret Lives of the Brain (2012)
Easwaran, Eknath	The Dhammapada (1985)
Easwaran, Eknath	The End of Sorrow, The Bhagavad Gita for Daily Living Vol 1 (1988)
Easwaran, Eknath	Formulas for Transformation (1985)
Easwaran, Eknath	Like a Thousand Suns, The Bhagavad Gita for Daily Living Vol 2 (1988)
Easwaran, Eknath	Timeless Wisdom (2008)

Easwaran, Eknath	To Love is to Know Me, The Bhagavad Gita for Daily Living Vol 3 (1988)
Easwaran, Eknath	The Unstruck Bell (1995)
Easwaran, Eknath	The Upanishads (1988)
Edmonton Parks and Recreation	Hatha Yoga Instructor's Manual (1974)
Edwards, Gill	Pure Bliss (1999)
Eliade, Mircea	Yoga, Immortality and Freedom (1990)
Emerson, David	Overcoming Trauma Through Yoga (2011)
Evans-Wentz, W.Y.	The Tibetan Book of the Dead (1960)
Evans-Wentz, W.Y.	Tibetan Yoga and Secret Doctrines (1974)
Fahey, Thomas D., Ed.D.	Good-Time Fitness for Kids (1979)
Farhi, Donna	Bringing Yoga to Life (2003)
Feuerstein, Georg	The Bhagavad Gita, A New Translation (2011)
Feuerstein, Georg	The Deeper Dimensions of Yoga
Feuerstein, Georg	Encyclopedic Dictionary of Yoga (1990)
Feuerstein, Georg	The Essence of Yoga (1998)
Feuerstein, Georg	The Lost Teachings of Yoga - 6 CD set (date unknown)
Feuerstein, Georg	Sacred Paths
Feuerstein, Georg	Shambala Guide to Yoga
Feuerstein, Georg	Tantra, The Path of Ecstasy (1998)
Feuerstein, Georg	Yoga Philosophy/History, A Manual for Teacher Trainings (2007)
Fields, Rick	Chop Wood, Carry Water (1984)
Fincher, Susane, F.	Creating Mandalas (1991)
Finnegan, Damcho Diana	The Noble Mahayana Sanghata Sutra Dharma-Paryaya (date unknown)
Fishman, Loren	Yoga for Osteoporosis (2010)
Folan, Liliás M.	Liliás Yoga and You (1976)
Folan, Liliás	Liliás! Yoga Gets Better With Age (2005)
Folan, Liliás M.	Yoga & Your Life (1981)
Forsee, David	Can You Listen to a Woman (1999)
Fox, James	Yoga, A Path for Healing and Recovery - Prison Yoga Project (2011)
Francina (Suza)	The New Yoga for People Over 50 (1997)
Francina (Suza)	Yoga and the Wisdom of Menopause (2003)
Fraser, Tara	Yoga for You (2001)
Frawley, Dr. David, O.M.D	Ayurvedic Healing (1992)
Frawley, David	Gods, Sages and Kings (1991)
French, Shirley Daventry	Souvenir Magazine, A Tribute to Guru on his Eightieth Birthday (1998)
Friedman, Philip	The Pilates Method (2005)
Friend, John	Anusara Yoga Teacher Training Manual (2009)
Funderburk, James, Ph.D.	Science Studies of Yoga (1977)
Gandhi, Mohandas K.	Gandhi, An Autobiography (1993)
Gannon, Sharon	Jivamukti Yoga (2002)

Garcia, Megan	Mega Yoga (2006)
Gardner, Joy	A Journey Through the Chakras (1988)
Garrison, Omar	Tantra, the Yoga of Sex (1973)
Gates, Rolf	Meditations from the Mat (2002)
Gawain, Shakti	Creative Visualization (1982)
Gerber, William	The Mind of India (1977)
Gibson, Walter B.	The Key to Yoga (1958)
Giga, Anil	In Search of the Seven Colors (2004)
Gilbert, Elizabeth	Eaty, Pray, Love (2006)
Golas, Thaddeus	The Lazy Man's Guide to Enlightenment (1995)
Goldsmith, Connie	Traumatic Brain Injury, From Concussion to Coma (2014)
Gordon, Leonard A.	A Syllabus of Indian Civilization (1971)
Goudriaan, Teun	Maya Divine and Human (1978)
Govinda, Kalashatra	A Handbook of Chakra Healing (2002)
Gould, Joan	Yoga for Health and Beauty (1969)
Guenther, Herbert	Guru and Disciple (1978)
Grilley, Paul	Yin Yoga, Outline of a Quiet Practice (2002)
Guenther, Herbert V.	Kindly Bent to Ease Us, Part Two: Meditation (1976)
Gupta, Sanjukta	Laksmi Tantra, A Pancaratra Text (2003)
Haich, Elisabeth	Initiation (1974)
Haich, Elisabeth	Self Healing, Yoga and Destiny (1966)
Hall, Jean & Doriell	Astanga Yoga & Meditation (2009)
Hanh, Thich Nhat	Breathe! You are Alive (1996)
Hanh, Thich Nhat	Peace is Every Step (1992)
Hanh, Thich Nhat	Teachings on Love (1998)
Hanh, Thich Nhat	The Sun My Heart (2010)
Harris, Ben Charles	Eat the Weeds (1973)
Hartranft, Chip	The Yoga Sutra of Patanjali (2003)
Harveyt, Andrew	The Essential Mystics (1996)
Haas, Elson M., M.D.	The Detox Diet (1996)
Hawksley, Lucinda (editor)	101 Essential Tips, Yoga (1995)
Heriza, Nirmala	Dr. Yoga (2004)
Hesse, Hermann	Siddhartha (1974)
Hewitt, James	The Complete Yoga Book (1978)
Hewitt, James	Yoga Postures (1988)
Hiriyanna, M.	Essentials of Indian Philosophy
Hittleman, Richard L.	Guide to Yoga Meditation (1969)
Hittleman, Richard L.	30 Day Meditation Plan (1978)
Hittleman, Richard L.	Weight Control Through Yoga (1977)
Hittleman, Richard L.	Yoga for Health (1983)

Hittleman, Richard L.	Yoga for Physial Fitness (1974)
Hittleman, Richard L.	Yoga: The 8 Steps to Health and Peace (1975)
Hittleman, Richard L.	Yoga: 28 Day Exercise Plan (1969)
Hittleman, Richard L.	The Yoga Way To Figure and Facial Beauty (1970)
Hoare, Sophy	Yoga (date unknown)
Hoare, Sophy	Yoga and Pregnancy (1987)
Holleman, Dona	Centering Down (1981)
Holleman, Dona	Dancing the Body of Light (1999)
Holleman, Dona	Dancing the Flame of Life (2009)
Holleman, Dona	Yoga Syllabus for Teacher and Student (1984)
Home, Kristie Dahlia	Yoga, Natural Fitness for Body and Spirit (2002)
Hora, Reenita Malhotra	Inner Beauty (2005)
Houff, William H.	Infinity in Your Hand (1988) <i>signed</i>
Isherwood, Christopher	My Guru and His Disciples (1981)
Isherwood, Christopher	Ramakrishna and His Disciples (1965)
Iyengar, BKS	The Art of Yoga (1985)
Iyengar, BKS	CIYTA Teachers' Handbook (1998)
Iyengar, BKS	Iyengar His Life and Work (1987)
Iyengar, BKS	Iyengar 70th Birthday Celebration (1988)
Iyengar, BKS	Iyengar 60th Birthday Celebration (1978)
Iyengar, BKS	Light on Life (2005)
Iyengar, BKS	Light on Pranayama (2006)
Iyengar, BKS	Light on the Yoga Sutras of Patanjali
Iyengar, BKS	Light on Yoga, Revised Edition (1977)
Iyengar, BKS	Light on Yoga
Iyengar, BKS	The Tree of Yoga (1989)
Iyengar, BKS	Yoga (2001)
Iyengar, BKS	Yoga Darsana, Vol. 1: Asanas (1977)
Iyengar, BKS	Yoga Rahasya Vo. 5 No. 4 (1998)
Iyengar, BKS	Yoga Rahasya Vol. 6 No. 1 (1999)
Iyengar, BKS	Yoga Rahasya Vol. 6 No. 2 (1999)
Iyengar, Geeta	Yoga A Gem for Women (1985)
Iyengar, Geeta	Yoga A Gem for Women (1990)
Iyengar, Geeta S.	Yoga During Pregnancy (unknown)
Iyengar, Geeta	Yoga in Action, Preliminary Course (2000)
Iyengar, Geeta	Teachers' Study Booklet Vol. 1 No. 2 (1996)
Iyengar, Geeta	Teachers' Study Booklet Vol. 1 No. 3 (1996)
Iyengar, Prashant	Ashtanga Yoga of Patanjali (2014)
Iyengar, Prashant	Pranayama (A Classical and Traditional Approach)
Iyengar Yoga Institute	Know Your Institute (date unknown)



Iyengar Yoga Institute	Yoga Sutra of Patanjali (1987)
Janakabhivamsa, Sayadaw U	Vipassana Meditation (1997)
Jayaraman, M, Dr. (editor)	Dimensions of Yoga
Jerry, Martin/Jerry, Marian	Sutras of the Inner Teacher (2000)
Jois, Sri K. Pattabhi	Yoga Mala (2010)
Jordan, Sandra	Expectant Yoga, A Handbook for Pregnant Women (date unknown)
Jordan, Sandra	Yoga During Pregnancy (1987)
Jordan, Sandra	Yoga for Pregnancy (1987)
Jordan, Sandra	Yoga With a Partner (1980)
Joshi, Kireet	The Veda in the Light of Sri Aurobindo (2012)
Jnaneshwari	Bhavartha Dipika, Commentary on the Bhagavad Gita (2001)
Judith, Anodea	Eastern Body Western Mind, Revised (2004)
Judith, Anodea, Ph.D.	Wheels of Life 2006)
Kabat-Zinn, Jon, Ph.D.	Full Catastrophe Living (1991)
Kabat-Zinn, Myla & Jon	Everyday Blessings (1997)
Kaivalyadhama	Yoga-Mimasa (1972)
Kaminoff, Leslie	Yoga Anatomy (2007)
Kapit, Wynn	The Anatomy Coloring Book (1977)
Karpinski, Gloria D.	Where Two Worlds Touch (1990)
Kendall, Lyn	Hatha Yoga, Enriching Your Teaching (1983)
Keleman, Stanley	Emotional Anatomy (1985)
Keller, Doug	Anusara Yoga, second edition (date unknown)
Keller, Doug	Anusara Yoga, third edition (date unknown)
Keller, Doug	Yoga As Therapy Volume 1 (date unknown)
Keller, Doug	Yoga AS Therapy Volume 2 (date unknown)
Kelly, Emily	Commonsense Pilates (2001)
Kent, Howard	The Big Little Book of Yoga (2003)
Kent, Howard	The Complete Illustrated Guide to Yoga (1999)
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Khalsa, Darshan Singh	Yoga Secrets for Business Success (2002)
Kiss, Michaeline	Yoga for Young People (1973)
Klaf, Franklin S.	Kama Sutra of Vatsyayana (1964)
Kornfield, Jack	A Path With Heart (1993)
Kraftsow, Gary	Yoga for Wellness (1999)
Krishna, Gopi	Kundalini, The Evolutionary Energy in Man (1970)
Krishna, Gopi	Three Perspectives on Kundalini (1991)
Krishna, Gopi	The Way to Self Knowledge (1987)
Krishnamacharya Healing & Yoga Foundation	Mantravalli, An Anthology of Sacred Chants (2012)
Krishnamacharya, Tirumalai	Yoga Makaranda, The Nectar of Yoga (2011)
Krishnamacharya Yoga Mandiram	Innovative Ideas to Impart Yoga (2016)

Kriyananda, Swami	Letters to Truth Seekers (1973)
Krishnananda, Swami	The Problems of Spiritual Life (2008)
Kriyananda, Swami	Yoga Postures for Self-Awareness (1975)
Kublier-Ross, Elisabeth	Death, The Final Stage of Growth (1975)
Kublier-Ross, Elisabeth	Questions and Answers on Death and Dying (1974)
Kumar, Ravindra	Secrets of Kundalini Awakening (2003)
Kumar, Surinder	Yogic Cure for Common Cold, Cough and Catarrh (date unknown)
Kunz, Dora	Spiritual Aspects of the Healing Arts (1985)
Kuvalyananda, Swami	Yogic Therapy (1971)
Lad, Usha & Dr. Vasant	Ayurvedic Cooking for Self-Healing, 2nd Edition (2002)
Lad, Vasant, Dr.	Ayurveda, The Science of Self-Healing
Lad, Vasant, B.A.M.S, M.A.Sc.	The Complete Book of Ayurvedic Home Remedies (1998)
Lad, Vasant, M.A.Sc.	Textbook of Ayurveda, Fundamental Principles (2002)
Lal, Chaman	Yoga of Meditation (1971)
Langman, Jan, M.D.	Atlas of Medical Anatomy (1982)
Larson, Jyothi	Yoga Mom, Buddha Baby (2002)
Lasater, Judith, Ph.D., P.T.	Relax and Renew (1995)
Laughlin, Kit	Overcome Neck and Back Pain (1998)
Leboyer, Frederick	Inner Beauty, Inner Light, Yoga for Pregnant Women (1978)
Lerner, Harriet Goldhor, Ph.D.	The Dance of Intimacy (1990)
Lesser, Rosemary	The Yoga Manual (1998)
Leuchs, Arne	Ski with Yoga, Conditioning for the Mind and Body (1976)
Levine, Stephen	A Gradual Awakening (1989)
Lidell, Lucy	The Sivananda Companion to Yoga (1983)
Liefmann, Robert, Dr., M.D.	Arthritis is Not Forever (1968)
Light on Yoga Research Trust	Yogadhara, In Comm. of the 80th Birthday Celebration of BKS Iyengar
Light on Yoga Research Trust	Yogapushpanjali, Collected Souvenir Articles 1975-1998 (1998)
Lipson, Goldie	Beyond Yoga (1970)
Lipson, Goldie	Rejuvenation Through Yoga (1968)
Lok To, Master	The Prajna Paramita, Heart Sutra (1995)
Long, Ray, M.D., FRCSC	The Key Muscles of Hatha Yoga, Scientific Keys Volume 1 (2006)
Lonsdorf, Nancy, M.D.	A Woman's Best Medicine (1993)
Lorr, Benjamin	Hell-Bent (2012)
Love, Robert	The Great Om (2010)
Lozoff, Bo	Just Another Spiritual Book (1990)
Lozoff, Bo	Lineage and Other Stories (1995)
Lozoff, Bo	We're all Doing Time (1985)
Lu, Z.A.	A Pictorial Biography of Sakyamuni Buddha (1976)
Luby, Sue	Yoga is For You (1974)
Macdonald, Sarah	Holy Cow, An Indian Adventure (2002)

Macy, Joanna	Coming Back to Life (1988)
Maddern, Jan	Yoga Builds Bones (2000)
Maddern, Jan	Yoga Burns Fat (2002)
Madhavananda, Swami	Uddhava Gita (2005)
Maharishi Mahesh Yogi	Transcendental Meditation (1963)
Mahathera, Paravahera Vajiranana	Buddhist Meditation in Theory and Practice (1975)
Maheshwarananda, Paramhans Swami	Yoga Gegen Ruckenschmerzen (German) (2010)
Majumdar, Sachindra Kumar	Introduction to Yoga Principles and Practice (1976)
Marshall, Lyn	Keep Up with Yoga (1977)
Martin, Donna	Creative Responses to Change (date unknown)
Martin, Donna, M.A.	Remembering Wholeness, A Spiritual Model for Healing and Recovery
Martin, Donna, M.A.	Remembering Wholeness, Yoga as Therapy (date unknown)
Martin, Donna, M.A.	To Feel is to Heal (1995)
Martin, Donna, M.A.	Yoga For Self-Awareness (1994)
Marx, Ina	Yoga and Common Sense (1970)
Mascaro, Juan	The Bhagavad Gita (1962)
Mascaro, Juan	The Upanishads (1965)
Matsen, Jonn, Dr., N.D.	Eating Alive (1987)
Mawhinney, Marlene	Class Teaching Guides (1998)
Mawhinney, Marlene	40 Day Sadhana Manual (1987)
McAfee, John	Into the Heart of Truth (2001)
McAfee, John	The Secrets of the Yamas (2001)
McAmmond, David	Yoga Therapy for Backs (2015)
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