

## Recommended Reading for Neurofeedback

*Doing Neurofeedback, A Condensed and Comprehensive Guide to the Practice of NFB*

Dr. Richard Soutar, PhD

Published by the author, updated 2007

*Getting Started with Neurofeedback*

(an introduction to theory and practice – useful reference for clinical approaches)

John N. Demos

Norton (2005)

*Awakening the Mind – A Guide to Mastering the Power of Your Brain Waves*

(hands-on tips for self-mastery; useful meditations and imagery for use with patients)

Anna Wise

Tarcher-Penguin (2002)

*A Symphony in the Brain – The Evolution of The New Brain Wave Biofeedback*

(must have to understand history of the development of NFB; part of the story)

Jim Robbins

Grove Press (2000)

*A Guide to Neurofeedback*

(great reference handbook-excellent neuroanatomy diagrams, clinical applications)

Thompson & Thompson

Published by The Association for Applied Psychophysiology and Biofeedback (2003)

*Handbook of Neurofeedback – Dynamics and Clinical Applications*

(theoretical, but excellent resource with cited references)

James R. Evans, PhD

Haworth Medical Press (2007)

*Change Your Brain, Change Your Life*

The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger and Impulsiveness

Daniel G. Amen, MD

Three Rivers Press, NY (2004)

*Power Up Your Brain*

(Dr. Perlmutter is a solid reference for nutritional concerns; discusses the spiritual side of brain fitness)

The Neuroscience of Enlightenment

Dr. David Perlmutter & Alberto Villoldo

Hay House (2011)

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