
Ad Lucem E-Catalogue

Updated: 15 November 2004

Dedicatum Deo Optimo et Maximo sub invocatione Sancti Raphaeli: Ad Lucem

Energy Psychology

Education

Brain Gym, The Teacher's Edition (Dennison)

<http://www.ad-lucem.com/Aft/Ambraingym.htm>

EFT

Instant Emotional healing: Acupressure for the emotions (Pratt & Lambrau)

<http://www.ad-lucem.com/Aft/Amemotheal.htm>

EFT and Hypnotherapy (Hardisty)

<http://www.ad-lucem.com/Aft/Hophardiss.htm>

Choices in Energy Psychology (Carrington)

<http://www.ad-lucem.com/Aft/Hoppatcarr.htm>

Getting thru to your emotions with EFT (Mountrose)

<http://www.ad-lucem.com/Aft/Amgettruamot.htm>

Emotional Freedom Techniques for dealing with emotional and physical issues (Flint & Craig)

<http://www.ad-lucem.com/Aft/Amemotfrettech.htm>

Mind over Weight: The Miraculous New Easy way to lose weight (Dawes)

<http://www.ad-lucem.com/Aft/Ammindovweight.htm>

Emotional Freedom Training (Cutright)

<http://www.ad-lucem.com/Aft/Hopeft.htm>

Adventures in EFT (Hartmann)

<http://www.ad-lucem.com/Aft/Hopadefth.htm>

The Advanced Patterns of EFT (Hartmann)

<http://www.ad-lucem.com/Aft/Hopadpatterns.htm>

General

Acknowledging what is: Conversations with Bert Hellinger (Hellinger)

<http://www.ad-lucem.com/Aft/Amacknowledge.htm>

Positive Energy, Ten extraordinary Prescriptions for Transforming Fatigue, Stress, Fear into Vibrance, Strength and Love

<http://www.ad-lucem.com/Aft/Ampositiveenergy.htm>

Touch for Health (Thie Marks)

<http://www.ad-lucem.com/Aft/Amtouchforhealth.htm>

Vibrational Medicine (Gerber; Tiller)

<http://www.ad-lucem.com/Aft/Amvibmed.htm>

The Cure for all Diseases (Hulda Clarke)

<http://www.ad-lucem.com/Aft/Amcurefordisease.htm>

The Cure for all Cancers (Hulda Clarke)

<http://www.ad-lucem.com/Aft/Amcureforcancer.htm>

Hand of Light: A guide to healing through the human energy field (Barbara Brennan)

<http://www.ad-lucem.com/Aft/Amhandoflight.htm>

Energy Tapping (Gallo)

<http://www.ad-lucem.com/Aft/Amentapp.htm>

Love's Hidden Symmetry: What makes love work in Relationships (Hellinger)

<http://www.ad-lucem.com/Aft/Amlovesymm.htm>

Healing for Healers (McLaren)

<http://www.ad-lucem.com/Aft/Amhealhealer.htm>

The Nuerophysics of Human Behaviour (Furman)

<http://www.ad-lucem.com/Aft/Amnueroph.htm>

Freedom from Fear Forever: the acu-power way to overcoming your fear phobias & inner problems (Durlacher et al)

<http://www.ad-lucem.com/Aft/Amfreefromfear.htm>

Loves own Truths: Bonding and balancing in intimate relationships (Hellinger)

<http://www.ad-lucem.com/Aft/Amlovetruths.htm>

Light Emerging: A Journal of Personal Healing (Donna Eden)

<http://www.ad-lucem.com/Aft/Amlightemerging.htm>

Energy Diagnostic & Treatment Methods (Gallo)

<http://www.ad-lucem.com/Aft/Amendiag.htm>

Energy Medicine (Eden)

<http://www.ad-lucem.com/Aft/Amenergymed.htm>

Oceans of Energy, Emotrance, Tachyon-emotrance, EFT & NLP (Hartmann)

<http://www.ad-lucem.com/Aft/Hopadpatterns.htm>

The Energy Odyssey; New Directions in Energy Psychology ()

<http://www.ad-lucem.com/Aft/Hopodessy.htm>

Creation of Health (Myss)

<http://www.ad-lucem.com/Aft/Amcreatehealth.htm>

Gentle Touch

Gentle Touch Manual ()

<http://www.ad-lucem.com/Aft/Hopgtouch.htm>

Kinesiology

<http://www.ad-lucem.com>

Your Body can Talk; How to use simple muscle testing to learn what your body knows and needs: The Art and Applicatio <http://www.ad-lucem.com/Aft/Ambodycantalk.htm>

Applied Kinesiology: A Training Manual and Reference Book of Basic Principles and Practices (Frost, Goodheart) <http://www.ad-lucem.com/Aft/Ampliedkin.htm>

Qigong

The Way of Qigong: the art and science of Chinese energy healing (Cohen) <http://www.ad-lucem.com/Aft/Amwayofqi.htm>

The Healing Promise of Qi: Creating extraordinary wellness through Qigong and Tai Chi (Jahnke) <http://www.ad-lucem.com/Aft/Amhealingqi.htm>

Qigong Exercises () <http://www.ad-lucem.com/Aft/Hopqigong.htm>

Reiki

Reiki Master Radical Reiki () <http://www.ad-lucem.com/Aft/Hopchikara.htm>

TAT

You can Heal now: Tapas Acupressure Techniques (Fleming) <http://www.ad-lucem.com/Aft/Amtapas.htm>

TFT

Tapping the Healer within: using TFT to instantly conquer your fears anxieties and emotional distress (Callaghan, Trubo) <http://www.ad-lucem.com/Aft/Amtaphealer.htm>

Evolving Thought Field Therapy, The Clinician's Handbook of Diagnosis, Treatment, Theory (Diepold et Al) <http://www.ad-lucem.com/Aft/Amevtft.htm>

Yoga

Yoga () <http://www.ad-lucem.com/Aft/Hopyoga.htm>

Health

Diet

La Biblia de la nutricion optima (Holford) <http://www.ad-lucem.com/Aft/Ambibliadenut.htm>

Cook right for your type (D'Adamo) <http://www.ad-lucem.com/Aft/Amcookright.htm>

The No grain diet (Mercola) <http://www.ad-lucem.com/Aft/Amnograin.htm>

The Carbohydrate Addict's Cookbook (Heller) <http://www.ad-lucem.com/Aft/Amcarbohydrate.htm>

The Optimum Nutrition Bible (Holford) <http://www.ad-lucem.com/Aft/Amnutritionbible.htm>

Eat right for your type (D'Adamo) <http://www.ad-lucem.com/Aft/Ameatright.htm>

The Metabolic Typing Diet: customize your diet to you own unique body chemistry (Walcott, Faley) <http://www.ad-lucem.com/Aft/Ammetabolic.htm>

The 10 Step Detox Plan (Shull) <http://www.ad-lucem.com/Aft/Hopjshull.htm>

Exercise

Fit as You Sit () <http://www.ad-lucem.com/Aft/fitasyousit.htm>

The Power of Pilates (Winsor Pilates) <http://www.ad-lucem.com/Aft/Ngwinsorpilates.htm>

5 Tibetan Rites () <http://www.ad-lucem.com/Aft/Hoptibetrites.htm>

Smoking

Allen Carr's easy way to Stop Smoking (Carr) <http://www.ad-lucem.com/Aft/Amcarrsmok.htm>

Ad Lucem "No Butts" Smoking Cessation Workshop () <http://www.ad-lucem.com/nobutts>

How to quit for Good (Smoking) () <http://www.ad-lucem.com/Aft/Hopsmoking.htm>

Mind Management

All

Anglo-American Bookshop Company () <http://www.ad-lucem.com/Aft/AAangloam.htm>

General

You can Heal your Life (Hay) <http://www.ad-lucem.com/Aft/Amyoucanheal.htm>

Parent Effectiveness Training (Gordon) <http://www.ad-lucem.com/Aft/Ampet.htm>

Life Strategies Workbook (McGraw) <http://www.ad-lucem.com/Aft/Amphillifestrat.htm>

The Healing road (Wasserman) <http://www.ad-lucem.com/Aft/Amhealingroad.htm>

The Seven Secrets: Unlocking Genuine Greatness (Hagee) <http://www.ad-lucem.com/Aft/Amsevensecrets.htm>

Your Best Year Yet ! (Ditzler) <http://www.ad-lucem.com/Aft/Ambestyear.htm>

Relationships Rescue Workbook (McGraw) <http://www.ad-lucem.com/Aft/Amphilrelate.htm>

Change Your Life in 7 Days (McKenna) <http://www.ad-lucem.com/Aft/Ammckennachange7.htm>

Hypnosis

Power vs Force: Hidden determinant of behaviour (Hawkins) <http://www.ad-lucem.com/Aft/Ampowervsforce.htm>

Creative Visualization: use the power of your imagination to create what you want in your life (Gawain) <http://www.ad-lucem.com/Aft/Amcreatvis.htm>

You are the Healer (Silva & Stone) <http://www.ad-lucem.com/Aft/Amsilvahealer.htm>

The Power of Self Mind Control (Goldman) <http://www.ad-lucem.com/Aft/Ampowerofself.htm>

My Voice will go with you; The teaching tales of Milton Erickson () <http://www.ad-lucem.com/Aft/Amvoiceerick.htm>

Hypnotic Language: its structure and use (Burton & Bodenhamer) <http://www.ad-lucem.com/Aft/Amhyplang.htm>

Talk your way to the top; communication secrets to change your life (Hogan) <http://www.ad-lucem.com/Aft/Amtalktop.htm>

The power of your subconscious mind (Murphy) <http://www.ad-lucem.com/Aft/Ampowerunconscious.htm>

The Eye of the I (Hawkins) <http://www.ad-lucem.com/Aft/Ameyeofl.htm>

Emotional Intelligence (Goleman) <http://www.ad-lucem.com/Aft/Ameq.htm>

Mind Maps

Use Both Sides of your Brain (Buzan) <http://www.ad-lucem.com/Aft/Ambothsidesbrain.htm>

The Mind Mapping Book; How to use Radiant Thinking to Maximize your Brain's untapped Potential (Buzan) <http://www.ad-lucem.com/Aft/Ammindmapbook.htm>

How to Mind Map: Make the most of your Mind & Learn to Create, Organize and Plan (Buzan) <http://www.ad-lucem.com/Aft/Amhowtomindmap.htm>

Mission

Create Your Own Mission Statement () <http://www.ad-lucem.com/Aft/Ngmissionstatement.htm>

Sedona

The Sedona Method, your key to lasting happiness, success, peace and emotional well-being (Dwoskins, Canfield) <http://www.ad-lucem.com/Aft/Amsedona.htm>

Silva

The Silva Method: unlocking the Genius within (Audio) (Stone) <http://www.ad-lucem.com/Aft/Amsilvagenius.htm>

The Silva Method: Tapping the mind for Total Self-Mastery (Audio) (Stone) <http://www.ad-lucem.com/Aft/Amsilvamethod.htm>

The Silva Mind Control Method of Mental Dynamics (Silva & Goldman) <http://www.ad-lucem.com/Aft/Amsilvamindc.htm>

Success

7 Spiritual Laws of Success: a practical guide to the fulfilment of your dreams (Chopra)	http://www.ad-lucem.com/Aft/Am7splaw.htm
The 7 Habits of Highly effective People (Covey)	http://www.ad-lucem.com/Aft/Am7hab.htm
PhotoReading (Scheele)	http://www.ad-lucem.com/Aft/Amphotor.htm
10 Secrets for success and inner peace (Dyer)	http://www.ad-lucem.com/Aft/Am10secrets.htm

Music

Relaxing

Delta Sleep System ()

<http://www.ad-lucem.com/Aft/Amdeltasleep.htm>

Ease of Being; Guided Meditation for Centering and Healing ()

<http://www.ad-lucem.com/Aft/Ameaseofbeing.htm>

Detaching from the World Vol 1; Ambient Music for Massage/Relaxation/Meditation ()

<http://www.ad-lucem.com/Aft/Amdetaching.htm>

NLP

Coaching

The Life Coaching Handbook (Martin)

<http://www.ad-lucem/Aft/Amifecoach.htm>

Coaching, Evoking Excellence in Others (Flaherty)

<http://www.ad-lucem.com/Aft/Amcoachingexcellence.htm>

Meta States

Secrets of Personal Mastery (Hall)

<http://www.ad-lucem.com/Aft/Ampersonalmast.htm>

Time-lining; patterns for adventuring in time (Hall & Bodenhamer)

<http://www.ad-lucem.com/Aft/Amtimeline.htm>

User Manual for the Brain (Bodenhamer)

<http://www.ad-lucem.com/Aft/Amuserbrain.htm>

Figuring out People (Hall & Bodenhamer)

<http://www.ad-lucem.com/Aft/Amfigurepeople.htm>

NLP

Dreaming Realities: A Spiritual System to Create inner alignment (Overdurf)

<http://www.ad-lucem/Aft/Amdreamrealities.htm>

Training Trances (Overdurf)

<http://www.ad-lucem.com/Aft/Amtrtrances.htm>

Reframing (Bandler, Grinder)

<http://www.ad-lucem/Aft/Amreframe.htm>

Frogs into Princes (Bandler, Grinder)

<http://www.ad-lucem.com/Aft/Amfrogs.htm>

The Structure of Magic: a book about language and therapy (Bandler & Grinder)

<http://www.ad-lucem.com/Aft/Amnlpmagic.htm>

7 Steps to Emotional Intelligence (7EQ) (Merlevede)

<http://www.ad-lucem.com/Aft/Am7eq.htm>

Magic in Action (Bandler)

<http://www.ad-lucem.com/Aft/Ammagicaction.htm>

Sleigh of Mouth: magic conversational belief change (Dilts)

<http://www.ad-lucem.com/Aft/Amsleigh.htm>

Using your Brian for a change (Bandler)

<http://www.ad-lucem.com/Aft/Ambrainforchange.htm>

Modeling with NLP (Dilts)

<http://www.ad-lucem.com/Aft/Amnlpmodel.htm>

The Other Mind's Eye, Gateway to the Hidden Treasures of your Mind (Sergent)

<http://www.ad-lucem.com/Aft/Amtheothermind.htm>

An Introduction to NLP (O'Connor & McDermott)

<http://www.ad-lucem.com/Aft/Amintronlp.htm>

Sport

Sporting Excellence, Optimising Sports Performance using NLP (Garra)

<http://www.ad-lucem.com/Aft/Amsportingexcellence.htm>

Psychology

Depression

Anatomy of Melancholy (Burton et al)

<http://www.ad-lucem.com/Aft/Ammelancholy.htm>

Breaking Patterns of Depression (Yapko)

<http://www.ad-lucem.com/Aft/Ampatternsdepres.htm>

Protect us from anxiety: Meditations for the depressed (Burke)

<http://www.ad-lucem.com/Aft/Amprotectanxiety.htm>

Emotions

Find Peace for your Heart, A Woman's Guide to emotional Health (Omartian)

<http://www.ad-lucem.com/Aft/Ampeaceheart.htm>

General

People of the Lie (Scott Peck)

<http://www.ad-lucem.com/Aft/Ampeoplelie.htm>

Success

The Science of Success, All in the Mind ()

<http://www.ad-lucem.com/Aft/Hopsosuccess.htm>

The Power of Negative Thinking (Humphreys)

<http://www.ad-lucem.com/Aft/Ampowerofneg.htm>

Spirituality

Awareness

Spiritual Choices; The Problem of Recognizing Authentic Paths to Inner Transformation (Anthony, Ecker)	http://www.ad-lucem.com/Aft/Amspiritualchoices.htm
When Bad things Happen to Good People (Kushner)	http://www.ad-lucem.com/Aft/Ambadthings.htm
The Lord is my Shepherd, The Healing Wisdom of the 23rd Psalm (Kushner)	http://www.ad-lucem.com/Aft/Amlordshepherd.htm
Living a Life that matters (Kushner)	http://www.ad-lucem.com/Aft/Amlivingalife.htm
How Good do We have to Be? A New Understanding of Guild and Forgiveness (Kushner)	http://www.ad-lucem.com/Aft/Amhowgood.htm
Second Sight (Orlaff)	http://www.ad-lucem.com/Aft/Amsecondsight.htm
Rays of Dawn, Natural Laws of the Body, Mind, Soul (Fleet)	http://www.ad-lucem.com/Aft/Amraysofd.htm
Getting in the Gap: making conscious contact with God through meditation (Dyer)	http://www.ad-lucem.com/Aft/Amgettinggap.htm
Anger: Wisdom for Calming the Flames (Hanh)	http://www.ad-lucem.com/Aft/Amanger.htm
Spiritual Healing: Scientific Validation of a Healing revolution (Benor)	http://www.ad-lucem.com/Aft/Ambenorspirrev.htm
Stillness Speaks (Tolle)	http://www.ad-lucem.com/Aft/Amstillspeaks.htm
Manifest your Destiny (Dyer)	http://www.ad-lucem.com/Aft/Ammanifestdest.htm
The Power of Now (Tolle)	http://www.ad-lucem.com/Aft/Ampowerofnow.htm
Finding Meaning in Life: Logotherapy (Fabry)	http://www.ad-lucem.com/Aft/Amlogoth.htm
Art of Happiness (Dalai Lama)	http://www.ad-lucem.com/Aft/Amartofhapp.htm
Tao of Physics (Capra)	http://www.ad-lucem.com/Aft/Amtao.htm
Spiritual Healing in a Scientific Age (Peel)	http://www.ad-lucem.com/Aft/Amspiritualhealing.htm
Peace in every step: The Path of Mindfulness in Everyday Life (Thich Nhat Hanh)	http://www.ad-lucem.com/Aft/Amthichpeace.htm
Living Budda - Living Christ (Thich Nhat Hanh)	http://www.ad-lucem.com/Aft/Amthichchrist.htm
The Heart of Budda's Teaching (Thich Nhat Hanh)	http://www.ad-lucem.com/Aft/Amthichheart.htm
The Miracle of Mindfulness (Thich Nhat Hanh)	http://www.ad-lucem.com/Aft/Amthichmiracle.htm
Dr Judith Orlaff's Guide to Intuitive Healing (Orlaff)	http://www.ad-lucem.com/Aft/Amjudithintuition.htm
Be Anxious for Nothing, The Art of casting Your Cares and Resting in God (Meyer)	http://www.ad-lucem.com/Aft/Amrestingod.htm

Christian

Jerusalem Bible ()	http://www.ad-lucem.com/Aft/Amjb.htm
The Book (NLT) ()	http://www.ad-lucem.com/Aft/Amthebook.htm
The Spiritual Exercises of St Ignatius: A Literal Translation & a Contemporary Translation (Fleming)	http://www.ad-lucem.com/Aft/Amspirexercises.htm
New Seeds of Contemplation (Merton)	http://www.ad-lucem.com/Xt/Amnewseeds.htm
Aquinas' Shorter Summa (Aquinas)	http://www.ad-lucem.com/Aft/Amshortersuma.htm
No Man is an Island (Merton)	http://www.ad-lucem.com/Xt/Amnoman.htm
Spiritual Direction & Meditation (Merton)	http://www.ad-lucem.com/Xt/Amspdir.htm
Mystics & Zen Masters (Merton)	http://www.ad-lucem.com/Xt/Ammysticszen.htm
The Seven Story Mountain (Merton)	http://www.ad-lucem.com/Xt/Am7story.htm
Thoughts in Solitude (Merton)	http://www.ad-lucem.com/Aft/Ammertonsolitude.htm

Audio Recordings; Mother Teresa ()	http://www.ad-lucem.com/Aft/Ngmotherteresa.htm
The Message: The Bible in contemporary language ()	http://www.ad-lucem.com/Aft/Ammessage.htm
The Purpose Driven Life: What on earth am I here for? (Warren)	http://www.ad-lucem.com/Aft/Ampurposedriven.htm
No Greater Love (Mother Teresa)	http://www.ad-lucem.com/Aft/Amnteresagreater.htm
Miracles do Happen (McKenna)	http://www.ad-lucem.com/Aft/Amiraclesdo.htm
Confessions of Saint Augustine (Augustine)	http://www.ad-lucem.com/Aft/Amconfesss.htm
The God of Surprises (Hughes)	http://www.ad-lucem.com/Aft/Amgodofsurprises.htm
Contemplative Prayer (Merton)	http://www.ad-lucem.com/Aft/Amertonprayer.htm
Energy Psychology	
Getting Through to Your Soul: 4 Keys to Living your Divine Purpose (Spiritual Kinesiology) (Montrose)	http://www.ad-lucem.com/Aft/Amgetsoul.htm
Seminars	
Wayne Dyer Seminars ()	http://www.ad-lucem.com/Aft/Ngdyer.htm
Brian Tracy Seminars ()	http://www.ad-lucem.com/Aft/Ngtracyaction.htm
Tony Robbins Seminars ()	http://www.ad-lucem.com/Aft/Ngrobbins.htm
Dr Deepak Chopra Seminars ()	http://www.ad-lucem.com/Aft/Ngdeepak.htm

Stress

Bullying

You don't have to take it !, A woman's guide to confronting emotional abuse at work (Various) <http://www.ad-lucem.com/Aft/Amdonttakeit.htm>

The Bully at Work, What you can do to Stop the Hurt and Reclaim your Dignity in the Workplace (Namie) <http://www.ad-lucem.com/Aft/Amthebullyatwork.htm>

When Smart People work for dull bosses (Lundin) <http://www.ad-lucem.com/Aft/Amsmartpeople.htm>

The Dragon Complex: Identifying and conquering workplace abuse (Various) <http://www.ad-lucem.com/Aft/Amdragon.htm>

Bully and Emotional Abuse in the Workplace (Cooper (Editor)) <http://www.ad-lucem.com/Aft/Amcooperbully.htm>

Stress

Concise Blackwell Encyclopedia of Management (Cooper) <http://www.ad-lucem.com/Aft/Amcooperblackwell.htm>

The Relaxation and Stress Workbook (David) <http://www.ad-lucem.com/Aft/Amrelaxstresswkbk.htm>

The Power of Full Engagement: Managing Energy; not time is the key to high performance personal renewal (Loehr & S <http://www.ad-lucem.com/Aft/Ampowerfullengag.htm>

Learn to relax; a practical guide to easing tension and conquering stress (George) <http://www.ad-lucem.com/Aft/Amlearnrelax.htm>

The weekend Healer: more than a dozen 3-day plans to relax; relieve stress and re-energize (Alexander) <http://www.ad-lucem.com/Aft/Amweekendhealer.htm>

Relax and Renew: Restful Yoga for stressful times (Lasater et al) <http://www.ad-lucem.com/Aft/Amrelaxrenew.htm>

International Handbook of Organizational Culture and Climate (Cooper) <http://www.ad-lucem.com/Aft/Amcooperinhandbook.htm>

Stress and Strain (Cooper) <http://www.ad-lucem.com/Aft/Amcooperstresstrain.htm>

Web

Earn Online

Doing Surveys ()

<http://www.ad-lucem.com/Aft/Hopsurvey.htm>

Irish Shop

The Site to Buy anything Irish ()

<http://www.ad-lucem.com/Aft/Irishshop.htm>

Left Handed Products

Anything Left Handed ()

<http://www.ad-lucem.com/Aft/Lefthand.htm>

Protection

McAfee online Virus Clinic ()

<http://www.ad-lucem.com/Aft/Mcafee.htm>

Sypware and Adware ()

<http://www.ad-lucem.com/Aft/Hopnoadware.htm>

SpyWare Protection ()

<http://www.ad-lucem.com/Aft/Hopnuker.htm>

Anti Spam Software ()

<http://www.ad-lucem.com/Aft/Amspam.htm>

Tools

Alexa Toolbar ()

<http://www.ad-lucem.com/Aft/alexa.htm>