

# THE HUMAN CONDITION (Further Reading)

## Psychological Understanding

[Necessary Losses](#) (1986) by Judith Viorst (An engaging description of how we grow up psychologically by a wise, insightful woman from Washington, D.C.)

[The Drama of the Gifted Child](#) (1981) by Alice Miller (A sensitive description of the narcissistic wounds that so many of us suffered as children, by a world-renowned Swiss psychoanalyst – translated from the original German.)

[The Neurotic Personality of Our Time](#) (1937), [Our Inner Conflicts](#) (1945) and [Neurosis and Human Growth](#) (1950) by Karen Horney, M.D. (Three very readable descriptions of the human condition by a brilliant German-American psychoanalyst who articulated the concepts of alienation and the idealized image.)

## Spiritual Understanding

[The Road Less Traveled – A New Psychology of Love, Traditional Values and Spiritual Growth](#) (1978) by M. Scott Peck, M.D. (A wildly popular national best-seller that integrates traditional psychological and spiritual insights.)

[Awareness](#) (1990) by Anthony De Mello, S.J. (A wry, insightful description of who we are and why we don't want to change by an Indian Jesuit mystic and scholar.)

[Addiction and Grace](#) (1991) by Gerald G. May, M.D. (May suggests that we *all* suffer from addiction – trying to satisfy our hunger for love and acceptance by substituting something else -- not just alcohol or drugs -- but all sorts of mood altering substances, relationships, and personal pursuits.)

[The Human Condition](#) (1999) by Thomas Keating (Father Thomas's most concise description of the human condition and the spiritual journey to encounter God and one's deepest self, written with deep beauty and simplicity.)

[Invitation To Love](#) (1992) by Thomas Keating (Father Thomas's expanded description of the human condition and the stages of the spiritual journey.)

[The Power of Now](#) (1997) and [A New Earth – Awakening To Your Life’s Purpose](#) (2005) by Eckhart Tolle (A description of the need to live in the present moment and why it is necessary if we are to live freely. Tolle is a deeply spiritual teacher who is not aligned with any particular religion or tradition but weaves together truths from all the major religions.)

[Zen Mind Beginner’s Mind](#) (1970) by Shunryu Suzuki (A spiritual classic – a compilation of talks given by a Zen Buddhist priest to his students -- simple, precise teachings from a Zen master, free from the trappings of intellectualism.)

[Our Many Selves](#) (1970), [Journey Inward Journey Outward](#) (1968) and [Search For Silence](#) (1986) by Elizabeth O’Connor (Moving descriptions of the human condition and our search for wholeness by a member of the Church of the Saviour in Washington, D.C.)

[Autobiography of a Yogi](#) (1946) by Paramahansa Yogananda (Although not strictly about the human condition, this is a masterpiece of spiritual literature by a Hindu Yogi -- a profound and exhilarating introduction to Yoga Spirituality.)

[Be Here Now](#) (1971) and [The Only Dance There Is](#) (1974) by Ram Das (Popular books from the early 1970’s on being human and the spiritual side of our nature by a seeker from the West who traveled to India to study Yoga – all new to America 40 years ago!)

## Higher Levels of Consciousness

[The Path of Centering Prayer, Deepening Your Experience of God](#) (2012) by David Frenette (A profound guide to Divine union from a Christian mystic practicing for forty years and the senior student and advisor to Fr. Thomas Keating.)

[Up from Eden: A Transpersonal View of Human Evolution](#) (1981), [The Essential Ken Wilbur: An Introductory Reader](#) (1998) (Wilbur’s vision of human evolution and the journey through higher states of consciousness.)

[The Path To No-Self: Life At The Center](#) (1985), [The Experience of No Self: A Contemplative Journey](#) (1993) (A former Carmelite nun, mystic and teacher describes her experience of union with God and beyond.)

Compiled by Steve Standiford for The Living  
Flame -- The Human Condition Session