

## Integral Resources

Listed below are valuable resources that may be useful on your integrative journey. Most are based in Ken Wilber's Integral Theory and Practice (ITP); some, marked with an asterisk, are based in non-ITP visions and practices. Both ITP and non-ITP resources involve strong impulses to integrate body, soul and spirit in true self, authentic society and Universal Spirit.

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### Entry Sources into Integral Theory and Practice

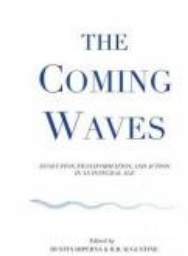
Ken Wilber, [Understanding Integral Theory: An Introduction](#)

Ken Wilber, [The Integral Operating System](#)

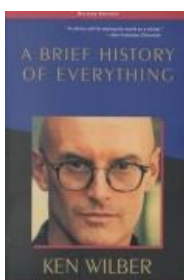
Sean Esbjörn-Hargens, [An Overview of Integral Theory: An All-Inclusive Framework for the 21st Century](#)

Jeff Salzman, [A Primer on Integral Theory: States & Stages, Levels & Lines, and the Integral Map](#)

### Introductory Books for Curious Integrative Explorers



Diperna, D. & Augustine, H.B. (Eds.). (2013). *The Coming Waves: Evolution, Transformation, and Action in an Integral Age*. Integral Publishing House.



Wilber, K. (1996/2001). *A Brief History of Everything* (2nd ed.). Boston, MA: Shambhala.

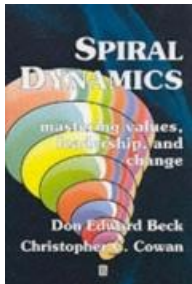


Wilber, K. (2007). *The Integral Vision: A Very Short Introduction to the Revolutionary Integral Approach to Life, God, the Universe, and Everything*. Boston, MA: Shambhala.

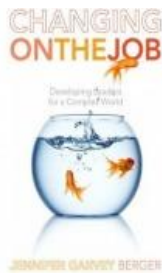


Witt, K. (2014). *Integral Mindfulness: From Clueless to Dialled-In – How Integral Mindful Living Makes Everything Better*. Tucson, AZ: Integral Publishers.

## Serious Books for Serious Integrative Practitioners



\* Beck, D. E. & Cowan, C. C. (1996). *Spiral Dynamics: Mastering Values, Leadership, and Change*. Malden, MA: Blackwell Publishing.



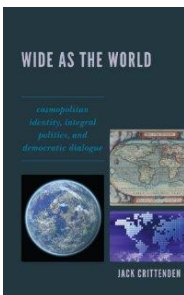
\* Berger, J. G. (2012). *Changing on the Job: Developing Leaders for a Complex World*. Stanford, CA: Stanford University Press.



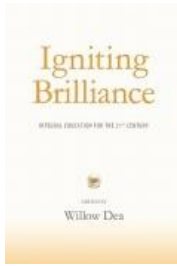
Bhaskar, R., Esbjörn-Hargens, S. & Hedlund-de Witt, N. (Eds.). (2015). *Metatheory for the 21st Century: Critical Realism and Integral Theory in Dialogue*. New York: Routledge.



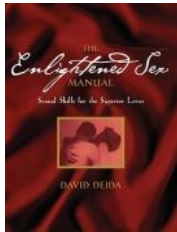
\* Buzl, J. M. (2013). *Global Domestic Politics: A Citizen's Guide to Running a Diverse Planet*. London: International Simultaneous Policy Organisation.



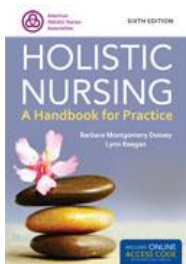
Crittenden, J. (2011). *Wide as the World: Cosmopolitan Identity, Integral Politics, and Democratic Dialogue*. Lanham, MD: Lexington Books.



Dea, W. (Ed.). (2011). *Igniting Brilliance: Integral Education for the 21st Century*. Tucson, AZ: Integral Publishers.



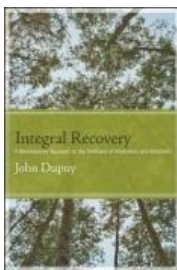
\* Deida, D. (2004). *The Enlightened Sex Manual: Sexual Skills for the Superior Lover*. Boulder, CO: Sounds True.



Dossey, B. M. & Keegan, L. (2013). *Holistic Nursing: A Handbook for Practice* (6th ed.). Burlington, MA: Jones & Bartlett Learning.



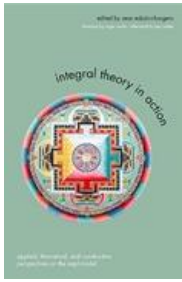
DeKay, M. (2011). *Integral Sustainable Design: Transformative Perspectives*. London: Earthscan.



Dupuy, J. (2013). *Integral Recovery: A Revolutionary Approach to the Treatment of Alcoholism and Addiction*. Albany, NY: SUNY Press.



\* Edwards, M. G. (2010). *Organisational Transformation for Sustainability: An Integral Metatheory*. New York: Routledge.



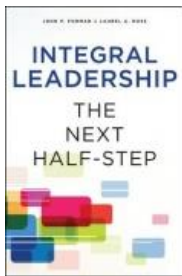
Esbjörn-Hargens, S. (Ed.). (2010). *Integral Theory in Action: Applied, Theoretical, and Constructive Perspectives on the AQAL Model*. Albany, NY: SUNY Press.



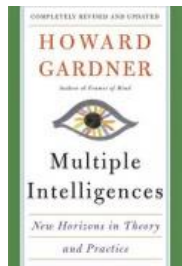
Esbjörn-Hargens, S. & Zimmerman, M. E. (2009). *Integral Ecology: Uniting Multiple Perspectives on the Natural World*. Boston, MA: Integral Books.



Esbjörn-Hargens, S., Reams, J. & Gunnlaugson, O. (Eds.). (2010). *Integral Education: New Directions for Higher Learning*. Albany, NY: SUNY Press.



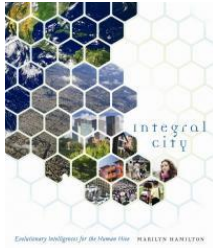
Forman, J. P. & Ross, L. A. (2013). *Integral Leadership: The Next Half-Step*. Albany, NY: SUNY Press.



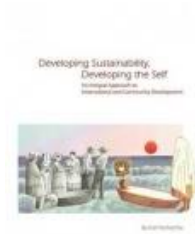
\* Gardner, H. (2006). *Multiple Intelligences: New Horizons in Theory and Practice*. New York: Basic Books.



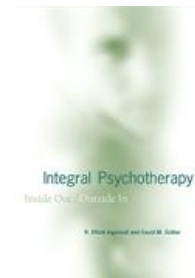
Hamilton, D. M. (2013). *Everything is Workable: A Zen Approach to Conflict Resolution*. Boston, MA: Shambhala.



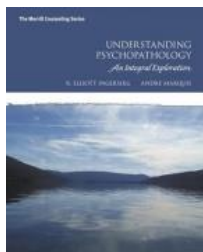
Hamilton, M. (2008). *Integral City: Evolutionary Intelligences for the Human Hive*. Gabriola Island, BC: New Society Publishers.



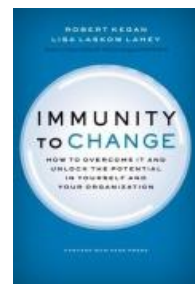
Hochachka, G. (2010). *Developing Sustainability, Developing the Self: An Integral Approach to International and Community Development*. Victoria, BC: Trafford Publishing.



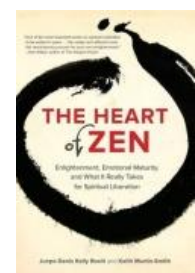
Ingersoll, R. E. & Zeitler, D. M. (2010). *Integral Psychotherapy: Inside Out / Outside In*. Albany, NY: SUNY Press.



Ingersoll, R. E. & Marquis, A. (2014). *Understanding Psychopathology: An Integral Exploration*. Upper Saddle River, NJ: Pearson Education.



\* Kegan, R. & Lahey, L. L. (2009). *Immunity to Change: How to Overcome It and Unlock the Potential in Yourself and Your Organization*. Boston, MA: Harvard Business Press.



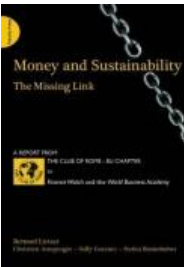
\* Kelly, J. P. D. & Martin-Smith, K. (2014). *The Heart of Zen: Enlightenment, Emotional Maturity, and What It Really Takes for Spiritual Liberation*. Berkeley, CA: North Atlantic Books.



\* Küpers, W. & Pauleen, D. (Eds.). (2013). *A Handbook of Practical Wisdom: Leadership, Organization and Integral Business Practice*. Burlington, VT: Gower Publishing.



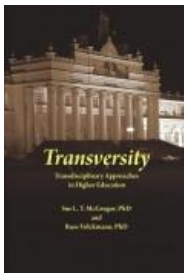
Laloux, F. (2014). *Reinventing Organizations: A Guide to Creating Organizations Inspired by the Next Stage of Human Consciousness*. Brussels, BEL: Nelson Parker.



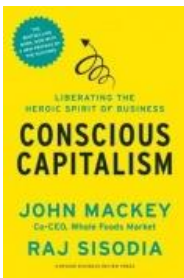
\* Lietaer, B., Arnsperger, C., Goerner, S. & Brunnhuber, S. (2012). *Money and Sustainability: The Missing Link*. Axminster, UK: Triarchy Press



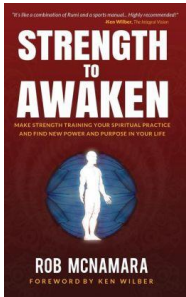
\* Lings, M. & Minnaar, C. (Eds.). (2007). *The Underlying Religion: An Introduction to the Perennial Philosophy*. Bloomington, IN: World Wisdom.



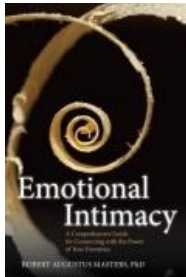
\* McGregor, S. L. T. & Volckmann, R. (2011). *Transversity: Transdisciplinary Approaches in Higher Education*. Tucson, AZ: Integral Publishers.



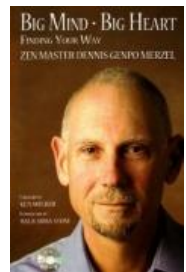
\* Mackey, J. & Sisodia, R. (2013). *Conscious Capitalism: Liberating the Heroic Spirit of Business*. Boston, MA: Harvard Business Review Press.



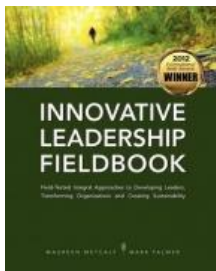
McNamara, R. L. (2012). *Strength to Awaken: An Integral Guide to Strength Training, Performance and Spiritual Practice for Men and Women*. Boulder, CO: Performance Integral.



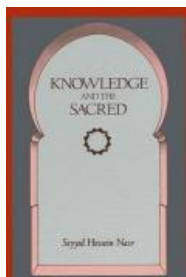
\* Masters, R. A. (2013). *Emotional Intimacy: A Comprehensive Guide for Connecting with the Power of Your Emotions*. Boulder, CO: Sounds True.



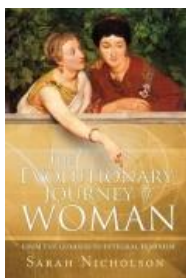
\* Merzel, D. G. (2007). *Big Mind, Big Heart: Finding Your Way*. Salt Lake City, UT: Big Mind Publishing.



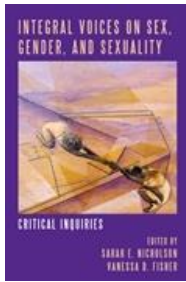
\* Metcalf, M. & Palmer, M. (2011). *Innovative Leadership Fieldbook: Field-Tested Integral Approaches to Developing Leaders, Transforming Organizations and Creating Sustainability*. Tucson, AZ: Integral Publishers.



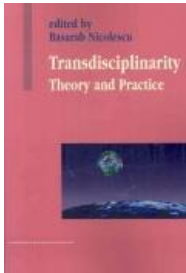
\* Nasr, S. H. (1989). *Knowledge and the Sacred*. Albany, NY: SUNY Press.



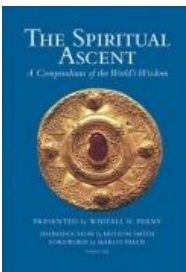
Nicholson, S. E. (2013). *The Evolutionary Journey of Woman: From the Goddess to Integral Feminism*. Tucson, AZ: Integral Publishers.



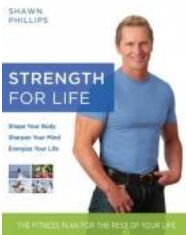
Nicholson, S. E. & Fisher, V. D. (Eds.). (2014). *Integral Voices on Sex, Gender, and Sexuality: Critical Inquiries*. Albany, NY: SUNY Press.



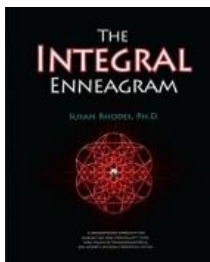
\* Nicolescu, B. (Ed.). (2008). *Transdisciplinarity: Theory and Practice*. Cresskill, NJ: Hampton Press.



\* Perry, W. N. (1971/2008). *The Spiritual Ascent: A Compendium of the World's Wisdom. (A Treasury of Traditional Wisdom. 1st ed.)*. Louisville, KY: Fons Vitae.



\* Phillips, S. (2008). *Strength for Life: The Fitness Plan for the Best of Your Life*. New York: Ballantine Books.



Rhodes, S. (2013). *The Integral Enneagram: A Dharma-Based Approach for Linking the Nine Personality Types, Nine Stages of Transformation & Ken Wilber's Integral Operating System*. Seattle, WA: Geranium Press.

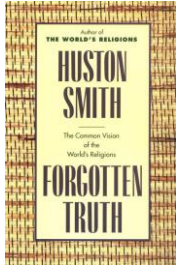


\* Schumacher, E. F. (1978). *A Guide for the Perplexed*. London: Abacus.





Slaughter, R. A. (2012). *To See with Fresh Eyes: Integral Futures and the Global Emergency*. Indooroopilly, QLD: Foresight International.



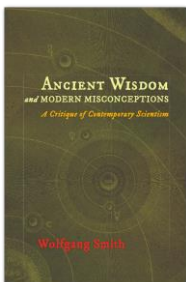
\* Smith, H. (1976/1992). *Forgotten Truth: The Common Vision of the World's Religions*. New York: HarperCollins Publishers.



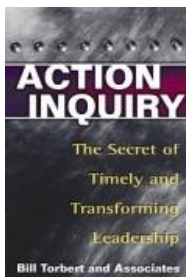
\* Smith, H. (2012). *The Huston Smith Reader*. J. Paine (Ed.). Berkeley, CA: University of California Press.



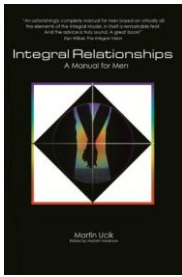
\* Smith, W. (2010/2012). *Science & Myth: With a Response to Stephen Hawking's The Grand Design* (2nd ed.). Tacoma, WA: Angelico Press / Sophia Perennis.



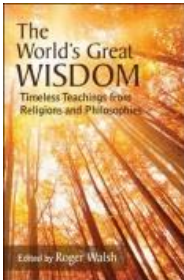
\* Smith, W. (2013). *Ancient Wisdom and Modern Misconceptions: A Critique of Contemporary Scientism*. Tacoma, WA: Angelico Press / Sophia Perennis.



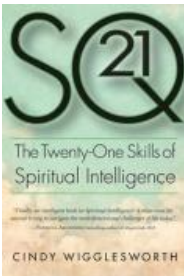
\* Torbert, W. & Associates. (2004). *Action Inquiry: The Secret of Timely and Transforming Leadership*. San Francisco, CA: Berrett-Koehler Publishers.



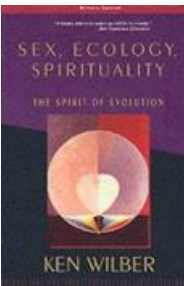
Ucik, M. (2010). *Integral Relationships: A Manual for Men*. Santa Rosa, CA: singles2couples.org Publishing.



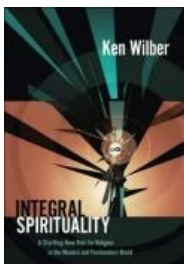
Walsh, R. (Ed.). (2014). *The World's Great Wisdom: Timeless Teachings from Religions and Philosophies*. Albany, NY: SUNY Press.



\* Wigglesworth, C. (2012). *SQ21: The Twenty-One Skills of Spiritual Intelligence*. New York: Select Books.



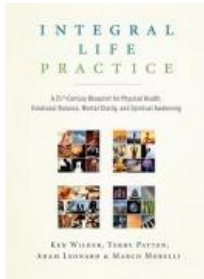
Wilber, K. (2001). *Sex, Ecology, Spirituality: The Spirit of Evolution* (2nd ed.). Boston, MA: Shambhala.



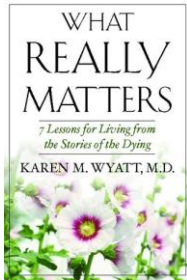
Wilber, K. (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.



Wilber, K. (2014). *The Fourth Turning: Imagining the Evolution of an Integral Buddhism*. Boston, MA: Shambhala.



Wilber, K., Patten, T., Leonard, A. & Morelli, M. (2008). *Integral Life Practice: A 21st Century Blueprint for Physical Health, Emotional Balance, Mental Clarity, and Spiritual Awakening*. Boston, MA: Integral Books.



Wyatt, K. M. (2011). *What Really Matters: 7 Lessons for Living from the Stories of the Dying*. New York: SelectBooks.

### For Scholar-Practitioners with an Integral Pulse

- [SUNY Series in Integral Theory](#)
- [Journal of Integral Theory and Practice](#)
- [Integral Leadership Review](#)
- [Integral Review](#)
- [Kosmos Journal](#)
- [Research Across Boundaries International Symposium 2010](#), Luxembourg
- [Integral Theory Conference 2013](#), USA, plus ITC2010, and ITC2008
- [Integral European Conference 2014](#), Hungary
- [Integral Research Center](#)
- [Core Integral](#), and
- Integral communities in [Australia and New Zealand](#), [Europe](#), [United Kingdom](#), [Canada](#), [USA](#), [Brazil](#), [Middle East](#), [Japan](#), and elsewhere.