



## References and further reading on some of the approaches my work is based on:

**Richard Barrett (2018) Everything I learned about values. Amazon UK.**

**Locher, Christine (2019): Values-based. Career and Life Changes that Make Sense. Amazon Kindle**  
<https://www.amazon.com/gp/product/B07RNGQQNH>

Lots of tools to explore values and support change here <https://christinelocher.me/resources/>

**Gendlin, Eugene T. (2003): Focusing: How to gain direct Access to your Body's Knowledge: Open up your deeper Feelings and Intuition. London, Rider.**

Bigger cities sometimes have practice groups that are open for all if you want to explore.

**Rowan, John (2013): Subpersonalities. The People Inside Us. London, Routledge**

**Sparrer, Insa (2009): Systemische Strukturaufstellungen. Carl Auer Verlag, Munich**  
(German only). If you read German, also recommend the works of Matthias Varga von Kibed on constellations. Him and Insa Sparrer are a couple and developed this approach together.

**Stone, Hal and Sidra (1998): Embracing OurSelves. The Voice Dialogue Manual. Novato, Nataraj New World Library**

**Vaughan, Frances E. (1979) Awakening Intuition. New York, Double Day**