

BIOGRAPHY BIBLIOGRAPHY

A Journey through Time : Biographical Rhythms: William Bryant Sacramento CA: Rudolf Steiner College Press, 2006 Excellent book on the many rhythms of Biography.

Taking Charge: Your Life Patterns and their Meanings Gudrun Burkhard Edinburgh: Floris Press, 1997 Excellent. Includes process and content. Best basic book.

Biographical Work: The Anthroposophical Basis: Gudrun Burkhard Edinburgh:Floris Books 2002 Outstanding; takes Rudolf Steiner's explanations and puts them in a clear context. Deepens the understanding

Citizens of the Cosmos: Life's Unfolding from Conception through Death to Rebirth. Beredene Jocelyn New York: Steiner Press 2006 . outstanding description of each phase and relation to planets.

Phases: Crisis and Development in the Individual. Bernard Lievegoed London: Rudolf Steiner Press 1979 one of the original books on the topic

The Human Life. George and Gisela O'Neil. Spring Valley: Mercury Press, 1990/2012. Very deep anthroposophic look at destiny through biography.

Life Patterns: Responding to life's Questions... Jerry Schottelndreier; *available on amazon used only*) Perceptive about use of biography for looking at one's life now.

Why on Earth: Biography and the Practice of Human Becoming Signe Schaefer. Steiner Books 2013. A look at the life cycles by a biographical trainer. Excellent.

Tapestries: Weaving Life's Journey. By Betty Staley. Gloucestershire, UK. Hawthorne Press, 1997. new edition 2009 Includes stories of many different people living through their adult cycles.

Biography Life Cycles Workbook by Lee Sturgeon-Day ordered through her at PO BOX 2922 Prescott Arizona 86301. Excellent exercises to bring biography to light. can download for \$9 on website <http://www.leesturgeonday.com/>

Colored Charts of the 7 year phases: Created by and available from Linda Bergh. hellolindabergh@gmail.com

Bibliography compiled by Linda Bergh 2018

TRAINING : **Center for Biography and Social Art** : <http://biographysocialart.org>