



# Oregon School of Massage ~ Winter 2023 Booklist



## CORE CLASSES - REQUIRED TEXTS

Course	Textbook	Author	Price	ISBN#
Anatomy & Physiology - I & II & III	<i>Anatomy &amp; Physiology, 3rd ed.</i> <b>Recommended:</b> <i>Coloring Book, 4th ed.</i>	Premkumar Kapit	\$89.95 \$29.50	978-0-7817-5922-9 978-0-321-83201-6
Business of Massage - Introduction	<i>Business Mastery, 5th ed.</i>	Sohnen-Moe	\$39.00	978-188290-8059
Clinic	<b>Recommended:</b> <i>Save Your Hands!</i>	Greene & Goggins	\$39.95	978-0-9679549-1-2
Communications/Ethics	<i>Educated Heart, 5th ed.</i>	McIntosh	\$59.95	978-1-4963-4731-2
Hydrotherapy	<i>Hydrotherapy for Bodyworkers, 2nd ed.</i>	Sinclair	\$65.00	978-1-912085-52-1
Kinesiology Upper & Lower	<i>Trail Guide to the Body, 6th ed.</i> <b>Recommended:</b> <i>Trail Guide Student Workbook, 6th ed.</i>	Biel Biel	\$72.95 \$29.95	978-0-9987850-6-6 978-0-9914666-7-2
Massage Assessment & Application	<b>Recommended:</b> <i>Hands Heal, 4th ed.</i>	Thompson	\$45.00	978-1609133870
Massage Fundamentals	<i>Trail Guide to the Body, 6th ed.</i> <i>OSM Healing Massage Techniques</i>	Biel Pearson Custom Library	\$72.95 \$60.00	978-0-9987850-6-6 1-323-34918-9
Massage Upper & Massage Lower	<i>Trail Guide to the Body, 6th ed.</i> <i>OSM Healing Massage Techniques</i>	Biel Pearson Custom Library	\$72.95 \$60.00	978-0-9987850-6-6 1-323-34918-9
Palpation Skills	<i>Trail Guide to the Body, 6th ed.</i> <b>Recommended:</b> <i>Trail Guide to Movement, 2nd ed.</i>	Biel Biel	\$72.95 \$45.95	978-0-9987850-6-6 978-0-9987850-5-9
Pathology I & II	<i>Massage Therapists Guide to Pathology, 7th ed.</i>	Werner	\$84.00	978-0-9982663-4-3
Shiatsu I	<i>Shiatsu Short Form Handbook PDF</i>	Cleaver	Free	<a href="http://jimcleaver.com">jimcleaver.com</a>

## CE/ELECTIVE CLASSES - REQUIRED & RECOMMENDED TEXTS

Course	Textbook	Author	Price	ISBN#
ABC's of Chinese Medicine	<i>ABC's of Chinese Medicine - Part A</i>	<i>Cleaver</i>	Free	<a href="http://jimcleaver.com">jimcleaver.com</a>
Bowenwork Module 1	<i>A Textbook of Bowen Technique</i>	<i>Pennington</i>	\$65.00	978-0-9872552-4-2
Craniosacral Therapy level 1	<b>Recommended:</b> <i>Heart of Listening Vol 1</i> <b>Recommended:</b> <i>Heart of Listening Vol 2</i>	<i>Milne</i> <i>Milne</i>	\$29.95 \$35.00	978-1556432798 978-1556432804
Myofascial Massage - Indirect Method	<i>Myofascial Massage</i>	<i>Dixon</i>	\$58.95	0-7817-4832-1
Preventing Eye Strain	<i>Hydrotherapy for Bodyworkers, 2nd ed.</i>	<i>Sinclair</i>	\$65.00	9-781912-085521
Qigong Basics	<b>Recommended:</b> <i>Qigong</i>	<i>Cohen</i>	\$17.95	978-0345421098
Shiatsu II	<i>Shiatsu Short Form Handbook PDF</i>	<i>Cleaver</i>	Free	<a href="http://jimcleaver.com">jimcleaver.com</a>
Tai Chi for Better Balance	<b>Recommended:</b> <i>Qigong</i>	<i>Cohen</i>	\$17.95	978-0345421098

