

MY  
FAVE  
HUMAN  
DESIGN  
BOOKS

Books can be a wonderful ally -  
and they sure have been for me.

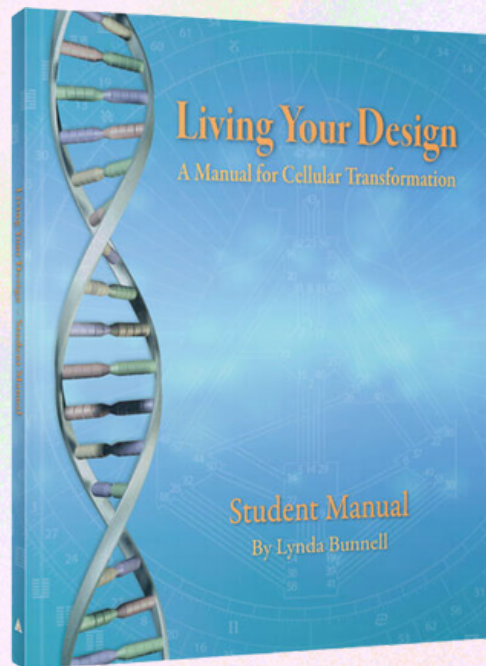
Your mind might want them all,  
but the biggest question is:

WHICH OF THESE BOOKS  
SPEAK TO YOUR  
AUTHORITY?

IS THERE A BOOK THAT  
YOUR BODY WANTS  
TO READ?

Apart from the last book, all of the books in  
this list are true to the original material and  
intentions of Human Design.

# THE MOST PRACTICAL AND STILL DETAILED + DEEP

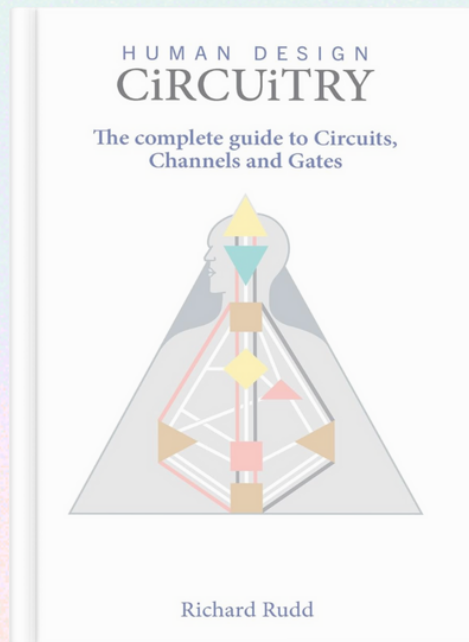


Living Your Design - A Manual  
for Cellular Transformation  
*Lynda Bunnell*

This isn't the first book you'll find when you start googling because it's a student manual for the Living Your Design course (which I highly recommend). What I love is the combination of practical examples and detailed + grounded theory on all the foundational Human Design concepts. If you want to buy one book that has it all, this could be a great one to go for. I loved how many lightbulb moments it gave me. Want to get a small taste? I've created a sharable note with the books' practical advice for the Projector and the full table of contents.

# CHANNELS & CIRCUITRY

## A GREAT REFERENCE GUIDE



Human Design Circuitry - The complete guide to  
Circuits, Channels and Gates  
*Richard Rudd*

This book goes into all the channels and into every gate (64) of the Human Design chart. There's also an explanation of the differences between Tribal, Individual and Collective Circuitry. *You can read this information when you download a free excerpt of the book via the amazon link above.* Richard Rudd really brings the channels alive in a way that's easy to understand. He also offers advanced keynotes for every gate, like its sexual, nutritional, and fear keynotes. You can see what this looks like in the note I made with an example of Channel 35-36 and its gates.

# CENTERS & COACHING

## BRINGING HD ALIVE



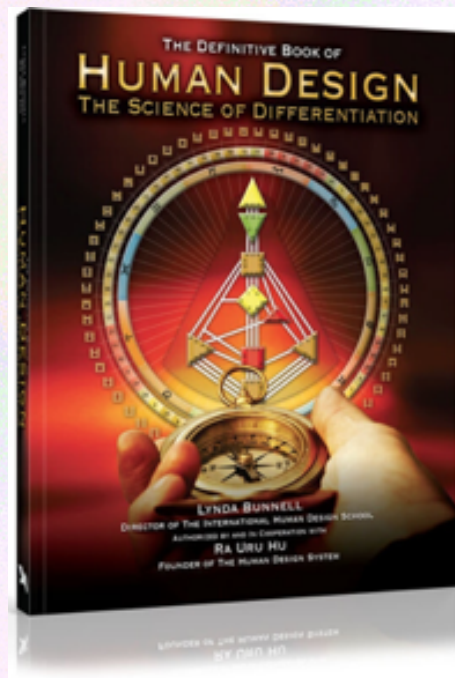
Human Design System - The Centers  
(free excerpt downloadable via Amazon)

*Peter Schoeber*

If you're a "why person" who is into metaphors and creative examples, this might be your book. I read this book after having been into Human Design for several years and still, it gave me so many new juicy bits. Peter Schoeber has been into HD for 25+ years and his book honors the source information *and* brings his unique approach. I don't know any other book that gives such an elaborate overview of the centers: their functions, the notself, their potential... He also gives a fresh look into the origin of HD and tips for therapist-client interactions. Here's a taster about the Ajna.

# THE FULL MONTY

FOR MY CO-NERDS

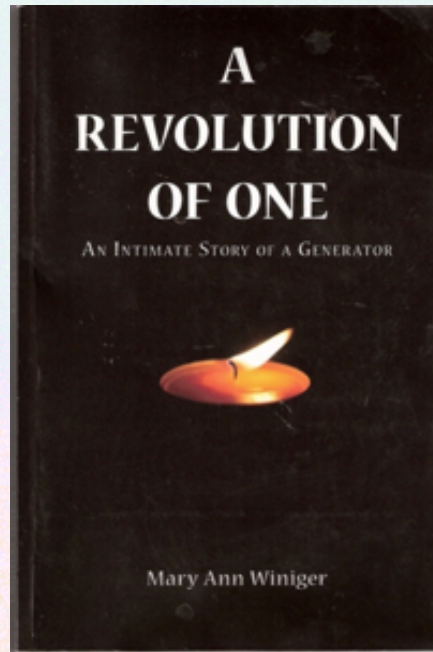


The Definitive Book of Human Design.  
The Science of Differentiation  
*Lynda Bunnell & Ra Uru Hu*

This book is THE book I'll recommend to any Human Design "nerd" (like me). It is the most precise book, which is no surprise since it comes directly from the source (Ra Uru Hu). I wouldn't necessarily advice it as a starting book, unless you feel a deep desire to understand Human Design on its' deepest level. What you'll find inside: all the Types, Profiles, Centers, all the Incarnation Crosses (life goals), all the different lines (from 1.1 to 64.6; this is something you won't find in the other books), and more. Here's the [table of contents](#).

# LIVING YOUR DESIGN

## AS A (MAN.) GENERATOR

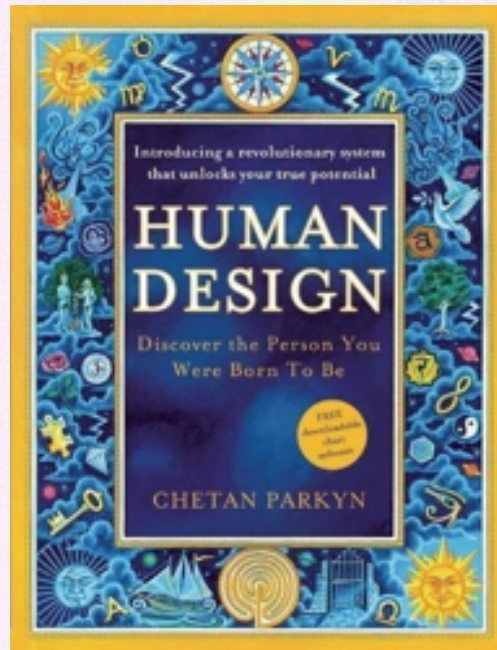


A Revolution of One. An Intimate Story of a Generator  
*Mary Ann Winiger*

Of all the books, this one has made the most impact on me - it inspired me to start living my design, instead of just reading about it. It's a diary of a brave woman who decided to radically test her Human Design Strategy and Authority. She quit almost anything that was happening in her life, and started waiting for things to respond to. Literally. She has shown me that by doing 'nothing', the most amazing things can come into your life. And... that it takes time. I've heard from Projectors that her book was very helpful for them too. Here's a free [excerpt of the book](#).

# ACCESSIBLE ++

## ANOTHER OPTION FOR BEGINNERS



Human Design - Discover the Person You Were Born to Be  
(free excerpt downloadable via Amazon).

*Chetan Parkyn*

If you're looking for an overview book with the least amount of 'technical jargon' in it, this book can offer you that. All the Types, Centers, Gates, Channels, and Profiles are intuitively explained in plain language. However, if you like great exactness, precision, and depth of detail, this book is not going to fully satisfy you. His profile texts are some of the best & accessible I've ever read, but his description of the Channels takes the popularizing sometimes a tad too far. It's been very helpful to me in the beginning



OH AND THIS  
IS NOT A BOOK  
BUT I RECOMMEND  
CHECKING OUT MY  
HUMAN DESIGN BLOG  
IF YOU DID NOT  
DO SO YET

+ HERE ARE TWO FREE EBOOKS  
FROM THE INTERNATIONAL  
HD SCHOOL

+ HERE YOU CAN GENERATE A DEEP  
AND DETAILED FREE REPORT  
OF YOUR HD CHART

ENJOY

@AYLA\_VERHEIJEN

HUMAN DESIGN  
EMPOWERMENT SESSION

WEBSITE WITH EXPERIENTIAL  
RESOURCES FOR (MAN.)  
GENERATORS