Books I Love

Trauma Education & Healing

The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma
by Bessel van der Kolk

Overcoming Trauma Through Yoga: Reclaiming Your Body
by David Emerson

Waking the Tiger: Healing Trauma
by Peter Levine

Healing the Fragmented Selves of Trauma: Overcoming Internal Self-Alienation
by Janina Fisher

Complex CPTSD: From Surviving to Thriving
by Pete Walker

What happened To You? Conversations on Trauma, Resilience, and Healing
by Oprah Winfrey and Bruce D Perry

A Healing Space: Befriending Ourselves in Difficult Times
by Matt Licata

The Complex PTSD Workbook:
A Mind-Body Approach to Regaining Emotional Control & Becoming Whole
by Arielle Schwartz

Childhood/Family Patterns

Drama of the Gifted Child:
The Search for the True Self
by Alice Miller

Adult Children of
Emotionally Immature Parents
by Lindsay Gibson

How to Do the Work:
Recognize Your Patterns, Heal from
Your Past & Create Your Self
by Nicole LaPera

Spirituality

Entering the Castle: Finding the Inner
Path to God and Your Soul's Purpose
by Caroline Myss

Everything Belongs:
The Gift of Contemplative Prayer
by Richard Rohr

A Return to Love: Reflections on the
Principles of a Course in Miracles
by Marianne Williamson

Light is the New Black:
A Guide to Answering Your Soul's
Calling and Working Your Light
by Rebecca Campbell

Freedom

Codependent No More:
How to Stop Controlling Others and
Start Caring for Yourself
by Melody Beattie

Untamed: Stop Pleasing, Start Living
by Glennon Doyle

The Four Agreements:
Practical Guide to Personal Freedom
by Miguel Ruiz

Breaking the Habit of Being Yourself
by Joe Dispenza

Living Untethered:
Beyond the Human Predicament
by Michael Singer

Own Your Self: The Surprising Path
beyond Depression, Anxiety, and Fatigue
to Reclaiming Your Authenticity, Vitality
and Freedom
by Kelly Brogan

Rise Sister Rise: Unleashing the Wise,
Wild Woman Within
by Rebecca Campbell

Women Who Run with the Wolves:
Contacting the Power of the Wild
Woman
by Clarissa Pinkola Estés