



Book Recommendations

Understanding Therapy & Self-Awareness

- ***Maybe You Should Talk to Someone*** by Lori Gottlieb
- ***What Happened to You?*** by Oprah Winfrey & Dr. Bruce Perry
- ***How to Do the Work*** by Dr. Nicole LePera
- ***Permission to Feel*** by Marc Brackett
- ***Set Boundaries, Find Peace*** by Nedra Glover Tawwab

Personal Growth & Inner Work

- ***The Gifts of Imperfection*** by Brené Brown
- ***Untamed*** by Glennon Doyle
- ***The Mountain Is You*** by Brianna Wiest
- ***Women Who Run with the Wolves*** by Clarissa Pinkola Estés
- ***The Artist's Way*** by Julia Cameron

Trauma & Healing

- ***Racial Trauma*** by Kenneth V. Hardy
- ***The Body Keeps the Score*** by Bessel van der Kolk
- ***Healing the Fragmented Selves of Trauma Survivors*** by Janina Fisher
- ***Waking the Tiger: Healing Trauma*** by Peter Levine
- ***The Deepest Well*** by Nadine Burke Harris
- ***My Grandmother's Hands*** by Resmaa Menakem
- ***It Didn't Start with You*** by Mark Wolynn

Emotional Regulation & Self-Compassion

- ***Atlas of the Heart*** by Brene Brown
- ***Anchored: How to Befriend Your Nervous System by Deb Dana***
- ***Radical Acceptance*** by Tara Brach
- ***Self-Compassion: The Proven Power of Being Kind to Yourself*** by Kristin Neff
- ***Permission to Feel*** by Marc Brackett
- ***The Language of Emotions*** by Karla McLaren
- ***No Bad Parts*** by Richard Schwartz

Identity, Liberation & Social Justice

- *Decolonizing Therapy* by Jennifer Mullen
- *The Politics of Trauma* by Staci K. Haines
- *Decolonizing Trauma Work* by Renee Linklater
- *Care Work: Dreaming Disability Justice* by Leah Lakshmi Piepzna-Samarasinha
- *Rest is Resistance* by Tricia Hersey
- *Beyond the Binary* by Alok Vaid-Menon

Relationships & Attachment

- *Attached* by Amir Levine & Rachel Heller
- *Polysecure* by Jessica Fern
- *Hold Me Tight* by Dr. Sue Johnson
- *The Seven Principles for Making Marriage Work* by John Gottman
- *The Dance of Intimacy* by Harriet Lerner

Parenting & Family Therapy

- *Brainstorm* by Daniel J. Siegel
- *Good Inside* by Becky Kennedy
- *Peaceful Parent, Happy Kids* by Dr. Laura Markham
- *The Whole-Brain Child* by Daniel J. Siegel & Tina Payne Bryson
- *Parenting from the Inside Out* by Daniel J. Siegel & Mary Hartzell
- *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber & Elaine Mazlish
- *Raising Good Humans* by Hunter Clarke-Fields
- *Nonviolent Communication: A Language of Life* by Marshall B. Rosenberg
- *Setting Limits with Your Strong-Willed Child* by Robert J. MacKenzi
- *No-Drama Discipline* by Daniel J. Siegel & Tina Payne Bryson
- *Breaking the Cycle* by Mariel Buqué
- *Adult Children of Emotionally Immature Parents* by Lindsay C. Gibson

Co-parenting/Divorce:

- *Two Homes, One Childhood* by Robert E. Emery
- *Mom's House, Dad's House* by Isolina Ricci

Grief, Loss & Meaning-Making

- *It's OK That You're Not OK* by Megan Devine
- *The Wild Edge of Sorrow* by Francis Weller
- *Bearing the Unbearable* by Joanne Cacciatore
- *When Things Fall Apart* by Pema Chödrön
- *The Smell of Rain on Dust: Grief and Praise* by Martín Prechtel

Mindfulness, Presence & Embodiment

- ***Wherever You Go, There You Are*** by Jon Kabat-Zinn
- ***The Miracle of Mindfulness*** by Thích Nhất Hạnh
- ***How to Do Nothing*** by Jenny Odell
- ***The Deepest Well*** by Nadine Burke Harris
- ***The Mindful Path to Self-Compassion*** by Christopher Germer

Body Relationship

- ***The Body Is Not an Apology*** by Sonya Renee Taylor
- ***The Wisdom of Your Body*** by Hillary McBride
- ***Reclaiming Body Trust*** by Hilary Kinavey & Dana Sturtevant
- ***You Are Not a Before Picture*** by Alex Light
- ***Intuitive Eating*** by Evelyn Tribole & Elyse Resch (4th ed.)
- ***Fearing the Black Body: The Racial Origins of Fat Phobia*** by Sabrina Strings
- ***Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness*** by Da'Shaun L. Harrison
- ***Come As You Are*** by Emily Nagoski
- ***A Wild Woman's Way*** by Michaela Boehm

Children's Books

Emotional Expression:

- *The Way I Feel* by Janan Cain
- *Angry Octopus* by Lori Lite
- *When Sophie Gets Angry—Really, Really Angry* by Molly Bang
- *Ravi's Roar* by Tom Percival
- *My Mouth is a Volcano* by Julia Cook
- *I Just Don't Like the Sound of NO!* by Julia Cook
- *Ruby Finds a Worry* by Tom Percival
- *What Do You Do with a Problem?* by Kobi Yamada
- *Double-Dip Feelings* by Barbara Cain
- *A Boy and a Turtle* by Lori Lite
- *I Think, I Am!: Teaching Kids the Power of Affirmations* by Louise Hay & Kristina Tracy
- *Quick as a Cricket* by Audrey Wood
- *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst

Connection & Comfort:

- *Making Friends is an Art!* by Julia Cook
- *Have You Filled a Bucket Today?* by Carol McCloud
- *I Am Human: A Book of Empathy* by Susan Verde
- *The Invisible String* by Patrice Karst
- *On Mother's Lap* by Ann Herbert Scott
- *Ira Says Goodbye* by Bernard Waber

Relaxation, Mindfulness & Self-Regulation:

- *Bubble Riding: A Relaxation Story* by Lori Lite
- *Breathe Like a Bear* by Kira Willey
- *My Magic Breath* by Nick Ortner & Alison Taylor
- *Listening to My Body* by Gabi Garcia

Divorce and Family Transitions:

- *Love Makes a Family* by Sophie Beer
- *My Family's Changing* by Pat Thomas
- *The Family Book* by Todd Parr

On Death and Grief:

- *I Miss You: A First Look at Death* by Pat Thomas
- *The Rabbit Listened* by Cori Doerrfeld

- ***The Memory Box: A Book About Grief*** by Joanna Rowland
- ***The Goodbye Book*** by Todd Parr
- ***Big Tree*** by Brian Selznick

Recommended by Marc Brackett author of *Permission to Feel*:

- The Way I Feel by Janan Cain
- Today I Feel Silly by Jamie Lee Curtis
- My Many Colored Days by Dr. Seuss
- In My Heart: A Book of Feelings by Jo Witek
- The Color Monster by Anna Llenas