

### **Healing from Trauma**

Books by Richard Schwartz (Founder of IFS Therapy)

The Courage to Heal - Ellen Bass

Invisible Heroes - Belleruth Naparskek

The Body Keeps the Score - Bessel van der Kolk

Beyond Betrayal - Richard B. Gartner

Getting Past your Past - Francine Shapiro

Waking the Tiger - Peter A. Levine

It Didn't Start with You - Mark Wolynn

I Know Why the Caged Bird Sings - Maya Angelou

Children of Emotionally Immature Parents - Lindsay C. Gibson

### **Trauma books for Kids**

Please Tell

Gabby The Gecko

Paper Dolls and Airplanes

### **Explaining Divorce to Kids**

It's not your fault Koko Bear - Vicki Lansky

Was it the Chocolate Pudding - Sandra Levins, Bryan Langdo

I Don't Want to Talk About It - Jeanie Franz Ransom

### **Relationships and Communication**

Hold me Tight - Dr. Sue Johnson

Crucial Conversations - Patterson, Grenny, McMillan, Switzler

Attached - Levine and Heller

The Five Love Languages - Chapman

Living and Loving after Betrayal - Stosny

How to Avoid Falling in Love with a Jerk - John Can Epp

The Seven Principles for Making a Marriage Work - John Gottman

Anatomy of Peace - Arbinger Institute

### **Grief and Loss**

Option B - Sheryl Sanderberg

It's Ok that You're not Ok: Meeting Grief in a Culture that doesn't Understand Loss - Megan Devine

The Wild Edge of Sorrow - Francis Weller

Bearing the Unbearable - Joanne Cacciatore

The Other Side of Sadness - George Bonanno

### **Grief and Loss books for Kids and Adults**

The Yellow Balloon - Charlotte Dematons  
Tear Soup - Pat & DeKlyen, Chuck Schwiebert  
The Invisible String - Patrice Karst

### **Shame - Self Esteem**

Daring Greatly - Brene Brown (and other books)  
You are a Badass - Sincero  
Sexuality  
Come As You Are - Emily Nagoski

### **Spiritual/Insightful**

A New Earth - Eckhart Tolle  
Man's Search for Meaning - Victor Frankl  
The Seat of the Soul - Gary Zukav  
The Alchemist - Paulo Coelho  
A Return to Love - Marianne Williamson  
The Universe Has Your Back - Gabrielle Bernstein (and other books)

### **Powerful Memoirs**

Speak - Anderson  
The Glass Castle - Jeannette Walls  
I am Malala - Malala Yousafzai  
Man's Search for Meaning - Victor Frankl  
Untamed - Glennon Doyle Melton (and other books)  
The Hiding Place - Corrie ten Boom  
The Choice - Edith Eva Eger  
Know My Name - Chanel Miller

### **Mental Illness - Schizophrenia and BPD**

Stop Walking on Eggshells - Mason Kreger  
I Hate You - Don't Leave Me - Jerold Kreisman and Hal Straus  
The Center Cannot Hold - Elyn R. Saks  
Brain on Fire - Susannah Cahalan  
Welcome Silence - Dr. Carol S. North

### **Life After Death**

Embraced by the Light - Eddie J. Eddie

Dying to be Me - Anita Moorjani

The Light Between Us / Signs - Laura Lynne Jackson