

## Reading Recommendations

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### **For those who would like to better understand complex trauma and its consequences**

- [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma Paperback](#) – September 8, 2015  
by Bessel van der Kolk M.D. (Author)

### **An advanced book on the treatment of childhood trauma as it relates to lifelong development**

- [The Practical Guide for Healing Developmental Trauma: Using the NeuroAffective Relational Model to Address Adverse Childhood Experiences and Resolve Complex Trauma Paperback](#) – July 26, 2022 by Laurence Heller Ph.D. (Author), Brad J. Kammer LMFT (Author)

### **A powerful book for survivors of sexual abuse who struggle with the resulting family dynamics**

- [The Burning Light of Two Stars: A Mother-Daughter Story Paperback](#) – November 9, 2021 by Laura Davis (Author)

### **For those seeking self-acceptance and to accept others**

- [Radical Acceptance: Embracing Your Life with the Heart of a Buddha Paperback](#) – November 23, 2004  
by Tara Brach (Author)

### **A story of resilience in the face of extreme physical trauma and how it led to 7 choices of an inspired life**

- [On Fire: The 7 Choices to Ignite a Radically Inspired Life Hardcover](#) – March 15, 2016 by John O’Leary (Author)

### **A comprehensive book on the study of happiness**

- [The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life Paperback](#) – June 5, 2018  
by Shawn Achor (Author)

### **A good collection of research on what makes great people great**

- [Outliers: The Story of Success Paperback](#) – June 7, 2011 by Malcolm Gladwell (Author)

### **A great book to understand how we influence people and how people influence us**

- [Influence, New and Expanded: The Psychology of Persuasion Hardcover](#) – May 4, 2021 by Robert B Cialdini PhD (Author)

### **A collection of methods and research that explain how the small efforts can create the big change in people’s behaviors**

- [The small BIG: small changes that spark big influence Hardcover](#) – September 9, 2014 by Steve J. Martin (Author), Noah Goldstein (Author), Robert Cialdini (Author)



**The quintessential book on finding meaning in life when all hope is lost**

- [Man's Search for Meaning Paperback](#) – June 1, 2006 by Viktor E. Frankl (Author), William J. Winslade (Afterword), Harold S. Kushner (Foreword)

**An enlightening read about how we make choices and how those choices are not often as rational as we think**

- [Predictably Irrational, Revised and Expanded Edition: The Hidden Forces That Shape Our Decisions Paperback](#) – Illustrated, April 27, 2010 by Dr. Dan Ariely (Author)

**Amy Cuddy's groundbreaking book on creating confidence in yourself when faced with challenges**

- [Presence Paperback – Illustrated](#), January 30, 2018 by Amy Cuddy (Author)

**The important lessons of a child dealing with divorce, religion, creativity, and success through the journey of life**

- [A Perfect Union of Contrary Things Hardcover](#) – October 1, 2016 by Maynard James Keenan (Author)

**A classic book for those who struggle interacting with people**

- [How to Win Friends & Influence People Paperback](#) – October 1, 1998 by Dale Carnegie (Author)

**For those struggling with maintaining healthy, fulfilling and nurturing relationships**

- [The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert Paperback](#) – May 5, 2015 by John Gottman PhD (Author), Nan Silver (Author)

**Another wonderful book on creating healthier relationships**

- [How to Be an Adult in Relationships: The Five Keys to Mindful Loving Paperback](#) – November 2, 2021 by David Richo (Author), Kathlyn Hendricks (Foreword)

**A book for parents that want to learn how to have high expectations without harming their well-being**

- [How Children Succeed: Grit, Curiosity, and the Hidden Power of Character Paperback](#) – July 2, 2013 by Paul Tough (Author)

**Lessons on exploring who you are and challenging yourself through self-exploration**

- [Me, Myself, and Us: The Science of Personality and the Art of Well-Being Paperback](#) – April 5, 2016 by Brian R Little PhD (Author)

**A great book to help gain better perspective on your goals**

- [Zen in the Art of Archery Paperback](#) – January 26, 1999 by Eugen Herrigel (Author), R. F. C. Hull (Translator), Daisetz T. Suzuki (Introduction)

