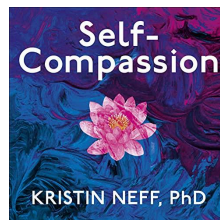
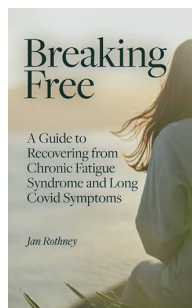




Recommended Book List from Brain Health Breakthrough CIC Peer Support Group

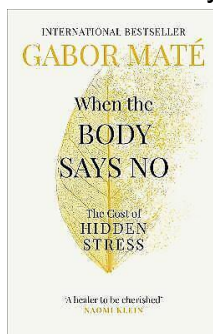


1. Self-Compassion – Dr. Kristin Neff
2. Breaking Free from Chronic Fatigue and Long Covid Symptoms: A Guide to Recovering from Chronic Fatigue Syndrome & Long Covid Symptoms -

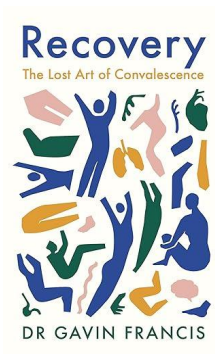


Rothney, Jan

3. When the Body Says No: The Cost of Hidden Stress - [Dr. Gabor Maté](#)



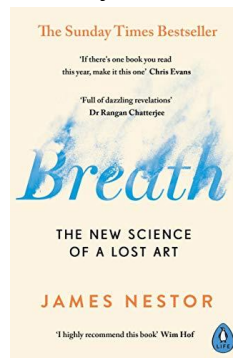
4. Recovery - Gavin Francis



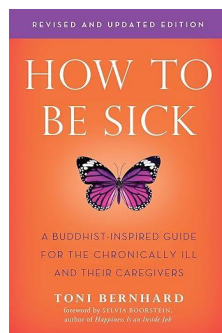
5. Long Covid Handbook - Danny Altmann and Gez Medinger



6. Breath - James Nestor



7. How to be sick - Toni Bernhard



8. Getting Better - Michael Rosen

