

Rise Beyond Trauma

Media Recommendations: An Evolving List

Books by Category

Trauma

The Body Keeps the Score - Bessel Van der Kolk, MD

Trauma and Recovery - Judith Herman, MD

When the Body Says No: Exploring the Stress-Disease Connection - Gabor Mate, MD

Running on Empty: Overcome Your Childhood Emotional Neglect - Jonice Webb, PhD

The Realm of Hungry Ghosts - Gabor Mate (Addiction/Substance Abuse)

Growing Up with a Schizophrenic Mother - Margaret J. Brown & Doris Parker Roberts

Mothers Who Can't Love: A Healing Guide for Daughters - Susan Forward, PhD

Beautiful Justice: Reclaiming My Worth After Trafficking & Sexual Assault - Brooke Axtell (Memoir, LGBTQ+)

Scared Selfless: My Journey from Abuse and Madness to Surviving and Thriving -

Michelle Stevens, PhD (Memoir, LGBTQ+)

Life After Death - Damien Echols (Memoir)

Self-Esteem

Self Esteem - Matthew McKay, PhD

Daring Greatly - Brené Brown, PhD

Burnout - Emily Nagoski, PhD

Sexuality

Come as You Are - Emily Nagoski, PhD (LGBTQ+ Inclusive, Trauma Sensitive)

The Erotic Mind - Jack Morin, PhD

The Vagina Bible - Jen Gunter, MD

Open to Desire - Mark Epstein, MD

Arousal - Michael Bader, MD

Mating in Captivity - Esther Perel, LMFT (LGBTQ+ Inclusive, Trauma Sensitive)

Consent - Lang, MD (Teens, LGBTQ+)

Relationships

Hold Me Tight - Sue Johnson, PhD

Relationship Breakthrough - Chloe Madonis, PhD

If the Buddha Dated - Charlotte Karl, PhD

Codependent No More - Melody Beattie

Mating in Captivity - Esther Perel, LMFT (LGBTQ+ Inclusive, Trauma Sensitive)

The State of Affairs - Esther Perel, LMFT (LGBTQ+ Inclusive, Trauma Sensitive)

Calling in the "One" - Katherine Woodward Thomas

The Attachment Theory Workbook - Annie Chen

Attached - Amir Levine, MD & Rachel S.F. Heller, MA

The 5 Love Languages - Gary Chapman

Personality Disorders

Stop Walking on Eggshells - Paul T. Mason, MS & Randi Kreger

Malignant Self-Love - Sam Vaknin & Lidija Rangelovska

Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic

Personality Disorder - Bill Eddy, LCSW, JD & Randi Kreger

Miscellaneous

Caste - Isabel Wilkerson (Social Justice)

The New Jim Crow - Michelle Alexander (Social Justice)

The Center Cannot Hold - Elyn Saks, JD (Severe Mental Illness)

No Mud, No Lotus - Thich That Hanh (Coping with Trauma)

The Miracle of Mindfulness - Thich That Hanh

Dare to Lead - Brené Brown, PhD

The Heart of Yoga - T. K. V. Desikachar

Learning True Love: Practicing Buddhism in a Time of War - Sister Chân Không

Why Is the Penis Shaped Like That? - Jesse Bering (Evolutionary Psychology, LGBTQ+)

Thinking In Pictures - Temple Grandin (Autism)

Videos

Brené Brown: The Power of Vulnerability

https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?language=en

Esther Perel: The Secret to Desire in a Long Term Relationship

<https://www.ted.com/talks/>

[esther_perel_the_secret_to_desire_in_a_long_term_relationship?language=en](https://www.ted.com/talks/esther_perel_the_secret_to_desire_in_a_long_term_relationship?language=en)

Elyn Saks: A Tale of Mental Illness from the Inside

[https://www.ted.com/talks/elyn_saks_a_tale_of_mental_illness_from_the_inside?](https://www.ted.com/talks/elyn_saks_a_tale_of_mental_illness_from_the_inside?language=en)
language=en

Gabor Mate: The Power of Addiction and the Addiction to Power

<https://www.youtube.com/watch?v=66cYcSak6nE>

Chimamanda Ngozi Adichie: The Danger of a Single Story

[https://www.ted.com/talks/chimamanda_ngozi_adichie_the_danger_of_a_single_story?](https://www.ted.com/talks/chimamanda_ngozi_adichie_the_danger_of_a_single_story?language=en)
language=en

Eleanor Longdon: The Voices in My Head

<https://www.youtube.com/watch?v=syjEN3peCJw>

Cecilia McGough: I Am Not a Monster

<https://www.youtube.com/watch?v=xbagFzcyNiM>

Sangu Delle: There's No Shame in Taking Care of Your Mental Health
https://www.youtube.com/watch?v=BvpmZktlBFs&feature=emb_logo

Podcasts

Esther Perel: Where Do We Begin? (LGBTQ+ Inclusive)

<https://podcasts.apple.com/us/podcast/where-should-we-begin-with-esther-perel/id1237931798>

Therapy for Black Girls (LGBTQ+ Inclusive)

<https://therapyforblackgirls.com/podcast/>

