



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
- 9: The Pocket book of pacing By Stickman communication
- 10: Breaking Free from Long Covid: Reclaiming Life and the Things That Matter by Dr Lucy Gahan ISBN 9781839973505
- 11: Soothe: The book your nervous system has been longing for by Nahid de Belgeonne ISBN 9781800817104
- 12: The Long Covid self-help guide practical ways to manage symptoms, Green Tree
- 13: The Dysautonomia Project by Kelly Freeman, MSM, David s. Goldstein, MD.PHD, Charles R. Thompson, MD
- 14: [I Haven't Been Entirely Honest with You: From bestselling author and the nation's favourite comedian: Amazon.co.uk: Hart, Miranda: 9781405958332: Books](#)
- 15: Accessing the Healing Power of the Vagus Nerve. By Stanley Rosenberg.
- 16: The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma - by Bessel Van Der Kolk
- 17: When the Body Says No: The Cost of Hidden Stress by Mate, Dr Gabor

