

***R.A.C.E.* Suicide Prevention Self-Care Reading Recommendations**

All the books listed below offer valuable information and insights that could change the quality of your life and enhance your resilience and ability to deal with challenges you will encounter in your life. Self-care should not be left to chance. Be intentional about taking care of yourself.

- **The ABCs of Self Love – A Simple Guide to Loving Yourself, Reclaiming Your Worth, and Changing Your Life** by Melody Godfred
- **The Abundant Community: Awakening the Power of Families and Neighborhoods** by John McKnight and Peter Block
- **On the Brink of Everything: Grace, Gravity, and Getting Old** by Parker Palmer
- **Change Your Questions – Change Your Life: 10 Powerful Tools for Life and Work** by Marilee Adams
- **Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and Their Families** by Keith Armstrong, Suzanne Best, and Paula Domenici
- **Emotional Survival for Law Enforcement: A Guide for Officers and Their Families** by Kevin M. Gilmartin
- **Finding Your Third Place: Building Happier Communities (and Making Great Friends Along the Way)** by Richard Kyte
- **Forgiveness at Work: Stories of the Power, Possibilities, and Practices of Forgiveness in the Workplace** by Deborah Welch
- **The Four Agreements: A Practical Guide to Personal Freedom** by Don Miguel Ruiz
- **A Hidden Wholeness: The Journey Toward an Undivided Life** by Parker Palmer
- **Loving What Is: Four Questions that Can Change Your Life** by Byron Katie
- **No Time to Say Goodbye: Surviving the Suicide of a Loved One** by Carla Fine
- **The Power of Purpose: Find Meaning, Live Longer, Better** by Richard J. Leider
- **Restoring Sanity: Practices to Awaken Generosity, Creativity, and Kindness in Ourselves and Our Organizations** by Margaret Wheatley
- **Ladder to the Light – An Indigenous Elder’s Meditations on Hope and Courage** by Steven Charleston
- **Spirit Wheel – Meditations From An Indigenous Elder** by Steven Charleston
- **We Survived The End Of The World – Lessons From Native America On Apocalypse and Hope** by Steven Charleston
- **Sanjaygawa and the Yak Whisperer: A Story of Hope for Young Ones of All Ages** by Rebecca Braden

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- **Tears of a Warrior:** A Family's Story of Combat and Living with PTSD by Janet J. Seahorn and E. Anthony Seahorn
- **The War Within:** One More Step at a Time by G. B. Trudeau
- **Wisdom from the Woods:** Navigating Life's Unexpected Challenges by Virginia Gilmore and Duane Trammell
- **The Wisdom to Know the Difference:** When to Make a Change and When to Let Go by Eileen Flanagan
- **You, Unstuck:** You are the Solution to Your Greatest Problem by Seth Adam Smith
- **Your Life Isn't For You:** A Selfish Person's Guide to being Selfless by Seth Adam Smith

Visit www.racesuicideprevention.us for additional information on suicide prevention and training dates.



**Suicide Awareness
and Prevention**

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There is hope.



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