

Erica Carulli's Most Recommended Books List

Embodied Trauma & healing

- Complex PTSD: *From Surviving to Thriving* by Pete Walker
 - Homecoming *Overcome Fear and Trauma To Reclaim Your Whole, Authentic Self* by Thema Bryant, Ph.D
 - It Didn't Start With You *How Inherited Family Trauma Shapes Who We Are and How to End the Cycle* by Mark Wolynn
 - No Bad Parts *Healing Trauma and Restoring Wholeness with The Internal Family Systems Model* by Richard Schwartz, Ph.D.
 - The Body Remembers *The Psychophysiology of Trauma and Trauma Treatment* by Babette Rothschild
 - The Deepest Well *Healing the Long-Term Effects of Childhood Adversity* by Nadine Burke Harris, M.D.
 - The Heart of Trauma *Healing the Emodied Brain in the Context of Relationships* by Bonnie Badenoch
 - Trauma and Recovery *The Aftermath of Violence - From Domestic Abuse to Political Terror* by Judith Herman, M.D.
 - Waking the Tiger: Healing Trauma by Peter A. Levine
 - What Happened to You? *Conversations on Trauma, Resilience, and Healing* by Bruce D. Perry, M.D., Ph.D., and Oprah Winfrey
 - What My Bones Know *A Memoir of Healing from Complex Trauma* by Stephanie Foo
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Parenting & family

- Adult Children of Emotionally Immature Parents *How to Heal from Distant, Rejecting, or Self-Involved Parents* by Lindsay Gibson, PsyD
 - Mother Hunger *How Adult Daughters Can Understand and Heal from Lost Nurturance, Protection, and Guidance* by Kelly McDaniel
 - Raising Good Humans *A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids* by Hunter Clarke-Fields MSAE
 - The Whole Brain Child *12 Revolutionary Strategies to Nurture your Child's Developing Mind* by Daniel Siegel, M.D., and Tina Payne Bryson, Ph.D.
 - Will I Ever Be Good Enough? *Healing the Daughters of Narcissistic Mothers* by Karyl McBride, Ph.D
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Relationships & boundaries

- Attuned and Attached *Heal Your Relationship with Yourself and Others to Create Lasting Connections* by Yolanda Renteria, LPC
- Drama Free: *A Guide to Managing Unhealthy Family Relationships* by Nedra Glover

Tawwab

- Fair Play *A Game Changing Solution for When You Have Too Much to Do (and More Life to Live)* by Eve Rodsky
 - Hold Me Tight *Seven Conversations for a Lifetime of Love* by Sue Johnson, EdD
 - Why Does He Do That *Inside the Minds of Angry and Controlling Men* by Lundy Bancroft
 - Platonic: *How the Science of Attachment Can Help You Make--and Keep--Friends* by Marisa G. Franco
 - Set Boundaries, Find Peace *A Guide to Reclaiming Yourself* by Nedra Glover Tawwab
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Race & anti-racism

- Anti-Racist Psychotherapy *Confronting Systemic Racism and Healing Racial Trauma* by David Archer
 - Decentering Whiteness for White People by Kiki Bryant
 - How to Be An Antiracist by Ibram X. Kendi
 - How to Raise An Antiracist by Ibram X. Kendi
 - From Here to Equality *Reparations for Black Americans in the Twenty-First Century* by William A. Darity Jr. and A. Kirsten Mullen
 - Medical Apartheid *The Dark History of Medical Experimentation on Black Americans from Colonial Times to Present* by Harriet A. Washington
 - My Grandmother's Hands *Radicalized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem
 - The Pain We Carry *Healing from Complex PTSD for People of Color* by Natalie Y. Gutierrez, LMFT
 - The Message by Ta-Nehisi Coates
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Feminism & gender

- Asking For It *The Alarming Rise of Rape Culture - and What We Can Do About It* by Kate Harding
 - Down Girl *The Logic of Misogyny* by Kate Manne
 - feminism is for everybody *passionate politics* by bell hooks
 - Girl on Girl *How Pop Culture Turned a Generation of Women Against Themselves* by Sophie Gilbert
 - Hood Feminism *Notes From the Women That a Movement Forgot* by Mikki Kendall
 - The Beauty Myth *How Images of Beauty Are Used Against Women* by Naomi Wolf
 - Men Who Hate Women *From Incels to Pickup Artists: The Truth about Extreme Misogyny and How It Affects Us All* by Laura Bates
 - White Tears/Brown Scars *How White Feminism Betrays Women of Color* by Ruby Hamad
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Sex & intimacy

- Come As You Are *The Surprising New Science That Will Transform Your Sex Life* by Emily Nagoski, Ph.D.
 - Mating in Captivity *Unlocking Erotic Intelligence* by Ester Perel
 - Polysecure *Attachment, Trauma and Consensual Nonmonogamy* by Jessica Fern
 - The Ethical Slut by Janet W. Hardy and Dossie Easton
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Body image & self-compassion

- Decolonizing the Body *Healing, Body-Centered Practices for Women of Color to Reclaim Confidence, Dignity & Self-Worth* by Kelsey Blackwell
 - Decolonizing Wellness *A QTBIPOC - Centered Guide to Escape the Diet Trap, Heal Your Self - Image, and Achieve Body Liberation* by Dalia Kinsey, RD, LD
 - Radical Compassion *Learning to Love Yourself and Your World With the Practice of RAIN* by Tara Brach
 - Reclaiming Body Trust *Break Free from a Culture of Body Perfection, Disordered Eating & Other Traumas* by Hilary Kinavey, MS, LPC and DanaSturtevant, MS, RD
 - Self-Compassion *The Proven Power of Being Kind To Yourself* by Kristin Neff, Ph.D.
 - The Body is Not an Apology *The Power of Radical Self-Love* by Sonya Renee Taylor
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Queer & identity

- Both/And *Essays By Trans and Gender - Nonconforming Writers of Color* Denne Michele Norris, Editor with Electric Literature
 - Queer Expressions *Expressive Art and Somatic Therapy Practices for Healing Body Trauma* by Wednesdae Reim Ifrach, REAT, ATR-BC, CLAT
 - The Hyphenated Life *Bridging the In-Between Spaces of Intersectional Identities* by Han Ren, PhD
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Addiction & meaning

- A Man's Search for Meaning by Viktor Frankl
 - All about love by bell hooks
 - In the Realm of Hungry Ghosts *Close Encounters with Addiction* by Gabor Maté, M.D.
 - Saving Our Own Lives: *A Liberatory Practice of Harm Reduction* by Shira Hassan
 - The Unexpected Gift of Trauma: *The Path to Posttraumatic Growth* by Edith Shiro
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Liberation & social justice

- Decolonizing Therapy *Oppression, Historical Trauma and Politicizing Your Practice* by Jennifer Mullan, PsyD
- Freedom is a Constant Struggle *Ferguson, Palestine, and the Foundations of a Movement*

by Angela Y. Davis

- Micro Activism *How You Can Make a Difference in the World (Without a Bullhorn)* by Omkari Williams
 - Healing Justice Lineages *Dreaming at the Crossroads of Liberation, Collective Care, and Safety* by Cara Page & Erica Woodland
 - Ruthless Equity *Disrupt the Status Quo and Ensure Learning for All Students* by Ken Williams
 - The New Jim Crow: *Mass Incarceration in the Age of Colorblindness* by Michelle Alexander
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Burnout & care work

- Decolonizing Trauma Work *Indigenous Stories and Strategies* by Renee Linklater
- Healing the Oppressed Body A Therapeutic Guide for Radical Self-Liberation by Andrea Gutierrez-Glik, LCSW
- Help for the Helper *Preventing Compassion Fatigue and Vicarious Trauma in an Ever-Changing World* by Babette Rothschild
- Practicing Liberation *Reflections on Burnout, Trauma, and Building Communities of Care in Social Justice Work* Edited by Tessa Hicks Peterson & Hala Khouri
- Rest is Resistance *A Manifesto* by Tricia Hersey
- Trauma Stewardship *An Everyday Guide to Caring for Self While Caring for Others* by Laura Van Dernoot Lipsky with Connie Burketts
- Burnout: *The Secret to Unlocking the Stress Cycle* by Emily Nagoski