



Deep Dive Reading List: Seeing Through the Lens

If Julie's story stirred something in you—an ache, a memory, or the quiet recognition of a pattern you've lived—these books offer deeper ways to explore it. They come from the worlds of psychology, trauma healing, mindfulness, and self-discovery, each shedding light on the lenses we inherit and the freedom that comes from seeing them clearly.

What follows is an invitation.

A path of curiosity for those ready to look behind their own mirror.

Internal Family Systems (IFS) and Parts Work

No Bad Parts — Richard C. Schwartz, Ph.D.

A compassionate introduction to Internal Family Systems, showing how every part of us—no matter how hidden or protective—deserves understanding, not judgment.

Inner Child and Self-Worth

Homecoming: Reclaiming and Championing Your Inner Child — John Bradshaw

A timeless classic on rediscovering and nurturing the child within—the part of us that still longs to be seen, heard, and loved.

The Child in You — Stefanie Stahl

A practical, psychology-based guide to reuniting your inner child and your adult self, helping you feel whole and grounded in your worth.

The Mother Wound and Attachment Healing

Discovering the Inner Mother — Bethany Webster

A powerful look at the “mother wound” and how healing it allows us to stop seeking external approval and step fully into our own authority.

The Power of Attachment — Diane Poole Heller, Ph.D.

An accessible, hopeful look at attachment styles through a trauma-informed lens—and how we can create relationships that feel safe and alive.

Adult Children of Emotionally Immature Parents — Lindsay C. Gibson, Psy.D.

A clear, validating look at the subtle wounds of emotional neglect and how to develop authentic self-trust in adulthood.



Trauma, the Body, and Generational Healing

The Body Keeps the Score — Bessel van der Kolk, M.D.

This is the groundbreaking exploration of how trauma shapes the brain and body—and how healing begins through awareness, connection, and safety.

It Didn't Start with You — Mark Wolynn

Explores inherited family trauma and the invisible stories we carry, offering tools for breaking cycles and reclaiming choice.

My Grandmother's Hands — Resmaa Menakem

A transformative book about trauma stored in the body—personal, generational, and cultural—and how embodied healing can begin.

Integrative and Mindful Perspectives

Already Free — Bruce Tift

Where Western psychology meets Eastern philosophy. A profound reminder that freedom isn't about fixing ourselves, but seeing our conditioning clearly.

Radical Acceptance — Tara Brach, Ph.D.

A heart-centered guide to self-compassion and mindfulness, inviting us to stop striving for worthiness and begin resting in it.

How to Do the Work — Dr. Nicole LePera

Bridges psychology, nervous system regulation, and holistic health to help readers move from awareness to daily practice.

Fiction as Healing

Hamnet — Maggie O'Farrell

A luminous novel about grief, love, and embodiment—how loss reshapes identity and connection. Story as therapy, written with exquisite emotional precision.

Healing begins with awareness, and awareness begins with curiosity.
May these voices guide you—back toward yourself.