

Cornerstone Retreat Center
Suggested Reading List
MAY 2025

First Responder General Wellness

- “Emotional Survival for Law Enforcement”
 - By Kevin Gilmartin
- “Touching the Dragon”
 - By James Hatch
- “Firefighter Emotional Wellness”
 - By Jada Hudson
- “Upside: The New Science of Post Traumatic Growth”
 - By Jim Rendon
- “The Body Keeps the Score”
 - By Dr. Van Der Kolk
- “Bulletproof Spirit”
 - By Captain Dan Willis

Mental/Emotional Wellness

- “Mindfulness for Warriors”
 - By Kim Colegrove
- “Panic Free”
 - By Tom Bunn
- “Chatter”
 - Ethan Kross
- “Tiny Habits”
 - B.J. Fogg, PhD
- “The Mindful Body”
 - Ellen J. Langer
- “The 4 Disciplines of Execution”
 - McChesney, Covey, Huling

Physical Wellness

- “Why We Sleep: Unlocking the Power of Sleep and Dreams”
 - By Matthew Walker, PhD
- “Breath: The New Science of a Lost Art”
 - By James Nestor

Relational Wellness

- “I Love a Cop”
 - By Ellen Kirschman, PhD
- “I Love a Fire Fighter”
 - By Ellen Kirschman, PhD
- “Hold the Line”
 - By Cyndi Doyle
- “The Seven Principles for Making Marriage Work”
 - By John M. Gottman PhD and Nan Silver
- “The Five Love Languages”
 - By Gary Chapman
- “10 Great Dates”
 - By David and Claudia Arp

Spiritual Wellness

- “Man’s Search for Meaning”
 - By Victor Frankl