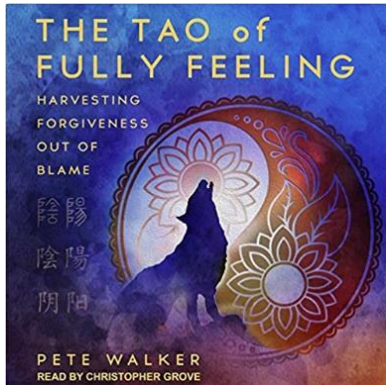


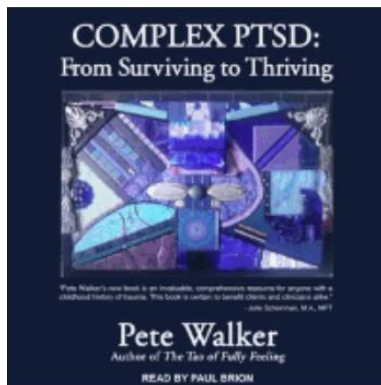
AUDIOBOOKS

July 2022



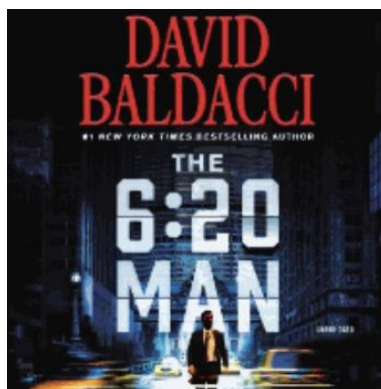
The Tao of Fully Feeling: Harvesting Forgiveness Out of Blame / by Pete Walker

This book teaches us to respond to our painful and potentially disruptive feelings in healthy ways. It illustrates the enriching aspects of the so-called negative emotions, and helps us achieve the emotional flexibility whereby sadness easily mellows into solace, anger unfolds into laughter, fear evolves into excitement, jealousy opens up into appreciation, and blame gives way to forgiveness.



Complex PTSD: From Surviving to Thriving / by Pete Walker

A practical, user-friendly self-help guide to recovering from the lingering effects of childhood trauma, and to achieving a rich and fulfilling life.



The 6:20 man / by David Baldacci

A cryptic murder pulls a former soldier turned financial analyst deep into the corruption and menace that prowl beneath the opulent world of finance.