

Resources

Trauma Recovery Books

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
Bessel van der Kolk M.D.

[View on Amazon](#)

*Trauma-Sensitive Mindfulness
Practices for Safe and Transformative Healing*
David A. Treleaven

[View on Amazon](#)

Complex PTSD: From Surviving to Thriving
Pete Walker

[View on Amazon](#)

Individual Healing

Get Out of Your Mind and Into Your Life
Steven C. Hayes, PhD

[View On Amazon](#)

Letting Go: The Pathway of Surrender
David R. Hawkins, M.D., Ph.D.

[View on Amazon](#)

The Seat of the Soul
Gary Zukav

[View on Amazon](#)

Mindfulness Apps:

[Insight Timer](#)

[10 Percent Happier](#)

[Aura](#)

[Calm](#)

[The Mindfulness App](#)

[Headspace](#)

Links to Meditations

[Mindful Meditations](#)

[Self-Compassion Meditations](#)

Apple Podcasts

[The SelfWork Podcast](#)

Margaret Rutherford PhD

[Your Anxiety Toolkit](#)

Kimberley Quinlan, LMFT

[Healthier Together](#)

Liz Moody

[Huberman Lab](#)

Andrew Huberman, PhD