



## **Recommended Reading**

Out of the Fog – Dana Morningstar

The Courage to Heal – Ellen Bass/Laura Davis

The Body Keeps the Score – Peter A Levine

The Dance of Anger – Harriet Lerner Brene Brown

Books Power of Now – Eckhart Tolle

Recovery is My Best Revenge – Caroline Spring

I Am Enough – Marisa Peer

Healing the Shame That Binds You – John Bradshaw

Black Dog – Matthew Johnstone

Anxiety Rebalance - Carl Vernon

Physical intelligence – Claire Dale/Patricia Peyton

Reasons To Stay Alive – Matt Haig

Stop Unreality – Kevin Klix