

## Books

- **“Healing Trauma,”** Belleruth Naparstek—Gently, and with the most compassionate, loving voice, Belleruth takes you on a Journey into your own Heart. (Audible audiobook)
- **“10% Happier, Meditation for Fidgety Skeptics”** Dan Harris—This book is life-changing! Helps redefine what meditation is.
- **“On Grief and Grieving” Elisabeth Kubler-Ross and David Kessler**—Applies the 5 stages of grief to the grieving process and weaves together theory, inspiration, and practical advice.
- **“What Happened to You?: Conversations on Trauma, Resilience, and Healing”** Oprah Winfrey and Bruce D. Perry—They offer a groundbreaking and profound shift from asking “What’s wrong with you?” to “What happened to you?”
- **“Finding Meaning: The Sixth Stage of Grief” David Kessler**—Finding meaning beyond the stages of grief most of us are familiar with—denial, anger, bargaining, depression, and acceptance—that can transform grief into a more peaceful and hopeful experience.
- **”Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness”** Rick Hanson—True resilience is much more than enduring terrible conditions. It is practiced each day in both small and big ways.

## Books

- **“Healing Trauma,”** Belleruth Naparstek—Gently, and with the most compassionate, loving voice, Belleruth takes you on a Journey into your own Heart. (Audible audiobook)
- **“10% Happier, Meditation for Fidgety Skeptics”** Dan Harris—This book is life-changing! Helps redefine what meditation is.
- **“On Grief and Grieving” Elisabeth Kubler-Ross and David Kessler**—Applies the 5 stages of grief to the grieving process and weaves together theory, inspiration, and practical advice.
- **“What Happened to You?: Conversations on Trauma, Resilience, and Healing”** Oprah Winfrey and Bruce D. Perry—They offer a groundbreaking and profound shift from asking “What’s wrong with you?” to “What happened to you?”
- **“Finding Meaning: The Sixth Stage of Grief” David Kessler**—Finding meaning beyond the stages of grief most of us are familiar with—denial, anger, bargaining, depression, and acceptance—that can transform grief into a more peaceful and hopeful experience.
- **”Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness”** Rick Hanson—True resilience is much more than enduring terrible conditions. It is practiced each day in both small and big ways.

## Books

- **“The Gift: 12 Lessons to Save Your Life”** Dr. Edith Eger—In the end, it’s not what happens to us that matters most - it’s what we choose to do with it.
- **“Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart”** Alan D. Wolfelt, PhD—Explaining the important difference between grief and mourning, this book explores every mourner’s need to acknowledge death and embrace the pain of loss.
- **“Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead”** Brene Brown—Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable or to dare greatly.
- **“The Five Invitations: Discovering What Death Can Teach Us About Living Fully”** Frank Ostaseski—Death is not waiting for us at the end of a long road. Death is always with us, in the marrow of every passing moment. She is the secret teacher hiding in plain sight, helping us to discover what matters most.

## Books

- **“The Gift: 12 Lessons to Save Your Life”** Dr. Edith Eger—In the end, it’s not what happens to us that matters most - it’s what we choose to do with it.
- **“Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart”** Alan D. Wolfelt, PhD—Explaining the important difference between grief and mourning, this book explores every mourner’s need to acknowledge death and embrace the pain of loss.
- **“Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead”** Brene Brown—Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable or to dare greatly.
- **“The Five Invitations: Discovering What Death Can Teach Us About Living Fully”** Frank Ostaseski—Death is not waiting for us at the end of a long road. Death is always with us, in the marrow of every passing moment. She is the secret teacher hiding in plain sight, helping us to discover what matters most.

## Books

- **“Big Magic: Creative Living Beyond Fear”** Elizabeth Gilbert—She offers potent insights into the mysterious nature of inspiration. She asks us to embrace our curiosity and let go of needless suffering.
- **“Self-Compassion: The Proven Power of Being Kind to Yourself”** Kristin Neff, PhD—People who are compassionate toward their failings and imperfections experience greater well-being than those who repeatedly judge themselves.
- **“Man’s Search for Meaning”** Viktor Frankl—At the core of his theory is the belief that man’s primary motivational force is his search for meaning.
- **“The Power of Vulnerability: Teachings of Authenticity, Connection, and Courage”** Brene Brown—Being wholehearted is a practice—one that we can choose to cultivate through empathy, gratitude, and awareness of our vulnerability armor. when we dare to drop the armor that protects us from feeling vulnerable, we open ourselves to the experiences that bring purpose and meaning to our lives.
- **“It’s Okay That You’re Not Okay”** Megan Divine—By shifting the focus from grief as a problem to be solved to an experience to be tended, we give the reader what we most want for ourselves: understanding, compassion, validation, and a way through the pain.

## Books

- **“Big Magic: Creative Living Beyond Fear”** Elizabeth Gilbert—She offers potent insights into the mysterious nature of inspiration. She asks us to embrace our curiosity and let go of needless suffering.
- **“Self-Compassion: The Proven Power of Being Kind to Yourself”** Kristin Neff, PhD—People who are compassionate toward their failings and imperfections experience greater well-being than those who repeatedly judge themselves.
- **“Man’s Search for Meaning”** Viktor Frankl—At the core of his theory is the belief that man’s primary motivational force is his search for meaning.
- **“The Power of Vulnerability: Teachings of Authenticity, Connection, and Courage”** Brene Brown—Being wholehearted is a practice—one that we can choose to cultivate through empathy, gratitude, and awareness of our vulnerability armor. when we dare to drop the armor that protects us from feeling vulnerable, we open ourselves to the experiences that bring purpose and meaning to our lives.
- **“It’s Okay That You’re Not Okay”** Megan Divine—By shifting the focus from grief as a problem to be solved to an experience to be tended, we give the reader what we most want for ourselves: understanding, compassion, validation, and a way through the pain.

## Apps

- **10% Happier:** New to meditation? Get fidgety just thinking about it? These expert teachers will walk you through the basics, one breath at a time. It’ll help you stay balanced when chaos reigns.
- **Calm:** Features meditation, sleep aid, gentle movement, stretching and music designed to help you focus, relax and sleep.
- **Brainwave:** Advanced Binaural Brainwave Entrainment combined with ambient music, nature sounds, other audio apps or your own iTunes music.
- **Anxiety Release:** Combines guided instructions and focused attention with bilateral brain stimulation. Bilateral stimulation is a treatment element of EMDR (Eye Movement Desensitization & Reprocessing), a treatment which is based on the use of sensory stimulation.
- **The Tapping Solution:** Known as EFT (Emotional Freedom Technique), it’s a powerful healing technique that’s proven to effectively resolve a range of issues.
- **Solfeggio Frequencies:** A deeply powerful sonic sound healing meditation app by Glenn Harrold and Aly Calderwood. Helps with sleep, anxiety, relaxation, fear, guilt, stress and much more.
- **Insight Timer:** My favorite app ever!

## Apps

- **10% Happier:** New to meditation? Get fidgety just thinking about it? These expert teachers will walk you through the basics, one breath at a time. It’ll help you stay balanced when chaos reigns.
- **Calm:** Features meditation, sleep aid, gentle movement, stretching and music designed to help you focus, relax and sleep.
- **Brainwave:** Advanced Binaural Brainwave Entrainment combined with ambient music, nature sounds, other audio apps or your own iTunes music.
- **Anxiety Release:** Combines guided instructions and focused attention with bilateral brain stimulation. Bilateral stimulation is a treatment element of EMDR (Eye Movement Desensitization & Reprocessing), a treatment which is based on the use of sensory stimulation.
- **The Tapping Solution:** Known as EFT (Emotional Freedom Technique), it’s a powerful healing technique that’s proven to effectively resolve a range of issues.
- **Solfeggio Frequencies:** A deeply powerful sonic sound healing meditation app by Glenn Harrold and Aly Calderwood. Helps with sleep, anxiety, relaxation, fear, guilt, stress and much more.