

BOOK RECOMMENDATIONS

Trauma:

The Body Keeps the Score by Bessel Van Der Kolk

What Happened to You? by Bruce Perry, Oprah Winfrey

Heal Your Inner Child by Anna Berry

Attachment:

Attached by Levine & Heller

Attachments by Clinton & Sibcy

Attachment Theory by Gibson

The Attachment Theory Workbook by Annie Chen

Anxiously Attached by Jessica Baum

The Attachment Effect by Lovenheim

Wired For Love by Steve Tatkin

Boundaries:

Set Boundaries Find Peace by Nedra Tawwab

The Entire Boundaries Series by Dr. Henry Cloud and John Townsend

Healthy Boundaries by Chase Hill

Family/Generational Trauma:

It Didn't Start With You by Mark Wolynn

Depression:

Atomic Habits by James Clear

Make Your Bed by Admiral William H. McRaven

Breaking the Chains of Depression by Tyler Nash

Un-F*ck your Brain by Faith Harper

The Upward Spiral by Dr. Alex Korb

Eat to Beat Depression and Anxiety by Dr. Drew Ramsey

Depression Free, Naturally by Joan Larson

Feeling Good by David Burns

This is Depression (good for loved ones to gain knowledge) by Diane McIntosh

Self Compassion by Kristin Neff

Anxiety:

101 Ways To Be Less Stressed by Dr. Leaf

The Gifts of Imperfection by Brené Brown

Stop Overthinking by Nick Trenton

Rewire Your Anxious Brain by Pitman & Karle

Get Out of Your Head by Jennie Allen

Success Under Stress by Sharon Melnick

Do Hard Things by Steve Magness

Don't Believe Everything You Think by Joseph Nguyen

Anxious For Nothing by Max Lucado

The Anxiety Workbook by Clark & Beck

Good Anxiety by Wendy Suzuki

Borderline Personality Disorder:

Adult Children of Borderline Parents by Linda Hill

The Borderline Personality Disorder Workbook

Borderline Personality Disorder by Linda Hill

Coping Day To Day with Borderline Personality Disorder by FL Dayy

Complex Borderline Personality Disorder by Dr. Daniel J Fox

Mindfulness for Borderline Personality Disorder

Understanding Borderline Personality Disorder by Jennifer C. Dove

DBT:

Calming the Emotional Storm by Sheri Dijk

DBT Principles in Action by Charles Swenson

The Highly Sensitive Person by Elaine Aron

DBT Explained by Suzette Bray

DBT Made Simple by Sheri Dijk

OCD:

Overcoming Obsessive Thoughts by Purdon & Clark

Overcoming Unwanted Intrusive Thoughts by Winston & Seif

Rewire Your OCD Brain by Pittman & Youngs

Brain Lock by Jeffrey Schwartz

Needing to Know For Sure by Seif & Winston

Jesus and OCD by Charles Thompson

ADHD:

Men With Adult ADHD by Edgar Wise

Thriving with Adult ADHD by Phil Boissiere

Driven to Distraction by Hallowell & Ratey

Scattered Minds by Gabor Mate

The Art of Thinking Clearly by Rolf Dobelli

Organizing Solutions for People with ADHD by Susan Pinsky

The Disorganized Mind by Nancy Ratey

ADHD 2.0 by Hallowell and Ratey

The ADHD Advantage by Dale Archer

Sleep:

Why We Sleep by Matthew Walker

The Sleep Solution by Chris Winter

The Sleep Revolution by Ariana Huffington

Sleep Smarter by Shawn Stevenson

Couples:

The Seven Principles for Making Marriage Work by John Gottman

The Five Love Languages by Gary Chapman

Hold Me Tight by Sue Johnson

Love Sense by Sue Johnson

High Conflict Couple by Alan Fruzzetti

I Love You but I Don't Trust you by Mira Kirschenbaum

The 80/80 Marriage by Nate & Kaley Klemp

Getting the Love You Want by Hendrix & LaKelly

Too Good to Leave, Too Bad to Stay by Mira Kirschenbaum

Support for Family With Loved One Who Has Borderline Personality Disorder:

Stop Walking on Eggshells by Paul Mason and Randi Kreger

I Hate You, Don't Leave Me by Jerold Kreisman

Loving Someone With Borderline Personality Disorder by Shari Manning

When Your Daughter Has BPD by Daniel Lobel

Parenting:

Raising Good Humans by Hunter Clarke-Fields

Scaffold Parenting by Dr. Harold S. Koplewicz

The Whole Brain Child by Siegel and Bryson

Parenting the New Teen in the Age of Anxiety by John Duffy