

Books

[Brainstorm](#) by Dr. Dan Siegel

[Whole Brain Child](#) by Dr. Dan Siegel

[What Happened to You?](#) By Dr. Bruce Perry

[The Body Keeps the Score](#) by Dr. Bessel van der Kolk

[Waking the Tiger](#) by Dr. Peter Levine

[Healing Trauma in an Unspoken Voice](#) by Dr. Peter Levine

[Trauma Proofing Your Kids](#) by Dr. Peter Levine

[The DNA of Relationships for Couples](#) by Dr. Greg Smalley and Dr. Robert S. Paul

[Unwanted](#) by Jay Stringer

[Power of Vulnerability](#) by Brene Brown (Audio book only)

[The Gifts of Imperfection](#) by Brene Brown

[Strong Like Water](#) by Aundi Kolber