

Author(s)	Title	Notes / Key Takeaway
Colin Tipping	<i>Radical Forgiveness</i>	"We are not human beings having a spiritual experience, but spiritual beings having a human experience."
Adam Alter	<i>Anatomy of a Breakthrough</i>	Encouragement for when you feel stuck; natural process with practical advice.
Michael White	<i>Maps of Narrative Practice</i>	A clear and simple overview of narrative therapy.
Stephen R. Covey	<i>The 7 Habits of Highly Effective People</i>	More than habits of effectiveness—also about discovering the true self.
Edith Eva Eger	<i>The Choice</i>	Memoir of resilience; turning suffering into healing for others.
Pete Walker	<i>Complex PTSD</i>	A practical guide for recovering from childhood trauma.
Arnold Mindell	<i>The Shaman's Body</i>	Dense but thought-provoking source of ideas.
David A. Treleaven	<i>Trauma-Sensitive Mindfulness</i>	Explores trauma healing through mindfulness practices.
Peter A. Levine, Ann Frederick	<i>Waking the Tiger: Healing Trauma</i>	Introduction to polyvagal theory and somatic experiencing.
Steven Hayes	<i>A Liberated Mind</i>	Introduces ACT, psychological flexibility, and the concept of "self."
Richard Schwartz	<i>No Bad Parts</i>	Foundational book on Internal Family Systems (IFS).
Pat Ogden, Janina Fisher	<i>Sensorimotor Psychotherapy</i>	Technical, body-based trauma therapy interventions.
Bessel van der Kolk	<i>The Body Keeps the Score</i>	Integrates mind, body, and trauma healing.
Richard Schwartz, Ph.D.	<i>The Internal Family Systems Workbook</i>	Practical worksheets for practicing IFS.
Deb Dana	<i>The Polyvagal Theory in Therapy</i>	Practical application of polyvagal theory; mainly for therapists.
Stanley Rosenberg	<i>Accessing the Healing Power of the Vagus Nerve</i>	Self-help exercises for vagus nerve regulation.
Janina Fisher	<i>Healing the Fragmented Selves of Trauma Survivors</i>	Comprehensive overview of trauma and effective interventions.
Kathy L. Kain, Stephen J. Terrell	<i>Nurturing Resilience</i>	Focused on developmental trauma and somatic practice.
Stephanie Foo	<i>What My Bones Know</i>	Memoir of healing from complex trauma; relatable, recent, and vivid.
Mastin Kipp	<i>Reclaim Your Nervous System</i>	Trauma recovery across past, present, and future; personal perspective.

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Richard Strozzi-Heckler	<i>The Art of Somatic Coaching</i>	Dense but valuable examples of somatic work in trauma healing.
Judith L. Herman	<i>Trauma and Recovery</i>	Classic text; historical and cognitive approach to trauma treatment.
Laura Copley	<i>Loving You Is Hurting Me</i>	Insights into trauma and relationships; useful entry-level book.
Lindsay C. Gibson	<i>Adult Children of Emotionally Immature Parents</i>	Helps connect subtle childhood experiences with adult struggles.
Chelsea Handler	<i>Life Will Be the Death of Me... and You Too!</i>	Humorous, emotional memoir; more commercial than educational.
Bruce D. Perry, Maia Szalavitz	<i>The Boy Who Was Raised as a Dog</i>	Highlights importance of early connection and presence in childhood.
Gabor Maté	<i>In the Realm of Hungry Ghosts</i>	Compassionate perspective on addiction and human dignity.
Frank Anderson	<i>Transcending Trauma</i>	Practical IFS examples; inspired by his conference presentation.
David Berceli	<i>The Revolutionary Trauma Release Process</i>	Accessible, somatic exercises for trauma release.
Tara Brach	<i>Radical Acceptance</i>	Spiritually oriented approach; valuable for those drawn to spirituality.
Elizabeth Warner, Anne Westcott, Heather Finn, Alexandra Cook	<i>Transforming Trauma in Children and Adolescents</i>	SMART model for regulation; playful, non-intrusive, adaptable for adults.
Daniel J. Siegel	<i>Mindsight</i>	Explores self-awareness and mindful attention; introduces useful brain models.
Catherine Gildiner	<i>Good Morning, Monster</i>	Engaging therapy stories with honesty and insight.
Bruce Perry, Oprah Winfrey	<i>What Happened to You?</i>	Narrated with Oprah, this book expands on Perry's theories and makes them more accessible to a wider audience.
Lori Gottlieb	<i>Maybe You Should Talk to Someone?</i>	A therapist-writer's engaging story; enjoyable combination of perspectives, though without major new insights.
Christina Reese	<i>Trauma and Attachment</i>	This book offers a clear, trauma-informed attachment framework filled with practical tools and exercises.
Deb Dana	<i>Polyvagal Exercises for Safety and Connection</i>	This book provides readers with practical, polyvagal-informed exercises.
Sue Johnson	<i>Hold Me Tight</i>	Introduction to Emotionally Focused Therapy aimed at helping the readers to improve their relationships.

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David Eagleman	<i>Livewired</i>	This book explores the brain's extraordinary adaptability through vivid examples and surprising questions.
Leah Lagos	<i>Heart Breath Mind</i>	Thank you, oh, a forgotten now Reddit user, for mentioning this book. This was my first step towards HRV biofeedback. This book presents a science-based 10-week program that trains readers to regulate stress through heart-rhythm-based biofeedback and cognitive-behavioral tools