

Books on Trauma, Emotional Regulation, Somatics, Embodiment and Mindfulness

Accessing the Healing Power of the Vagus Nerve- Stanely Rosenberg

Atlas of the Heart- Brene Brown

Aware: The Science and Practice of Presence- Daniel Siegel

The Body Keeps the Score- Bassel Van Der Kolk

Healing- The Act of Radical Self- Care- Joi Lewis

Mindful of Race - Ruth King

My Grandmother's Hands- Resmaa Menakem

Post Traumatic Slave Syndrome- Joy Degruy

The Polyvagal Theory-The transformative Power of Feeling Safe- Stephen W. Porges

The Quaking of America- Resmaa Menakem

Waking the Tiger Healing Trauma- Peter Levine