

## Select Reading List

The Body Keeps the Score – *Brain, Mind, and Body in the Healing of Trauma*

- Bessel Van Der Kolk

*The Power of Attachment: How to Create Deep and Lasting Intimate Relationships*

- Diane Poole Heller Ph.D.,

The Upward Spiral: *Using Neuroscience to Reverse the Course of Depression, One Small Step at a Time*

-Alex Korb

Waking the Tiger

- Peter Levine

*Mind: A Journey to the Heart of Being Human*

- Daniel J. Siegel, M.D.

*The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive*

- Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.

Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship Paperback – Illustrated, January 2, 2012

- Stan Tatkin PsyD, MFT

*Hold Me Tight: Seven Conversations for a Lifetime of Love*

- Sue Johnson