



ALCHEMY BY THE SEA

INSTITUTE FOR RADIANT HEALTH

NEUROBIOLOGY OF TRAUMA BOOKLIST

1. "The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma"

Author: Bessel van der Kolk, MD

Description: A seminal work exploring how traumatic experiences affect brain function and body physiology, offering insights into innovative treatments.

Link: [The Body Keeps the Score](#)

2. "The Boy Who Was Raised as a Dog: And Other Stories from a Child

Psychiatrist's Notebook" *Authors:* Bruce D. Perry, MD, PhD, and Maia Szalavitz

Description: Through compelling case studies, this book illustrates how childhood trauma impacts brain development and the healing process.

Link: [The Boy Who Was Raised as a Dog](#) psychologytoday.com

3. "Waking the Tiger: Healing Trauma" *Authors:* Peter A. Levine, PhD, with Ann Frederick

Description: Introduces a new approach to understanding and healing trauma by examining the body's innate ability to recover. *Link:* [Waking the Tiger](#)

4. "The Heart of Trauma: Healing the Embodied Brain in the Context of Relationships" *Author:* Bonnie Badenoch

Description: Explores the role of interpersonal relationships in healing trauma, emphasizing the embodied brain's capacity for recovery. *Link:* [The Heart of Trauma](#)

5. "Trauma Made Simple: Competencies in Assessment, Treatment, and Working with Survivors" *Author:* Jamie Marich, PhD

Description: Provides clinicians with foundational knowledge and practical skills for effectively working with trauma survivors. *Link:* [Trauma Made Simple](#)



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6. "It Didn't Start With You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle" Author: Mark Wolynn

Description: Examines the impact of generational trauma on our lives and offers guidance on breaking inherited patterns. *Link:* [It Didn't Start With You](#)

7. "The Trauma Tool Kit: Healing PTSD from the Inside Out" Author: Susan Pease Banitt

Description: A holistic guide integrating various therapeutic approaches to assist in healing PTSD and traumatic stress.

8. "Self-Help for Trauma Therapists: A Practitioner's Guide" Author: Margaret Pack

Description: Offers strategies for therapists to manage their own well-being while working with trauma survivors. *Link:* [Self-Help for Trauma Therapists](#)

9. "What Happened to You? Conversations on Trauma, Resilience, and Healing"

Authors: Oprah Winfrey and Bruce D. Perry, MD, PhD

Description: A dialogue exploring how past experiences shape our behaviors and responses, emphasizing resilience and healing. *Link:* [What Happened to You? audible.com+1psychologytoday.com+1](#)

10. "The Grieving Brain: The Surprising Science of How We Learn from Love and Loss" Author: Mary-Frances O'Connor, PhD

Description: Delves into the neuroscience behind grief, offering insights into how our brains process loss. *Link:* [The Grieving Brainpeople.com](#)

11. "The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture"

Author: Gabor Maté, MD, with Daniel Maté

Description: Investigates the causes of illness, critiques how society contributes to disease, and offers pathways to health and healing. *Link:* [The Myth of Normal](#)



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12. "In the Realm of Hungry Ghosts: Close Encounters with Addiction"

Author: Gabor Maté, MD

Description: Explores the complexities of addiction through personal stories and scientific insights, emphasizing the role of trauma.

Link: In the Realm of Hungry Ghosts

13. "When the Body Says No: The Cost of Hidden Stress" *Author:* Gabor Maté, MD

Description: Examines the connection between stress and chronic illness, highlighting the importance of acknowledging and addressing hidden stressors.

Link: When the Body Says No

14. "Scattered Minds: The Origins and Healing of Attention Deficit Disorder"

Author: Gabor Maté, MD

Description: Offers a new perspective on Attention Deficit Disorder, exploring its origins and potential healing approaches.

Link: Scattered Minds

15. "Hold On to Your Kids: Why Parents Need to Matter More Than Peers"

Authors: Gabor Maté, MD, and Gordon Neufeld, PhD

16. "How to Do the Work: Recognize Your Patterns, Heal from Your Past, and Create Your Self" *Author:* Dr. Nicole LePera

Description: This book offers readers the support and tools to break free from destructive behaviors, reclaim their lives, and create a more vibrant, authentic, and joyful existence. *Link:* [How to Do the Work](#)

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17. "How to Be the Love You Seek: Break Cycles, Find Peace, and Heal Your Relationships" Author: Dr. Nicole LePera

Description: This book guides readers on breaking cycles, finding peace, and healing relationships by understanding and transforming their patterns and behaviors. *Link:* How to Be the Love You Seek

[barnesandnoble.comamazon.com+1goodreads.com+1](#)

18. "Gut Feelings: Healing the Shame-Fueled Relationship Between What You Eat and How You Feel" Author: Dr. Will Cole, Foreword by Dr. Nicole LePera

Description: Explores the connection between diet, emotions, and health, offering insights into healing the relationship between what we eat and how we feel.

Link: Gut Feelings[harpercollins.com+4amazon.com+4goodreads.com+4](#)

WORKBOOKS

1. "The Complex PTSD Coping Skills Workbook: An Evidence-Based Approach to Manage Fear and Anger, Build Confidence, and Reclaim Your Identity"

Author: Arielle Schwartz, PhD

Description: This workbook offers practical exercises grounded in evidence-based therapies to help individuals manage symptoms of Complex PTSD, including fear and anger, while building self-confidence. *Link:* [The Complex PTSD Coping Skills Workbookamazon.com](#)

2. "How to Meet Your Self: The Workbook for Self-Discovery" Author: Dr. Nicole LePera

Description: An interactive workbook designed to help readers uncover their Authentic Self by observing physical, mental, and emotional patterns, leading to self-understanding and transformation. *Link:* [How to Meet Your Self](#)



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3. "The EMDR Workbook for Trauma and PTSD" Author: Megan Salar, LCSW, ACADC

Description: Utilizing Eye Movement Desensitization and Reprocessing (EMDR) techniques, this workbook guides readers through understanding and healing from trauma-related beliefs and sensations. *Link:* [The EMDR Workbook for Trauma and PTSDnewharbinger.com](https://www.newharbinger.com)