

Recommended Reading

TRAUMA

1. ***"The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma"*** by Bessel van der Kolk
2. ***"Complex PTSD: From Surviving to Thriving"*** by Pete Walker
3. ***"Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship"*** by Laurence Heller and Aline LaPierre
4. ***"In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness"*** by Peter A. Levine
5. ***"The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment"*** by Babette Rothschild
6. ***"The Tao of Fully Feeling: Harvesting Forgiveness Out of Blame"*** by Pete Walker
7. ***"Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole"*** by Arielle Schwartz
8. ***"The Body Awareness Workbook for Trauma: Release Trauma from Your Body, Find Emotional Balance, and Connect with Your Inner Wisdom"*** by Julie Brown Yau

Please note that healing from trauma can be a deeply personal and sensitive process. It's recommended to consult with a mental health professional if you're actively working through trauma. These books can provide valuable insights and perspectives, but they should not replace professional guidance.

INNER CHILD/SELF-COMPASSION/CODEPENDENCY

1. ***"The Inner Child Workbook: What to Do with Your Past When It Just Won't Go Away"*** by Cathryn L. Taylor
2. ***"Homecoming: Reclaiming and Championing Your Inner Child"*** by John Bradshaw
3. ***"The Drama of the Gifted Child: The Search for the True Self"*** by Alice Miller
4. ***"Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families"*** by Charles L. Whitfield
5. ***"Embracing the Inner Child: A New Pathway to Healing Old Emotional Wounds"*** by Thom Rutledge
6. ***"Recovery of Your Inner Child: The Highly Acclaimed Method for Liberating Your Inner Self"*** by Lucia Capacchione
7. ***"The Inner Child Workbook: What to Do with Your Past When It Just Won't Go Away"*** by Cathryn L. Taylor
8. ***"Self-Compassion: The Proven Power of Being Kind to Yourself"*** by Kristin Neff
9. ***"Codependent No More"*** by Melodie Beattie

These books delve into the concepts of self-compassion and inner child healing, which involve exploring and integrating the parts of ourselves that we may have repressed or ignored.

Engaging in these practices can lead to deeper self-awareness, healing, and personal growth. As with any psychological work, it's recommended to approach these concepts with care and seek professional support if needed.

EFT

1. ***"The Tapping Solution: A Revolutionary System for Stress-Free Living"*** by Nick Ortner
2. ***"The EFT Manual"*** by Dawson Church
3. ***"Tapping Into Wealth: How Emotional Freedom Techniques (EFT) Can Help You Clear the Path to Making More Money"*** by Margaret M. Lynch and Daylle Deanna Schwartz

These books provide insights, guidance, and techniques for practicing Emotional Freedom Technique, which is a method that combines elements of acupressure and modern psychology to address emotional issues, reduce stress, and promote overall well-being.