

Evolve Resources

Books

- Vivian Dittmar: "The power of feelings" (on the function of emotions)
- Marianne Bentzen: "The neuroaffective picture book" 1 and 2 (on developmental stages and trauma)
- Richard Schwartz: "Internal Family System Therapy", "Internal Family System Skills Training Manual" and others (see also his videos)
- Jet Psaris: "Hidden Blessings" (on midlife transition)
- Paul Ferrini: "The 12 steps of forgiveness" (on self compassion)
- Tara Brach: "Radical acceptance" (on mindfulness)
- Brene Brown: "The gifts of imperfection" (on vulnerability, see also her TED talk)
- Eckhart Tolle: "Now" (on the power of presence)
- Bessel van der Kolk: "The body keeps the score" (on trauma and its impact)
- Lawrence Heller: "Healing developmental trauma" (detailed book on developmental trauma and survival strategies)
- Terrence Real: "How can I get through" to you and "The new rules of marriage" (classics on relationship)
- Paul Dunion: "Shadow marriage" (on relationships being a place for personal development)
- Alain de Bouton: "The course of love" (novel with a lot of psychology built in)

Audio Books

- David Whyte: any of his poetry readings such as "the poetry of self compassion", "solace", "midlife", "compass points" or "hidden harvests"

Movies/documentaries

- "This is us" on Netflix- great series on a family with a lot of psychology and heart
- "The wisdom of Trauma", new release by trauma expert Gabor Mate