



TRAUMA RESOURCE LIST

Books

[The Heart Work](#) - Jackie Dorman

[Try Softer](#): A Fresh Approach to Move Us out of Anxiety, Stress, and Survival Mode--and into a Life of Connection and Joy - Aundi Kolber

[Divergent Mind](#) : Thriving in a World that Wasn't Designed for You - Jenara Nerenberg

[Overcoming Trauma](#) :Through Yoga: Relclaiming Your Body - David Emerson & Elizabeth Hopper

[Healing is A Choice Workbook](#): Ten Decisions that will Transform Your Life & Ten Lies That Can Prevent You From Making Them

[The Body Keeps Score](#): Brain, Mind, & Body in the Healing of Trauma by Bessel Van der Kerk

[What Happened to You](#): Conversations on Trauma, Resilience, & Healing by Oprah Winfrey & Bruce D. Perry

Apps & Courses

[Headspace](#)

[The Ichill App](#)

[The Personal Development School](#)



[NicolePertillar.com](#)