



# Recommended Books

## Trauma

**What My Bones Know by Stephanie Foo**

**My Grandmother's Hands by Resmaa Menakem**

**Waking the Tiger by Peter Levine**

**Healing the Fragmented Selves of Trauma Survivors by Janina Fisher**

## Neurodivergence

**Unmasking Autism by Devon Price, PhD**

**Your Brain's Not Broken by Tamara Rosier, PhD**

**Divergent Mind by Jenara Nerenberg**

**Neuroqueer Heresies by Nick Walker**

## Highly Sensitive People

**The Highly Sensitive Person by Elaine N. Aron, PhD**

**Sensitive by Jenn Granneman & Andre Solo**

**Sensitive is the New Strong by Anita Moorjani**

**The Empath's Survival Guide by Judith Orloff, MD**



# Recommended Books

## **BPD**

**I hate you - Don't Leave Me by Jerold J. Kreisman**

**The Buddha & The Borderline by Kiera Van Gelder**

**Beyond Borderline by John G. Gunderson & Perry D. Hoffman**

**Loving Someone with BPD by Shari Y. Manning**

## **Queer Sex Ed (Teens)**

**The Pride Guide by Jo Langford**

**This Book is Gay by Juno Dawson**

**Wait, What? by Heather Corinna & Isabella Rotman**

**Consent by Jennifer Lang, MD**

## **High Conflict Relationships**

**Crucial Conversations by Patterson, Grenny, McMillan, & Switzler**

**Hold Me Tight by Sue Johnson, PhD**

**The Seven Marriage Principles for Making Marriage Work by John Gottman, PhD**

**Disconnected by Eleanor Vincent**