**Trauma Books**

[The Body Keeps the Score by Bessel Van Der Kolk](https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/B08TX585RN/ref=sr_1_1?crid=27BLW7S3SWXHL&keywords=the+body+keeps+the+score&qid=1680887912&sprefix=the+body+kee%2Caps%2C136&sr=8-1)

[It didn’t Start with you by Mark Wolynn](https://www.amazon.com/Didnt-Start-You-Inherited-Family/dp/1101980389/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1680887944&sr=1-1)

The Wounded Heart by Dan Allender

Getting Past your Past by Francine Shapiro

Try Softer by Aundi Kolber

This Too Shall Last by K. J. Ramsey *(Trauma and Chronic Pain)\**

In the realm of Hungry Ghosts by Gabor Mate *(Trauma and Addiction)\**

**Navigating challenging relationships**

Adult Children of emotionally immature parents by Lindsay Gibson

Running on Empty by Jonice Webb

The Power of Discord by Ed Tronick and Claudia M. Gold

**Boundaries**

Boundaries by Dr. Henry Cloud and Dr. David Townsend

Boundaries for the Soul by Alison Cook

Where you end and I begin by Anne Katherine

**Spiritual Formation and Story Work**

Anatomy of the Soul by Curt Thompson

Soul of Shame by Curt Thompson

Soul of Desire by Curt Thompson

Wholeheartedness by Chuck DeGroat

To Be Told by Dan Allender

Different Kind of Happiness by Larry Crabb

Altogether YOU by Jenna Riemersma

Shattered Dreams

How Children Raise Parents

Holy Curiosity

66 Love Letters

**Anxiety & Depression**

The Upward Spiral by Alex Korb

**Parenting**

The Whole Brain Child by Dan Siegel

Parenting from the Inside Out by Dan Siegel

How Children Raise Parents by Dan Allender

Never say No: Raising Big-Picture Kids by Jan Foreman and Mark Foreman

Hold onto your kids by Gabor Mate and Gordon Neufeld

Parenting by Paul David Tripp

**Family**

The Tech-Wise Family by Andy Crouch

**Marriage**

Reconnect by Steve Call

Sacred Marriage by Gary Thomas

The Seven Principles for making marriage work by John Gottman

The meaning of marriage by Timothy Keller with Kathy Keller

**Pornography**

Surfing for God by Michael John Cusick

Unwanted by Jay Stringer