

Self-Discovery

The Gift of Being Yourself: The Sacred Call to Self-Discovery (The Spiritual Journey) - David Benner

If you often feel misunderstood or struggle with understanding how you can claim your uniqueness in God's image, this book is for you. Benner explores the depths of our identity in Christ and the true uniqueness of who God has created you to be. This is a great read as you attempt to explore both who you are and your purpose for the glory of God. – Chaley Knight

Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN - Tara Brach

This book communicates the importance of – and methods to – love yourself, other people, and the world. Tara Brach makes me feel hopeful about human goodness prevailing! -Mary Hamilla

The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are - Brené Brown

Brené Brown's research on "wholehearted" living is an excellent foundation tool before making changes. Brown identifies the importance of claiming your worthiness and dismantling the belief system that you aren't enough, or you are too much. This book will not only help you understand your own worth, but also help you embrace courage, compassion, and connection in practical ways. – Chaley Knight

The Road Back to You: An Enneagram Journey to Self-Discovery - Ian Cron and Suzanne Stabile

Interested in learning more about the Enneagram? Curious how this psycho-spiritual tool can impact your personal transformation? The Enneagram provides an in depth look into your core motivations, fears, and desires. If you have a desire to learn more about why you do what you do, or why you think what you think, this book is a great start. It will provide a path toward self-awareness that is the catalyst to self-transformation, and in the end, it will impact not only you but most of your relationships in a positive way! - Chaley Knight

Can't Hurt Me: Master Your Mind and Defy the Odds - David Goggins

Autobiography by an African-American man who overcame a history of being abused by deciding that not only was the trauma of abuse not going to prevent him from reaching his goals, he was going to allow that abuse to inspire him to reach his goals. He discusses how changing his thoughts allowed him to lose weight, become a Navy SEAL, to set several world records, run ultra-marathons, and inspire millions with his story. A truly inspirational book. Those who might be triggered by profanity contained in this book should consider this prior to reading it. – Dr. Ken Cairns

Parts Work - Tom Holmes

This book provides a great perspective on how our minds work, using the idea that we all have different parts of our personalities that play various roles in our lives. It's been instrumental in my work as a therapist and in my own personal growth. - Nathan Altman

How to do the Work: Recognize Your Patterns, Heal from Your Past, and Create Your Self - Nicole LePera

Dr. LePera is a holistic psychologist who has integrated both trauma and attachment into her work of self-transformation. This book provides great wisdom and knowledge in understanding how you have arrived to this point of your journey. You will begin to understand why the same issues surface in every relationship you have, both with others and with yourself. This book is an ultimate guide to understanding the patterns of your behaviors and how to begin the work to change-for the better! – Chaley Knight

Let Your Life Speak: Listening for the Voice of Vocation - Parker Palmer

Parker Palmer offers such wisdom in this small but mighty book. It is a book for a lifetime. I read it first as a sophomore in college, and since then have read it several more times. If you struggle with accessing your inner voice and inner truth, allow Palmer's words to speak to you, and then practice allowing your life to speak. – Chaley Knight

Trauma and the Brain

Buddha's Brain: The Practical Neuroscience of Happiness, Love and Wisdom - Rick Hanson

Hanson teaches that the human brain is wired to be “Teflon for positive experiences and Velcro for negative experiences.” This made sense when our ancestors lived in a physically dangerous world, and we had to be prepared for the worst in order to survive. Feeling good was a luxury, but we did not need it to survive. In Buddha's Brain, Hanson teaches us how to “savor the good,” to deepen and enrich positive experiences, to foster gratitude. – Mary Hamilla

Mindsight: The New Science of Personal Transformation - Dan Siegel

Mindsight explains the mind and body connection in a way that makes so much sense and gives the reader helpful and effective techniques to become more mindful and attuned to your physical and mental awareness. – Jane Owen

Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy – Francine Shapiro

I have recommended this book to most of my clients who have experienced trauma in their lives. It is written as a self-help book using tapping techniques and EMDR techniques to process thoughts that may be keeping you stuck in the past. – Jane Owen

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma – Bessel van der Kolk

Trauma is a collective experience that we as humans have experienced and witnessed. Our brains know how to store traumatic experiences in an effort to survive. However, Van Der Kolk's research has revealed that our bodies refuse to let the trauma we have experienced go unnoticed. Our nervous systems are directly impacted by these experiences, experiences that often have no words. When our minds are unable to translate and/or remember what has happened to us, our bodies will bear witness. This is an advanced read that will help you understand trauma in a brand-new way. – Chaley Knight

Special Topics

I'm still Here: Black Dignity in a World Made for Whiteness - Austin Channing Brown

Do you struggle to see the world favoring “whiteness”? Are you still unsure of how “whiteness” alone is a privilege? Austin Channing Brown's perspective as a black female living in a world made for whiteness is eye-opening. It is important to read this book with openness and compassion. Austin Channing Brown provides additional education through her Instagram page, which I highly recommend following. – Chaley Knight

The Five Love Languages - Gary Chapman

We all have a tendency to show that we care about others in certain ways, whether it's through what we say, acts of service, gifts, a kind touch, or by spending time with those we care about. We also feel cared for in certain ways. If you ever feel that others don't appreciate the gestures you make, this book can help explain why. There are also versions for friends, singles, and teens. - Nathan Altman

Man's Search for Meaning - Viktor Frankl

Frankl was a psychiatrist who survived the concentration camps of Nazi Germany. This book details the development of his psychological theory from his time in the camps. He boils down exactly what he believes allowed some to survive and maintain their sanity in the face of the torture and terror of the camps. A truly inspiring read that helped to orient my values in life. – Nathan Altman

The Addictive Personality: Understanding the Addictive Process and Compulsive Behavior - Craig Nakken

If you've ever struggled with any type of addictive behaviors, drinking, smoking, vaping, pornography, or even technology, this book will help you understand how addictive thinking forms and how to start to take steps towards regaining control in your life. - Nathan Altman

Women, Food and God: An Unexpected Path to Almost Everything - Geneen Roth

The author believes that your relationship with food mirrors your feelings about love, fear, anger. She outlines steps to take to heal from disordered eating. This book can be applied to almost any issue you may be experiencing. – Jane Owen

Brain Lock: Free Yourself from Obsessive-Compulsive Behavior - Jeff Schwartz

This is an excellent resource for individuals dealing with obsessive thoughts, worries, and compulsions. It is interesting, full of examples, and clearly describes the 4-step process for overcoming obsessions and compulsions. - Mary Hamilla

**Hunger for Happiness - One Woman's Journey from Fighting Food to Finding Freedom:
How to End Binge Eating, Forever - Samantha Skelly**

This book is real, raw and offers advice and exercises to increase your self-awareness, self-love and to realize “it’s not about the food”. – Jane Owen