



Becoming Unstoppable: Resources for Healing, Recovery & Acceptance

Healing Trauma

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

Waking the Tiger: Healing Trauma by Peter A. Levine

In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness by Peter A. Levine

The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms by Mary Beth Williams

Healing Sexual Abuse, Assault & Rape

The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, by Wendy Maltz

The Courage to Heal Workbook: A Guide for Women and Men Survivors of Child Sexual Abuse by Laura Davis

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse, by Ellen Bass

Allies in Healing: When the Person You Love Was Sexually Abused as a Child by Laura Davis

Resurrection After Rape: A guide to transforming from victim to survivor by Matt Atkinson

The Rape Recovery Handbook: Step-by-Step Help for Survivors of Sexual Assault by Aphrodite T. Matsakis PhD

Healing Sex: A Mind-Body Approach to Healing Sexual Trauma by Staci Haines

The Body Never Lies: The Lingering Effects of Hurtful Parenting by Alice Miller

Victims No Longer: The Classic Guide for Men Recovering from Sexual Child Abuse by Mike Lew

Mindfulness

The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy by John P. Forsyth

Healthy Boundaries

Boundaries Workbook: When to Say Yes When to Say No To Take Control of Your Life by Henry Cloud

Body Image & Body Acceptance

Not Tonight Dear, I Feel Fat: How to Stop Worrying About Your Body and Have Great Sex: The Sex Advice Book for Women with Body Image Issues by Michael Alvear

Fat Girl Walking: Sex, Food, Love, and Being Comfortable in Your Skin...Every Inch of It by Brittany Gibbons

Fat Sex by Rebecca Jane Weinstein

Big Big Love, Revised: A Sex and Relationships Guide for People of Size (and Those Who Love Them) by Hanne Blank

Sex and Aging

Naked At Our Age: Talking Out Loud About Senior Sex by Joan Price

Better Than I Ever Expected: Straight Talk On Sex After Sixty by Joan Price

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