

Resources

Medicine and Trauma

1. *Explain Pain* and *The Explain Pain Handbook* Protectometer by David Butler and G. Lorimer Moseley
2. *Waking the Tiger: Healing Trauma* by Peter Levine
3. *Healing Back Pain: The Mind-Body Connection* by John Sarno
4. *The Body Keeps the Score* by Bessel van der Kolk
5. *When the Body Says No* by Gabor Mate
6. *The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity* by Nadine Burke Harris
7. *Nurturing Resilience: Helping Clients Move Forward from Developmental Trauma—An Integrative Somatic Approach* by Kathy L. Kain and Stephen J. Terrell

Spiritual

1. *The Power of Now* by Eckhart Tolle
2. *The Surrender Experiment* by Michael A. Singer
3. *The Untethered Soul: The Journey Beyond Yourself* by Michael A. Singer
4. *Feelings Buried Alive Never Die* by Karol K. Truman
5. *Revolution of the Soul: Awaken to Love through Raw Truth, Radical Healing, and Conscious Action* by Seane Corn

Buddhism

1. *Reconciliation: Healing the Inner Child* by Thich Nhat Hanh
2. *When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chödrön
3. *The Joy of Living: Unlocking the Secret and Science of Happiness* by Yongey Mingyur Rinpoche
4. *The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation* by Thich Nhat Hanh
5. *Real Love: The Art of Mindful Connection* by Sharon Salzberg
6. *Eastern Body, Western Mind: Psychology and the Chakra System as a Path to the Self* by Anodea Judith
7. *The Buddha's Way of Happiness: Healing Sorrow, Transforming Negative Emotion & Finding Well-Being in the Present Moment* by Thomas Bien
8. *Radical Acceptance: Embracing Your Life with the Heart of a Buddha* by Tara Brach

Suggested YouTube Watches

1. *Finding Joe*, 2011, full movie
2. Dr. Gabor Mate
3. Dr. Peter Levine
4. Dr. Bessel Van der Kolk
5. Eckhart Tolle
6. Thich Nhat Hanh
7. Tara Brach
8. Ram Das (also Spotify top songs)
9. Irene Lyon

Professional Resources

1. Dr. John Stracks
www.drstracks.com
312-489-8890
info@drstracks.com
2. Eric Sherman, PsyD
19 West 34th Street
Suite PH-13
New York, NY 10001
esherman@pathwaystopainrelief.com
<https://pathwaystopainrelief.com>
3. Kali Basman
www.kalidurgayoga.com
kali.basman@gmail.com
4. Curable Health
www.curablehealth.com