

RESOURCES

for the Journey

A thoughtfully curated collection of resources that many clients have found encouraging alongside the work of therapy. These resources are not a substitute for counseling, but they can support emotional health, healthy relationships, spiritual growth, and everyday well-being.

EMOTIONAL HEALTH

Therapy Chat	Honest conversations about therapy and mental health
Inside Out	Compassionate, practical mental health conversations
The Happiness Lab	Science-based strategies for living a happier life

ANXIETY & NERVOUS SYSTEM

The Anxious Truth	Gentle, practical support for understanding anxiety
Untangle	Tools for anxiety, stress, and overthinking
Mindful in Minutes	Short, guided practices for calm and presence

SLEEP & REST

Sleep With Me	Soothing bedtime stories to help you fall asleep
Nothing much happens	Calming, distraction-free stories for restful sleep

RELATIONSHIPS

Where Should We Begin?	Real couples. Real conversations. Profound insights.
The Gottman Relationship Podcast	Research-based advice for building strong, lasting relationships
We Can Do Hard Things	Encouragement for real-life relationships and connection

PERSONAL GROWTH & WELL-BEING

On Purpose with Jay Shetty	Purpose, mindset, and meaningful living
Unlocking Us	Brené Brown on courage, vulnerability, and connection
Better Than Happy	Living with greater meaning and deep contentment

FAITH & SPIRITUAL FORMATION*

The Bible for Normal People	Approachable conversations about faith and Scripture
Practicing the Way	Spiritual formation for everyday life
The Daily Grace Podcast	Encouragement to live loved and rooted in God's grace

ADDITIONAL RECOMMENDATIONS

The Mel Robbins Podcast	Practical tools for confidence, mindset, and personal growth	Hidden Brain	Fascinating insights into how our minds work
Good Inside with Dr. Becky	Compassionate guidance for parents and caregivers	How I Built This	Inspiring stories of resilience and entrepreneurship

BOOKS: RECOMMENDED READS

The Body Keeps the Score <i>Bessel van der Kolk, MD</i>	Understanding trauma and its impact on the body and brain	Emotionally Healthy Relationships <i>Peter Scazzero</i>	How to create relationships that are loving and life-giving
Atomic Habits <i>James Clear</i>	Small changes, remarkable results	The Five Love Languages <i>Gary Chapman</i>	Understanding how to give and receive love
Boundaries <i>Dr. Henry Cloud & Dr. John Townsend</i>	How to set healthy boundaries and strengthen relationships	You Are a Badass <i>Jen Sincero</i>	How to stop doubting your greatness and start living an awesome life
Daring Greatly <i>Brené Brown</i>	The power of vulnerability to live fully and courageously	Present Over Perfect <i>Shauna Niequist</i>	Leaving behind frantic for a simpler, more soulful way of living
The Gifts of Imperfection <i>Brené Brown</i>	Let go of who you think you're supposed to be and embrace who you are	It's Not Supposed to Be This Way <i>Lysa TerKeurst</i>	Finding unexpected strength when disappointments leave you shattered
Good Inside <i>Dr. Becky Kennedy</i>	A compassionate approach to raising confident, connected children		

These tools can support your journey, but you don't have to walk it alone.
I'M HERE TO WALK WITH YOU.