



BOOKS

Recommended Reads



A thoughtfully curated collection of books 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.

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

These tools can support your journey, but you don't have to walk it alone.

I'M HERE TO WALK WITH YOU.

