

Therapy For Real Life

Reading List

My
Favorite
Books

to share
in therapy

THERAPY FOR REAL LIFE READING LIST

Self-Esteem + Skillful Living

Maybe You Should Talk To Someone

by Lori Gottlieb

Dare To Lead

by Brené Brown

Building A Life Worth Living

by Marsha Linehan

What To Say When You Talk To Yourself

by Shad Helmstetter

THERAPY FOR REAL LIFE READING LIST

Relationship Skills

The Seven Principles
for Making Marriage Work

by John Gottman
+ Nan Silver

8 Dates

by Julie Gottman
+ John Gottman

Love Languages

by Gary Chapman

Come As You Are

by Emily Nagoski

THERAPY FOR REAL LIFE READING LIST

Mindfulness + Purpose

How To Do Nothing

by Jenny Odell

Full Catastrophe Living by John Kabat-Zinn

Driven to Distraction by Edward Hallowell
+ John Ratey

The Happiness Trap

by Russ Harris

THERAPY FOR REAL LIFE READING LIST

Tools For *Systemic* Burnout

How To Be An Antiracist by Ibram X. Kendi

White Fragility by Robin DiAngelo

Trick Mirror by Jia Tolentino

Trauma Stewardship
by Laura van Dernoot Lipsky + Connie Burk

THERAPY FOR REAL LIFE READING LIST

Children's Books for Anyone

Consider Love

by Sandra Boynton

The Invisible String

by Patrice Karst

Worm Loves Worm

by J. J. Austrian
+ Mike Curato

Old Turtle and The Broken Truth

by Douglas Wood and John Muth