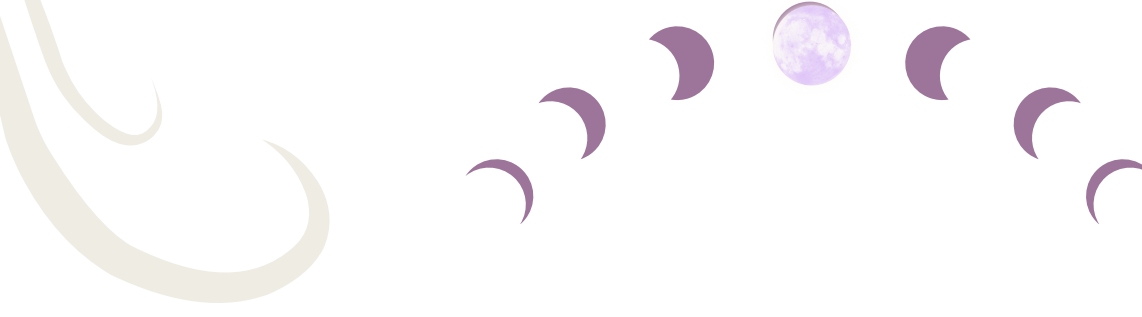




Recommended Reading List

- The Body Keeps the Score by Bessel van der Kolk
- Women Who Run With the Wolves by Clarissa Pinkola Estés
- Untamed by Glennon Doyle
- Moon Magic by Diane Ahlquist
- What Happened to You? by Oprah and Dr. Bruce Perry
- Home Body by Rupi Kaur
- Call of the Wild: How We Heal Trauma, Awaken Our Power, and Use It For Good by Kimberly Ann Johnson
- Drama Free: A Guide to Managing Unhealthy Family Relationships by Nedra Glover Tawwab
- The Red Tent by Anita Damant
- Theology of the Womb by Christy Annelle Bayman, Dan Allender
- Wild Power: Discover the Magic of Your Menstrual Cycle and Awaken the Feminine Path to Power by Sjanie Hugo Wurlitzer, Alexandra Pope
- Wild Feminine: Finding Power, Spirit, & Joy in the Female Body by Tami Lynn Kent
- 50 Things You Need to Know About Periods: Know Your Flow and live in sync with your cycle by Claire Baker
- Waking the Tiger: Healing Trauma by Peter A. Levine, Ann Frederick
- What My Bones Know: A Memoir of Healing from Complex Trauma

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- Break the Cycle: A Guide to Healing Intergenerational Trauma by Dr. Mariel Buqué
 - Breath: The New Science of a Lost Art by Nestor James
 - No Bad Parts by Richard Schwartz
 - Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone by Brené Brown
 - Sacred Woman: A Guide to Healing the Feminine Body, Mind, & Spirit

