

Book List

Parenting

The Whole Brain Child by Daniel Siegel, MD & Tina Payne Bryson, PhD
No Drama Discipline by Daniel Siegel, MD & Tina Payne Bryson, PhD
Raising a Secure Child by Kent Hoffman, Glen Cooper, & Bert Powell
Joint Custody with a Jerk by Julie Ross & Judy Corcoran

Perinatal Support

The Expectant Father by Jennifer Ash
Expecting Mindfully by Sona Dimidjian & Sherry Goodman
This Isn't What I Expected by Karen Kleiman & Valerie Davis Raskin
Good Moms Have Scary Thoughts by Karen Kleiman & Molly McIntyre

Infertility

Infreakingfertility by Melanie Dale
It Starts with the Egg by Rebecca Fett

Relationships

Hold Me Tight by Dr. Sue Johnson
Love Sense by Dr. Sue Johnson
Attached by Amir Levine, MD & Rachel S.F. Heller, MA
The Ethical Slut by Janet Hardy

Self-Discovery

Untamed by Glennon Doyle

Social Justice

My Grandmother's Hands by Resmaa Menakem
White Fragility by Robin Diangelo
How to Be an Antiracist by Ibram X. Kendi
A Good Time for the Truth by Sun Yung Shin

Trauma

The Body Keeps the Score by Bessel van der Kolk, MD
Getting Past Your Past by Francine Shapiro