

Helpful Reading Options (Research Based)

- ***Man's Search for Meaning*** by Victor E. Frankl
- ***Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists*** by Suzette Boon, Kathy Steele, and Onno Van Der Hart
- ***The Subtle Power of Spiritual Abuse*** by David Johnson & Jeff VanVonderen
- ***Thought Reform and the Psychology of Totalism*** by Robert Jay Lifton
- ***Trauma & Recovery: The aftermath of violence—from domestic abuse to political terror*** by Judith Herman, M.D.
- ***The Body Remembers: The Psycho-physiology of Trauma and Trauma Treatment*** By Babette Rothschild
- ***Recovery from Cults: Help for Victims of Psychological and Spiritual Abuse*** edited by Michael D. Langone
- ***Leaving the Fold: A Guide for Former Fundamentalists and Others Leaving Their Religion*** by Marlene Winell, Ph.D.
- ***Combatting Cult Mind Control: The #1 Best-selling Guide to Protection, Rescue, and Recovery from Destructive Cults*** by Steven Hassan
- ***Going to Pieces without Falling Apart: A Buddhist Perspective on Wholeness*** by Mark Epstein, M.D.
- ***Reconciliation: Healing the inner child*** by Thich Nhat Hanh
- ***Mindfulness Made Simple: An introduction to Finding Calm through Mindfulness and Meditation*** forward by Elisha Goldstein, Ph.D.
- ***Self-Therapy: A Step-By-Step Guide to Creating Wholeness and Healing Your Inner Child Using IFS*** by Jay Earley, Ph.D.