



Recommended reading SURVIVE

Out of the Fog – Dana Morningstar

The Courage to Heal – Ellen Bass/Laura Davis

The Body Keeps The Score – Peter A Levine

The Dance of Anger – Harriet Lerner

Brene Brown Books

Power of Now – Eckhart Tolle

Recovery is My Best Revenge – Caroline spring

Recovery – Russell Brand

I Am Enough – Marisa Peer

Healing the Shame That Binds You – John Bradshaw

Black Dog – Matthew Johnstone

Anxiety rebalance- Carl Vernon

Physical intelligence – Claire Dale/Patricia Peyton

Reasons To Stay Alive – Matt Haig

Stop Unreality – Kevin Klix