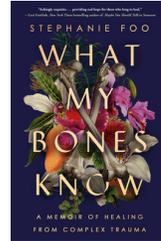


# Books on Healing Trauma at Manchester Public Library

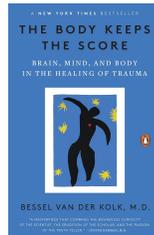


Homecoming: overcome fear and trauma to reclaim your whole, authentic self by Thema Bryant-Davis, PhD. (158 Bryant-Davis)

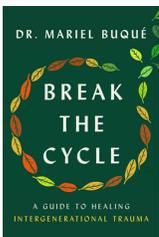
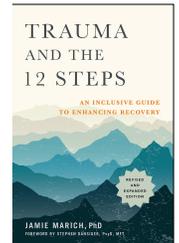


What My Bones Know: a memoir of healing from complex trauma by Stephanie Foo (B Foo)

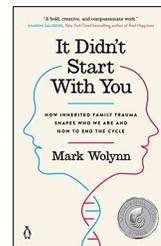
The Body Keeps the Score: brain, mind, and body in the healing of trauma by Bessel A. Van der Kolk, M.D. (616.8521 Van der Kolk)



Trauma and the 12 Steps: an inclusive guide to enhancing recovery by Jaime Marich (616.8521 Marich)

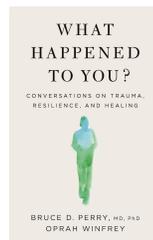


Break the Cycle: a guide to healing intergenerational trauma by Dr. Mariel Buqué (616.852 Buqué)

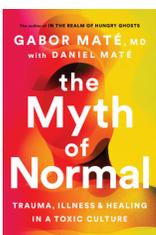


It Didn't Start With You: how inherited family trauma shapes who we are and how to end the cycle by Mark Wolynn (155.924 Wolynn)

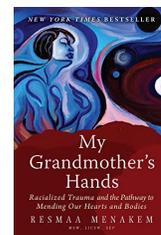
What Happened to You?: conversations on trauma, resilience, and healing by Bruce D. Perry, M.D., PhD., and Oprah Winfrey (616.8521 Perry)



No Bad Parts: healing trauma and restoring wholeness with the internal family systems model by Richard C. Schwartz, PhD. (616.891 Schwartz)

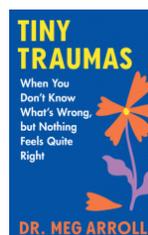


The Myth of Normal: trauma, illness, and healing in a toxic culture by Gabor Maté (362.1 Maté)



My Grandmother's Hands: racialized trauma and the pathway to mending our hearts and bodies by Resmaa Menakem (305.896 Menakem)

Tiny Traumas: when you don't know what's wrong, but nothing feels quite right by Dr. Meg Arroll (158.1 Arroll)



What It Takes to Heal: how transforming ourselves can change the world by Prentis Hemphill (155.93 Hemphill)

