



WE LOVE TO READ! IN FACT, WE'RE READING ALL THE TIME. HERE'S A LIST OF HAND-SELECTED BOOKS VETTED BY US, AND RECOMMENDED TO YOU. HAPPY READING!
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CAYLEN SUNDERMAN
M.S., LMFT

- Lovesense by Dr. Susan Johnson
- The Seven Principles for Making Marriage Work by John Gottman
- Mating in Captivity by Esther Perez
- Psychopath Free by Jackson Mackenzie
- Healing From Hidden Abuse by Shannon Thomas
- Broken Open by Elizabeth Lesser
- When Things Fall Apart by Pena Chodron
- The Subtle Art of Not Giving a F*ck by Mark Manson
- The Gifts of Imperfections by Brené Brown
- Braving the Wilderness by Brené Brown
- Lost Connections by Johan Hari
- The Body Keeps the Score by Bessel Van Der Kolk
- Waking the Tiger by Peter Levine
- The Polyvagal theory in Therapy by Deb Dana
- The Dance Of Anger by Harriet Lerner

MICHAEL SHAHAN
M.S., LMFT

- The Complete Enneagram: 27 Paths to Greater Self Knowledge by Beatrice Chestnut
- The Wisdom of the Enneagram by Don Riso & Russ Hudson
- Trauma and Memory by Peter Levine
- In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness by Peter Levine
- The Gift of Therapy by Irvin D. Talon
- Everything Belongs by Richard Rohr
- The Body Keeps The Score by Bessel Van Der Kolk
- Their Sacred Enneagram by Chris Heuertz
- EMDR Essentials by Barb Maiberger
- When Things Fall Apart by Pema Chodron

TERESSA THURWANGER
M.S., S-MFT

- Tiny Beautiful Things by Cheryl Strayed
- Carry On, Warrior by Glennon Doyle
- The Relationship Cure by John Gottmann
- 10% Happier by Dan Harris
- The Sacred Enneagram by Chris Huertz
- Conscious Uncoupling by Katherine Woodward Thomas
- Gifts of Imperfection by Brené Brown
- Loving Bravely by Dr. Alexandra Solomon
- We Do by Stan Tatkin
- Mating in Captivity by Esther Perel
- Daring Greatly by Brené Brown
- Necessary Endings by Dr. Henry Cloud
- The Joy Diet by Martha Beck
- Come As You Are by Emily Nagoski
- The Four Agreements by Don Miguel Ruiz
- Mindsight by Dr. Dan Siegel
- Hold Me Tight by Dr. Sue Johnson
- Self-Compassion by Dr. Kristen Neff

LILY DAWSON
M.S., PLMFT

- Let Your Life Speak by Parker Palmer
- Falling Upward by Richard Rohr
- Becoming Wise by Krista Tippett
- Love Warrior by Glennon Doyle Melton
- Consolations (poetry) by David Whyte
- Women Who Run With the Wolves by Clarissa Pinkola Estés

PODCASTS

- You Made it Weird with Pete Holmes
- Tara Brach (dharma talks)
- On Being with Krista Tippett