

## Bibliography

### **Becoming a Beacon; Tools For Transformation In A Global Pandemic. 8/18/21**

Dr. Frank Gabrin (2013). *Back From Burnout, Seven Steps to Healing from Compassion Fatigue and Rediscovering (Y)our Heart of Care*. ISBN 9780989660068

Elizabeth Kubler –Ross and David Kessler. *On Grief and Grieving, Finding the Meaning of Grief through the 5 Stages of Loss*. ISBN-13 9780743266291

Laura van Dernoot Lipsky. *Beyond the Cliff*. Tedx WashingtonCorrectionalCenterForWomen

Dr. Alexander Lowen, *Bioenergetics: The revolutionary Therapy That Uses the Language of Body to Heal the Problems of the Mind*. ISBN-13: 978-0140194715

Dennis A. Marikis, Ph.D. *The Habits of Stress- Resilient People*.

Cherie McCoy (2016). *Becoming Alive and Real, Journey into the Body's Truth*. ISBN 9781535074902

Roslyn Moore, *Walking in Beauty: A Collection of Psychological Insights and Spiritual Wisdom of Dick Olney*. ISBN-13: 978-0964699908

Fritz Perls, *The Gestalt Approach and Eyewitness to Therapy* / Edition 1. ISBN-10 083140034; ISBN-13 9780831400347

Wilhelm Reich, *Character Analysis*. ISBN-13: 978-0374509804

John Rigg, *The Effect of Trauma on the Brain and How it Affects Behavior* / TEDX Augusta

Patricia Smith. *How to Manage Compassion Fatigue in Caregiving* / TEDX SJI

Monica Berg (2017). *Fear Is Not an Option*, ISBN: 978-1-57189-964-4

Peter A. Levine (1997) *Waking the Tiger*, ISBN-10: 1-556643-233-X

Bessel Van Der, Kolk, MD (2014) *The Body Keeps the Score*, ISBN: 978-0-670-78593-3

Resmaa Manakem (2017) *My Grandmother's Hands*, ISBN: 9781942094609

Pat Ogden (2015) *Sensorimotor Psychotherapy*, ISBN: 978-0-393-70613-0

Daniel J. Siegel, MD (2018) *Aware*, ISBN: 978-0-14-311179-5

David Kessler (2019) *Finding Meaning, The Sixth Phase of Grief*,

ISBN:978-1-5011-9273-9

Gabor Mate (2003) *When The Body Says NO*,

ISBN:978-0471-21982-8

Alan D. Wolfelt, PH.D.(2018), *When Grief Is Complicated*,

ISBN:978-1-61722-258-0

Dr. Shefali Tsabary, (2021) *A Radical Awakening*,

ISBN:9780062985897

Alice Miller, (1979) *Drama of the Gifted Child*,

ISBN:0-465-06347-0

Alice Miller, (2006) *The Body Never Lies*, ISBN0-393-06065-9

