



Modern Mental Health, Unlocked

Books & Podcasts for Trauma Healing

Books:

- *The Body Keeps the Score* – Bessel van der Kolk
- *Waking the Tiger* – Peter Levine
- *It Didn't Start With You* – Mark Wolynn
- *Running on Empty* – Jonice Webb

Podcasts:

- Therapy Chat (Laura Reagan)
- Notice That (an EMDR-focused podcast)
- The Trauma Therapist Project (Guy Macpherson)