

Individual Wellness/ Health/ Wholeness
Annotated Bibliography

Burke Harris, Nadine. *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*. First Mariner books edition, Mariner Books, Houghton Mifflin Harcourt, 2018.

“The stunning news of Burke Harris’s research is just how deeply our bodies can be imprinted by ACEs—adverse childhood experiences like abuse, neglect, parental addiction, mental illness, and divorce. Childhood adversity changes our biological systems and lasts a lifetime. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the fascinating scientific insight and innovative, acclaimed health interventions in *The Deepest Well* represent vitally important hope for preventing lifelong illness for those we love and for generations to come.” – Amazon.com

Leary, Joy DeGruy, and Randall Robinson. *Post Traumatic Slave Syndrome: America’s Legacy of Enduring Injury and Healing*. Newly revised and updated edition, Joy DeGruy Publications Inc., 2017.

“What do repeated traumas, endured generation after generation by a people produce? What impact have these ordeals had on African Americans today? Dr. Joy DeGruy answers these questions and more. With over thirty years of practical experience as a professional in the mental health field, Dr. DeGruy encourages African Americans to view their attitudes, assumptions, and behaviors through the lens of history and so gain a greater understanding of how centuries of slavery and oppression has [i.e. have] impacted people of African descent in America. [This book] helps to lay the necessary foundation to ensure the well-being and sustained health of future generations and provides a rare glimpse into the evolution of society's beliefs, feelings, attitudes and behavior concerning race in America.”-- Back cover

LePera, Nicole. *How to Meet Your Self: The Workbook for Self-Discovery*. First edition, Harper Wave, an imprint of HarperCollinsPublishers, 2022.

A workbook for trauma-informed holistic self-healing to improve your mental wellbeing and discover your authentic self.

Maté, Gabor, and Daniel Maté. *The Myth of Normal: Trauma, Illness, & Healing in a Toxic Culture*. Avery, an imprint of Penguin Random House, 2022.

“[With o]ver four decades of clinical experience, Maté has come to recognize the prevailing understanding of "normal" as false, neglecting the roles that trauma and stress, and the pressures of modern-day living, exert on our bodies and our minds at the expense of good health. For all our expertise and technological sophistication, Western medicine often fails to treat the whole person, ignoring how today's culture stresses the body, burdens the immune system, and undermines emotional balance. Now Maté brings his perspective to the great untangling of common myths about what makes us sick, connects the dots between the maladies of individuals and the declining soundness of society--and offers a compassionate guide for health and healing. Cowritten with his son Daniel.” --Publisher's description

Menakem, Resmaa. *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*. Central Recovery Press, 2017.

“Community Care Counselor Menakem, MSW, LICSW, SEP, posits that racism is embedded in the hearts, souls, and reflexes of both blacks and whites in American society, and that the trauma (as he describes in depth) inflicted on many as a result of this fact is harmful to all. Menakem then helps readers get inside the black experience to encounter everyday threats and the responses of fighting, fleeing, or freezing in order to begin the healing process. The guided exercises and social commentary help to pave the way for understanding one another and building a stronger community that benefits everyone.” – Library Journal

Ray, Sarah Jaquette. *A Field Guide to Climate Anxiety: How to Keep Your Cool on a Warming Planet*. University of California Press, 2020.

“Drawing on a decade of experience leading and teaching in college environmental studies programs, Sarah Jaquette Ray has created an “existential tool kit” for the climate generation. Combining insights from psychology, sociology, social movements, mindfulness, and the environmental humanities, Ray explains why and how we need to let go of eco-guilt, resist burnout, and cultivate resilience while advocating for climate justice. *A Field Guide to Climate Anxiety* is the essential guidebook for the climate generation—and perhaps the rest of us—as we confront the greatest environmental threat of our time.” – Publisher’s description