

RECOMMENDED READING FOR INDIVIDUALS

- Daring Greatly by Brené Brown, Ph.D., LMSW
- Mindfulness by Mark Williams and Danny Penman
- Seat of the Soul by Gary Zukav
- The Four Agreements by Don Miguel Ruiz
- Thinking in Pictures: My Life with Autism by Temple Grandin
- Man's Search For Meaning by Viktor Frankl
- Who Moved My Cheese by Spence Johnson
- Still Alice by Lisa Genova - for patients with Alzheimer's and their caregivers
- Sadako And The Thousand Paper Cranes by Eleanor Coerr - for grief
- The Fall Of Freddie The Leaf by Leo Buscaglia - for children grieving
- The Year Of Magical Thinking by Joan Didion - for grief
- The 36 Hour Day by Nancy L. Mace and Peter V. Rabins - for caregivers to people with Alzheimer's
- Peace Is Every Step by Thich Nhat Hanh
- Wreck This Journal by Keri Smith