

Favorite Books & Resources

Books that many clients have found meaningful, grounding, practical, or perspective-shifting over the years.

Different books resonate with different people at different stages of life. Not every resource fits every person, but these are a few books that many clients have found helpful in understanding themselves, developing healthier coping skills, and creating more meaningful lives.

Acceptance, Anxiety, OCD, and Psychological Flexibility

The Happiness Trap — Russ Harris

A very approachable introduction to Acceptance and Commitment Therapy (ACT) and psychological flexibility.

ACT with Love — Russ Harris

A practical ACT-based approach to relationships, communication, emotional flexibility, and connection.

Get Out of Your Mind and Into Your Life — Steven C. Hayes

One of the foundational ACT books with exercises and deeper exploration.

Everyday Mindfulness for OCD — Jon Hershfield & Shala Nicely

A compassionate and practical approach to OCD using mindfulness and exposure-based principles.

Mindfulness, Awareness, and Spiritual Growth

A New Earth — Eckhart Tolle

A powerful exploration of ego, presence, suffering, and consciousness.

The Power of Now — Eckhart Tolle

Focuses on present-moment awareness and observing the mind rather than becoming consumed by it.

Radical Acceptance — Tara Brach

Blends mindfulness, compassion, and emotional healing in a warm and accessible way.

The Untethered Soul — Michael A. Singer

Explores awareness, inner dialogue, and learning not to become trapped by the mind.

Self-Compassion, Meaning, and Healing

Self-Compassion — Kristin Neff

An evidence-based approach to reducing shame and developing a healthier relationship with yourself.

Man's Search for Meaning — Viktor Frankl

A timeless reflection on suffering, resilience, meaning, and the human spirit.

The Body Keeps the Score — Bessel van der Kolk

Explores the effects of trauma on the mind and body and the importance of nervous system healing.

Eating Disorders, Body Image, and Healing Your Relationship With Food

8 Keys to Recovery from an Eating Disorder — Carolyn Costin & Gwen Schubert Grabb

A compassionate and practical guide to eating disorder recovery, emotional healing, and rebuilding a healthier relationship with food and the body.

Eating in the Light of the Moon — Anita Johnston

A reflective and emotionally insightful exploration of the deeper emotional and symbolic relationship many people have with food, hunger, self-worth, and nourishment.

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