



Recommended Readings To Promote Mindful Growth

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The Dialectical Behavior Therapy(DBT) Skills Workbook, By McKay & Wood

This book is the gold standard in training exercises to improve your regulation of self-esteem and emotions. The goal is to become less vulnerable to, and spend less time lost in emotional flashbacks. These mindfulness exercises will help you convert flashbacks to memories, so you can register them as past events. This book has universal value although it was written for individuals diagnosed with Borderline Personality Disorder.

Wherever You Go, There You are: Mindfulness Meditation In Every Day Life, By Jon Kabat -Zinn

This is one of countless books on the practice and value of meditative techniques by one of the giants in the field of mindfulness training.

The Untethered Soul, By Michael Singer

Michael Singer is a bestselling author and meditation center founder. The Untethered Soul has spent years on multiple New York Times' bestseller books.

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma, By Bessel van der Kolk

Bessel van der kolk is the godfather of trauma treatment. What is very intriguing about this book is that it is a primer for the integration of effective treatment techniques espoused by different schools of thought.

Women, Food And God: An Unexpected Path To Almost Everything, By Geneen Roth

Geneen Roth's writing style is as impactful as her concepts. It is a primer in wisdom on recovery from addictions that is "not for women only." My recommendation is inspired by the following beliefs: 1)The compulsion to repeat history is a universal addiction and we are all active in our addictions even among those of us in pursuit of recovery, and 2) The author offers a spiritually based recovery model for those resistant to participating in a 12 step recovery program.