

# Trauma

**From accidents to abuse, many of us bear invisible wounds. Explore resources for recovery here...**

<b>155.2 GRE</b>	<b>Resilience: hard-won wisdom for living a better life</b>
<b>155.804 BAU</b>	<b>Undaunted spirits: portraits of recovery from trauma</b>
<b>155.9 PAD</b>	<b>Struck by genius: how a brain injury made me a mathematical marvel</b>
<b>155.9 KAR</b>	<b>Scared sick: the role of childhood trauma in adult disease</b>
<b>155.9 REN</b>	<b>Upside: the new science of post-traumatic growth</b>
<b>155.937 SCH</b>	<b>How do we tell the children?</b>
<b>158 BRO</b>	<b>Rising strong</b>
<b>158 LYU</b>	<b>The how of happiness: a scientific approach to getting the life you want</b>
<b>158.1 WIN</b>	<b>Emotional first aid: practical strategies for treating failure, rejection, guilt...</b>
<b>202.15 RIC</b>	<b>Angel insights: inspiring messages from and ways to connect with your spiritual guardians</b>
<b>302.3 JUN</b>	<b>Tribe: on homecoming and belonging</b>
<b>362.196 SAN</b>	<b>Waking: a memoir of trauma and transcendence</b>
<b>362.29 STO</b>	<b>Blackout girl: growing up and drying out in America</b>
<b>362.292 MOZ</b>	<b>After the tears: helping adult children of alcoholics heal...</b>
<b>362.764 WHI</b>	<b>Victim, survivor, thriver...</b>
<b>362.82 KUB</b>	<b>Healing the trauma of domestic violence...</b>
<b>362.883 KRA</b>	<b>Missoula: rape and the justice system in a college town</b>
<b>612.82 ACK</b>	<b>An alchemy of mind: the marvel and mystery of the brain</b>
<b>613.2 FRI</b>	<b>The longevity project: surprising discoveries for health</b>
<b>616.8 NUL</b>	<b>Reboot your brain...</b>
<b>616.85 C</b>	<b>Back from the brink: a family guide to overcoming traumatic stress</b>
<b>616.85 ENG</b>	<b>The right to innocence: healing the trauma of childhood sexual</b>
<b>616.85 ROS</b>	<b>Life after trauma: a workbook for healing</b>

616.85 ROS	Your life after trauma: powerful practices to reclaim your identity
616.85 SHA	Getting past your past: take control of your life
616.852 ENG	The post traumatic stress disorder relationship: how to support your partner...
616.852 FOL	Finding life beyond trauma: using acceptance and commitment therapy to heal...
616.852 LIE	Wounded minds: understanding... PTSD
616.852 NAP	Invisible heroes: survivors of trauma and how they heal
616.852 PEA	The trauma tool kit: healing PTSD from the inside out
(YA) 616.852 SIM	Coping with post-traumatic stress disorder
616.852 SIN	Emotional recovery after natural disasters
616.852 VAN	The body keeps the score: brain, mind, and body in the healing of trauma
616.858 ARA	Power: surviving & thriving after narcissistic abuse
616.858 CRO	What can I do about him [crossed out] me?...
616.858 FER	Letting go of self-destructive behaviors: a workbook of hope and healing
616.858 LOR	Emotional abuse: the trauma and treatment
616.89 KEN	Show me all your scars: true stories of living with mental illness
617.4 MAR	Do no harm: stories of life, death, and brain surgery
618.92 FOA	If your adolescent has an anxiety disorder: an essential resource for parents
618.92 RIM	Rescuing the emotional lives of overweight children
618.92 SER	Depression and your child: a guide for parents...
618.92 T	Too scared to cry: psychic trauma in childhood
618.928 PER	The boy who was raised as a dog
618.928 WIE	Hearing the internal trauma

**Trauma is not the thing  
that happened but  
the effect left within us  
by our experiences...**