



Resources for PTSD and Anxiety

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The Body Keeps The Score: Brain, Mind, and Body
in the Healing of Trauma 616.852 VAN

EMDR: The Breakthrough Therapy for
Overcoming Anxiety, Stress, and Trauma 616.85 SHA

A Practical Guide to Complex PTSD:
Compassionate Strategies to Begin Healing
from Childhood Trama 616.852 SCH

Anxiety is Really Strange GR NOVEL Anxiety

Cognitive Behavioural Therapy 616.891 BRA

Complex PTSD: From Surviving to Thriving: A Guide
and Map for Recovering from Childhood Trama 155.671 COH

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Veterans of Iraq and Afghanistan 616.852 FIN

Getting Past your Past: Take Control of Your Life
with Self-Help Techiques from EMDR Therapy 616.85 SHA

How to Claim Your Mind: Finding Presence and
Productivity in Anxious Times 152.4 BAI

If Your Adolescent Has An Anxiety Disorder: An
Essential Resource for Parents 618.92 FOA

Invisible Storm: A Soldier's Memoir of Politics
and PTSD 616.852 KAN

Overcoming Anxiety for Dummies 616.852 ELL

Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, School, & Everywhere Else YA 155.5 WIL

Once a Warrior, Always a Warrior: Navigating the Transition from Combat to Home - Including Combat Stress, PTSD and mTBI 616.852 HOG

Taking Control of Anxiety: Small Steps for Getting the Best of Worry, Stress and Fear 152.4 MOOI

Tame Your Anxiety: Rewiring Your Brain for Happiness 612.823 BRE

The Anatomy of Anxiety: Understanding and Overcoming the Body's Fear Response 152.46 VOR

The Anxiety Cure of Kids: A Guide for Parents 618.92 SPE

The Trauma Took Kit: Healing PTSD from the Inside Out 616.852 PEA

The Unspeakable Mind: Stories of Trauma and Healing from the Frontlines of PTSD Science 616.852 JAI

Trauma is Really Strange GR NOVEL Trauma

Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear and Heal Your Mind 152.46 BRE

