

## **Reading List**

This reading list was designed to follow the topics used in The Gatehouse's 15-week Phase One Peer Support Group and provide adult survivors of childhood sexual abuse (ages 18 +) with additional resources. The topics are as follows:

- From Isolation to Belonging
- Triggers, Dissociation, Flashbacks and Grounding
- Anger and Emotional Regulation
- Addictions
- Inner Child
- Loss and Grief
- Boundaries
- Shame and Guilt
- Resiliency and the Sacred Path

These topics are all common struggles that adult survivors of childhood sexual abuse may face. While created following the topics of The Gatehouse's Phase One group, this list can be used by any adults looking for reading material about childhood sexual abuse, including parents and partners of survivors (see For Parents and For Partners and Families sections).

PLEASE NOTE: The books listed are merely suggestions and should be read at the readers own discretion and judgement. Many of the books listed contain material that may cause emotional discomfort or distress and it is highly recommended that all individuals be seeking professional support while exploring these personal topics.

It is our hope that readers may find the books listed interesting and useful. However, we do want to note that some books listed, while considered classics in the field, may be slightly dated. There may be sections that involve information that is not as inclusive, or as up-to-date, as we would hope it would be. In recognizing that each individual is unique in their interest and needs, we would like to encourage readers to be critical while reading and choose which parts of each book may be useful them and which parts may not be.

A description of each book is provided along with links for where you can borrow or purchase them. Where possible, links to audio versions of the books are also posted to provide alternative methods that may be easier accessed for those with hearing or learning difficulties. Some of the books posted can be accessed in The Gatehouse Library.

## From Isolation to Belonging



**Title:** Things We Haven't Said: Sexual Violence Survivors Speak Out.

**Author:** Erin Moulton

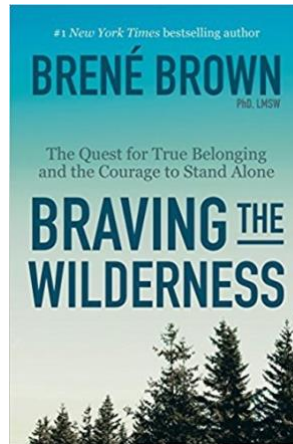
**Year:** 2018

**Summary:**

Things We Haven't Said is a powerful collection of poems, essays, letters, vignettes and interviews written by a diverse group of impressive adults who survived sexual violence as children and adolescents. Structured to incorporate creative writing to engage the reader and informative interviews to dig for context, this anthology is a valuable resource of hope, grit and honest conversation that will help teens tackle the topic of sexual violence, unpend stigma and maintain hope for a better future.

**Where to Find:**

The Gatehouse Library  
[Toronto Public Library](#)  
[Chapters](#)  
[Amazon](#)



**Title:** Braving the Wilderness

**Author:** Brené Brown

**Year:** 2017

**Summary:**

Social scientist Brené Brown, PhD, LMSW, has sparked a global conversation about the experiences that bring meaning to our lives – experiences of courage, vulnerability, love, belonging, shame, and empathy. In *Braving the Wilderness*, Brown redefines what it means to truly belong in an age of increased polarization. With her trademark mix of research, storytelling, and honesty, Brown will again change the cultural conversation while mapping a clear path to true belonging.

Brown argues that that we're experiencing a spiritual crisis of disconnection, and introduces four practices or true belonging that challenge everything we believe about ourselves and each other. She writes, "True belonging requires us to believe in and belong to ourselves so fully that we can find sacredness both in being a part of something and in standing alone when necessary. But in a culture that's rife with perfectionism and pleasing, and with the erosion of civility, it's easy to stay quiet, hide in our ideological bunkers, or fit in rather than show up as our true selves and brave the wilderness of uncertainty and criticism. But true belonging is not something we negotiate or accomplish with others; it's a daily practice that demands integrity and authenticity. It's a personal commitment that we carry in our hearts." Brown offers us the clarity and courage we need to find our way back to ourselves and each other. And that path cuts right through the wilderness. Brown writes, "The wilderness is an untamed, unpredictable place of solitude and searching. It is a place as dangerous as it is breathtaking, a place sought after as it is feared. But it turns out to be the place of true belonging, and it's the bravest and most sacred place you will ever stand."

**Where to Find:**

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[Amazon](#)

[Chapters](#)

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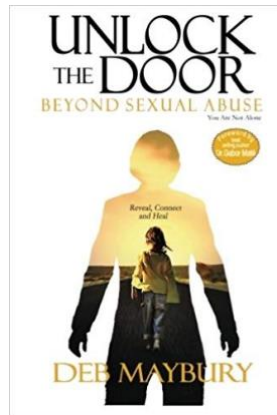
**Audiobooks**

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**A special thank you to Brené Brown for donating this book to The Gatehouse Library!**



**Title:** Unlock the Door: Beyond Sexual Abuse

**Author:** Deb Maybury

**Year:** 2013

**Summary:**

*Unlock the Door* provides readers with a courageous, candid and unflinching account of the heart-wrenching lived experience of child abuse. Through sharing her own and others' stories, Deb Maybury provides validation and hope to survivors whose lives, through no fault of their own, have been shaken body and soul. Her writing is terse, her point sharp and abundantly clear. Victims need a justice system that better serves their needs and more services capable of supporting their journey to wellness.

– Dr. Fred Matthews, Psychologist and author of, *The Invisible Boy*

*Unlock The Door* illuminates thirty-nine stories of personal strength, courage and resiliency. The author vividly captures the traumatic and lifelong effects of sexual abuse in her in-depth interviews. The main theme in the book is the focus on healing and moving beyond victimization as well as educating others about this devastating societal issue. I recommend this book to survivors and non-survivors alike.

– Maria Barcelos, Volunteer & Administrative Co-ordinator, The Gatehouse.

The way to begin resolving trauma is to talk about it, to bring it to the light of day. As one of the contributors in *Unlock The Door* states, “When one person’s words flow and another person listens, magic happens.” In this book people speak and we, the readers, listen. And we must listen.

– Gabor Maté M.D.

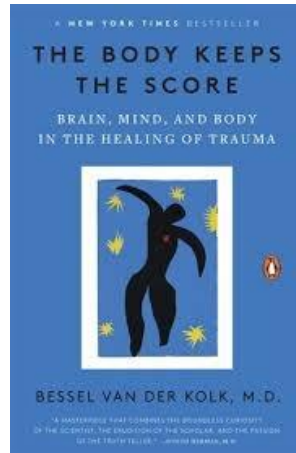
Survivors of sexual abuse often feel isolated and alone, *Unlock The Door* helps give a voice to those who have not yet spoken, by allowing us to remember that we are not alone. We are all interconnected and woven together by our stories of survival and strength. The stories in this book will give courage and strength to all of us who have turned stories of tragedy into personal triumphs. I want to thank you, Deb for *Unlock The Door*.

– Karen Long, University Student

**Where to Find:**

The Gatehouse Library  
[Amazon](#)

## Triggers, Dissociation, Flashbacks and Grounding



**Title:** The Body Keeps the Score

**Author:** Bessel Van Der Kolk, M.D.

**Year:** 2014

### **Summary:**

Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Such experiences inevitably leave traces on minds, emotions, and even on biology. Sadly, trauma sufferers frequently pass on their stress to their partners and children.

Renowned trauma expert Bessel van der Kolk has spent over three decades working with survivors. In *The Body Keeps the Score*, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* offers proven alternatives to drugs and talk therapy—and a way to reclaim lives.

### **Where to Buy:**

[Toronto Public Library](#)  
[Toronto Public Library \(eBook\)](#)  
[Amazon](#)

[Amazon \(eBook\)](#)

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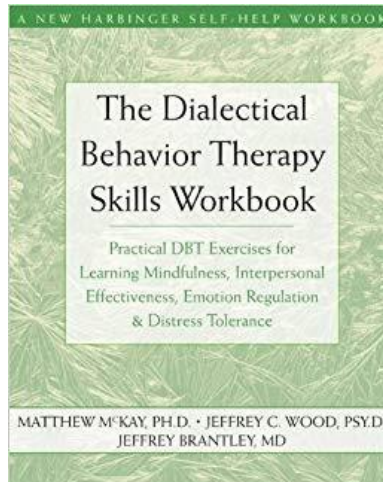
**Audiobooks**

[Toronto Public Library \(eAudiobook\)](#)

[Toronto Public Library \(CD\)](#)

[Kobo \(eAudiobook\)](#)





**Title:** The Dialectical Behavior Therapy Skills Workbook

**Author:** Matthew McKay, Jeffrey Wood and Jeffrey Brantley

**Year:** 2007

**Summary:**

First developed for treating borderline personality disorder, dialectical behavior therapy (DBT) has proven effective as treatment for a range of other mental health problems, especially for those characterized by overwhelming emotions. Research shows that DBT can improve your ability to handle distress without losing control and acting destructively. In order to make use of these techniques, you need to build skills in four key areas – distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness.

*The Dialectical Behavior Therapy Skills Workbook*, a collaborative effort from three esteemed authors, offers straightforward, step-by-step exercises for learning these concepts and putting them to work for real and lasting change. Start by working on the introductory exercises and, after making progress, move on to the advanced-skills chapters. Whether you are a professional or a general reader, whether you use this book to support work done in therapy or as the basis for self-help, you'll benefit from this clear and practical guide to better managing your emotions.

**Where to Buy:**

[Toronto Public Library](#)

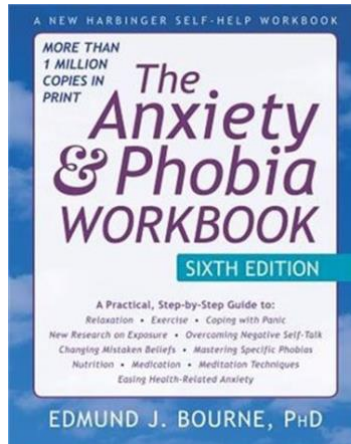
[Toronto Public Library \(eBook\)](#)

[Amazon](#)

[Amazon \(eBook\)](#)

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[Kobo \(eBook\)](#)



**Title:** The Anxiety and Phobia Workbook (Sixth Edition)

**Author:** Edmund Bourne, PHD

**Year:** 2015

**Summary:**

Now in its sixth edition and recommended by therapists worldwide, The Anxiety and Phobia Workbook has been the unparalleled, essential resource for people struggling with anxiety and phobias for almost thirty years. Living with anxiety, panic disorders, or phobias can make you feel like you aren't in control of your life. If you're ready to tackle the fears that hold you back, this book is your go-to guide. Packed with the most effective skills for assessing and treating anxiety, this evidence-based workbook contains the latest clinical research. You'll develop a full arsenal of skills for quieting fears and taking charge of your anxious thoughts, including:

- Relaxation and breathing techniques
- Ending negative self-talk and mistaken beliefs
- Imagery and real-life desensitization
- Lifestyle, nutrition, and exercise changes.

Written by a leading expert in cognitive behavioral therapy (CBT) and a classic in its field, this fully revised edition offers powerful, step-by-step treatment strategies for panic disorders, agoraphobia, generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), post-

traumatic stress disorder (PTSD), worry, and fear. You will also find updated information compatible with the DSM-V, as well as current information on medications and treatment, nutrition, mindfulness training, exposure therapy, and the latest research in neurobiology. Whether you suffer from anxiety and phobias yourself, or are a professional working with this population, this book will provide the latest treatment solutions for overcoming the fears that stand in the way of living a full, happy life.

**Where to Buy:**

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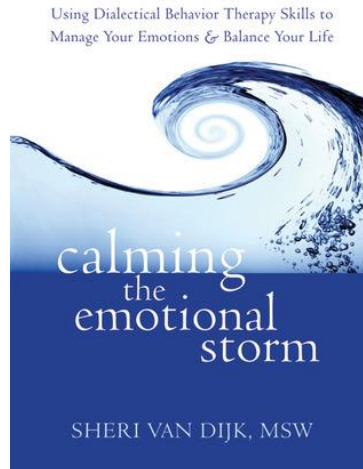
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**A special thank you to New Harbinger Publications for donating this book to The Gatehouse Library**

## **Anger and Emotional Regulation**



**Title:** Calming the Emotional Storm

**Author:** Sheri Van Dijk, MSW

**Year:** 2012

**Summary:**

Dialectical behavior therapy (DBT) is a therapeutic modality that was originally developed for the treatment of borderline personality disorder (BPD). Since the advent of this therapy, millions of people without the disorder have found DBT skills endlessly useful for helping manage out-of-control emotions and curbing impulsive behaviors that they just can't stop.

Calming the Emotional Storm is the first book to offer an accessible, general introduction to these DBT skills for anyone who feels overwhelmed by their emotions or feels that their emotions have led them to experience out-of-control behaviors and personal crises. Readers learn to understand and manage their emotions and begin to choose their actions rather than acting on impulses. They also practice calming their emotions in times of stress by embracing acceptance and fostering positive emotions about themselves. These life-changing skills can save many readers from unnecessary suffering due to the "emotional storm" inside.

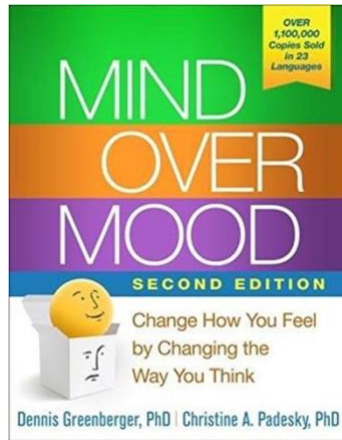
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**Audiobooks**

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**A special thank you to Sheri Van Dijk for donating this book to The Gatehouse Library**



**Title:** Mind Over Mood (Second Edition)

**Author:** Dennis Greenberger, PhD and Christine Padesky, PhD

**Year:** 2016

**Summary:**

Discover simple yet powerful steps you can take to overcome emotional distress—and feel happier, calmer, and more confident. This life-changing book has already helped more than 1,100,000 readers use cognitive-behavioral therapy—one of today’s most effective forms of psychotherapy—to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems. Revised and expanded to reflect significant scientific developments of the past 20 years, the second edition contains numerous new features: expanded content on anxiety; chapters on setting personal goals and maintaining progress; happiness rating scales; gratitude journals; innovative exercises focused on mindfulness, acceptance, and forgiveness; 25 new worksheets; and much more.

**Where to Find:**

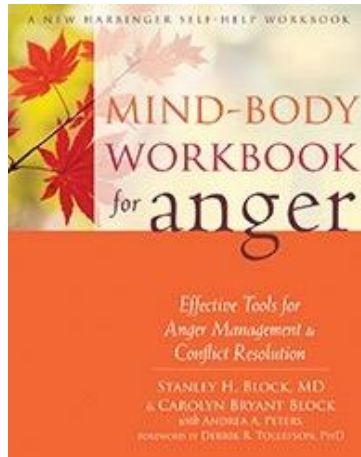
[Toronto Public Library](#)

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[Amazon \(eBook\)](#)

[Chapters](#)

The worksheets in this book are also available on the [Guilford Press Website](#), as a fillable PDF.



**Title:** Mind-Body Workbook for Anger

**Author:** Stanley Block and Carolyn Block

**Year:** 2013

**Summary:**

Do you often get angry or lash out at others? Maybe you've tried anger management programs and have had little success. You aren't alone, and there is help. This book is like no other, and will give you the necessary skill to control emotions and improve your relationships. By transforming your anger into vitality and vigour, you can set the foundation for a creative, constructive, and fulfilling life.

Mind-Body Workbook for Anger offers a powerful, innovative approach using mind-body bridging therapy. Proven effective in both clinical and research settings, the easy-to-use self-help exercises will help you let go of tension, allow your body to relax, and prevent angry outbursts.

**Where to Find:**

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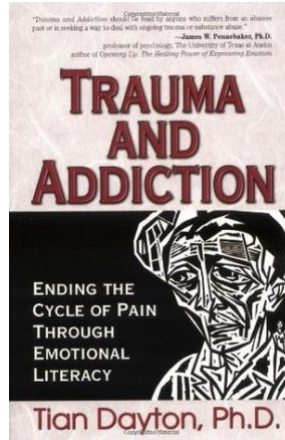
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## Addictions



**Title:** Trauma and Addiction

**Author:** Tian Dayton

**Year:** 2000

### **Summary:**

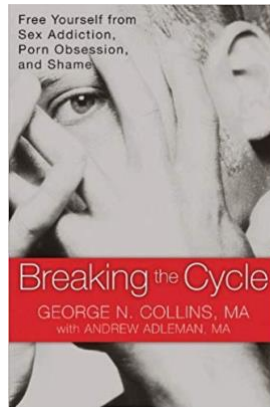
For the past decade, author Tian Dayton has been researching trauma and addiction, and how psychodrama (or sociometry group psychotherapy) can be used in their treatment. Since trauma responses are stored in the body, a method of therapy that engages the body through role play can be more effective in accessing the full complement of trauma-related memories.

This latest book identifies the interconnection of trauma and addictive behavior, and shows why they can become an unending cycle. Emotional and psychological pain so often lead to self-medicating, which leads to more pain, and inevitably more self-medicating, and so on – ad infinitum. This ground-breaking book offers readers effective ways to work through their traumas in order to heal their addictions and their predilection toward what clinicians call self-medicating (the abuse of substances [alcohol, drugs, food], activities [work, sex, gambling, etc.] and/or possessions [money, material things].) Readers caught up in the endless cycle of trauma and addiction will permanently transform their lives by reading this book.

### **Where to Find:**

[Amazon](#)  
[Amazon \(eBook\)](#)  
[Chapters](#)





**Title:** Breaking the Cycle

**Author:** George Collins, MA

**Year:** 2010

**Summary:**

Anyone who has struggled with sex addiction know that loving with constant sexual compulsions can be extremely difficult. But summoning the courage to find help for this condition can be even more of a challenge. If addictions to pornography, strip clubs, massage parlours, prostitutes, phone sex, or chat rooms have made you feel trapped, this book can help you find a way to break free.

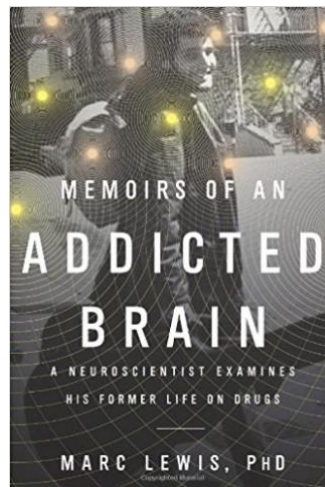
Written by a former sex addict who specializes in counselling people who suffer from sexually compulsive behavior, *Breaking the Cycle* presents a step-by-step plan to enjoying a life of productivity and purpose. You can free yourself from the powerful, compulsive urges that may have damaged your career, finances, or relationships with friends and family. The exercises in this book will show you how to regain control of your life and build meaningful intimate connections with others.

**Where to Find:**

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[Chapters](#)  
[Kobo \(eBook\)](#)

**Audiobooks**  
[Kobo \(eAudiobook\)](#)

**A special thank you to New Harbinger Publications for donating this book to The Gatehouse Library**



**Title:** Memoirs of an Addicted Brain: A Neuroscientist examines his former life on drugs

**Author:** Mar Lewis, PhD

**Year:** 2011

**Summary:**

Our minds are governed by a cycle of craving what we don't have, finding it, using it up or losing it, and then being driven by loss, need, desire, or insecurity to crave it all the more. This cycle is at the root of all addictions: addictions to drugs, drink, cigarettes, sex, love, soap operas, wealth, and wisdom itself. But why should this be so? Why are we so driven, often at great cost to ourselves? No one is better qualified to answer these questions than Dr. Marc Lewis. He is a distinguished neuroscientist. And, for many years, he was a drug addict himself, dependent on a long series of dangerous substances. His narrative moves back and forth between the long, dark, ultimately triumphant story of his relationship with drugs, and a revelatory analysis of what was going on in Marc's brain. He shows how drugs speak to the brain—itsself designed to seek rewards and soothe pain—in its own language. He shows in detail the different neurological effects of a

variety of powerful drugs, from oxycodone to heroin, from drink to love. This is the story of his journey, seen from the inside out.

**Where to Find:**

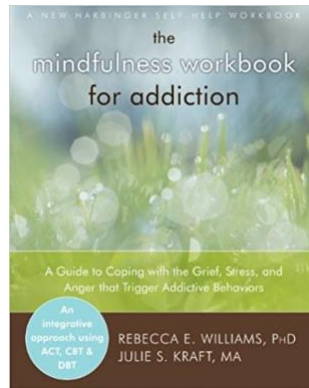
[Toronto Public Library](#)

[Toronto Public Library \(eBook\)](#)

[Amazon](#)

[Chapters](#)

[Kobo \(eBook\)](#)



**Title:** The Mindfulness Workbook: A Guide to Coping with the Grief, Stress, and Anger that Trigger Addictive Behaviors

**Author:** Rebecca Williams, PhD and Julie Kraft, MA

**Year:** 2012

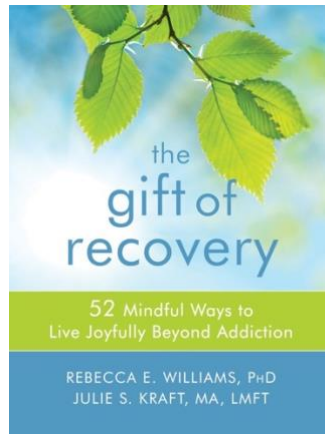
**Summary:**

Most addictive behavior is rooted in some type of loss, be it the death of a loved one, coming to terms with limitations set by chronic health problems, or the end of a relationship. By turning to drugs and alcohol, people who have suffered a loss can numb their grief. In the process, they postpone their healing and can drive themselves further into addiction.

The Mindfulness Workbook for Addiction offers readers an effective program for working through their addiction and grief with cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT). Created by a psychologist who works for the Department of Veterans Affairs and a marriage and family therapist who works for Sharp Mesa Vista Hospital, this mindfulness training workbook is effective for treating the emotion dysregulation, stress, depression, and grief that lie at the heart of addiction. No matter the loss, the mindfulness skills in this workbook help readers process their grief, determine the function their addiction is serving, and replace the addiction with healthy coping behaviors.

**Where to Find:**

[Amazon](#)  
[Amazon \(eBook\)](#)  
[Chapters](#)  
[Kobo \(eBook\)](#)



**Title:** The Gift of Recovery: 52 Mindful Ways to Live Joyfully Beyond Addiction

**Author:** Rebecca Williams, PhD and Julie Kraft, MA

**Year:** 2018

**Summary:**

If you're recovering from addiction, *The Gift of Recovery* offers quick, in-the-moment tips and tricks to help you cope with daily stress and stay firmly on the path to wellness. With this gentle, easy-to-use guide, you'll learn how to navigate relationships, take time for self-care, and build a mindful, sustainable, and joyful recovery.

Deciding to get help for addiction is the first step toward recovery. But addiction recovery doesn't happen all at once – it's something that must be worked for, every day. Sometimes, it will be easy. When things are going well, you may not be tempted to give in to your cravings. But when life is stressful, you'll need strategies to help you cope.

Written by the authors of *The Mindfulness Workbook for Addiction*, this on-the-go mindfulness guide offers fifty-two powerful and effective meditations to help you manage the stress, depression, and strong emotions that can get in the way of a full and lasting recovery. You'll also find skills based in cognitive behavior therapy (CBT), dialectical behaviour therapy (DBT), and acceptance and commitment therapy (ACT) to help you stay grounded, as well as links to online resources.

Deciding to overcome an addiction can feel like leaving a relationship. It's hard and sometimes lonely – but it is truly an act of courage. This book will help guide you as you continue making courageous steps toward peace, joy, and fulfillment.

**Where to Find:**

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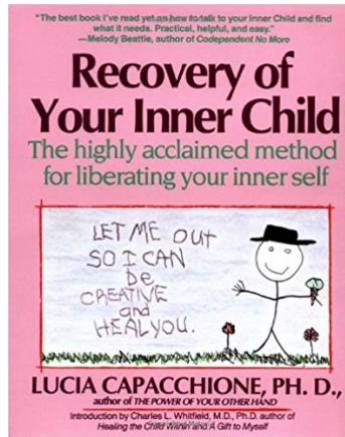
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## Inner Child



**Title:** Recovery of Your Inner Child

**Author:** Lucia Capacchione, PhD

**Year:** 1991

### **Summary:**

The Inner Child lives within all of us, it's the part of us that feels emotions and is playful, intuitive, and creative. Usually hidden under our grown-up personas, the Inner Child holds the key to intimacy in relationships, physical and emotional well-being, recovery from addictions, and the creativity and wisdom of our inner selves.

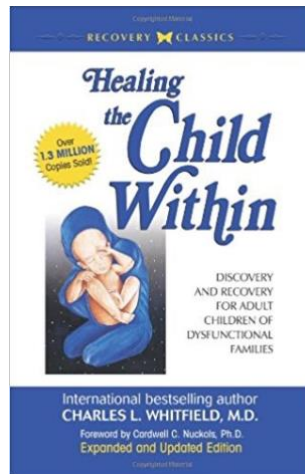
Recovery of Your Inner Child is the only book that shows you how to have a *firsthand experience* of your Inner Child—actually feeling its emotions and recapturing its sense of wonder—by writing and drawing with your non-dominant hand. Expanding on the highly acclaimed technique introduced in *The Power of Your Other Hand*, here Dr. Capacchione shares scores of hands-on activities that will help you to embrace your Vulnerable Child and your Angry Child, find the Nurturing Parent within, and finally discover the Creative and Magical Child that can heal your life.

### **Where to Find:**

The Gatehouse Library

[Amazon](#)  
[Chapters](#)

**A special thank you to Lucia Capacchione for donating this book to The Gatehouse Library**



**Title:** Healing the Child Within

**Author:** Charles Whitfield

**Year:** 1987

**Summary:**

Have you ever heard of your inner child? Well, this is the classic book that started it all.

In 1987, Charlie Whitfield's breakthrough concept of the child within—that part of us which is truly alive, energetic, creative and fulfilled—launched the inner child movement. *Healing the Child Within* describes how the inner child is lost to trauma and loss, and how by recovering it, we can heal the fear, confusion and unhappiness of adult life.

Eighteen years and more than a million copies sold later, *Healing the Child Within* is a perennial selling classic in the field of psychology. And it is even more timely today than it was in 1987.



Recent brain research, particularly on the effects of trauma on the brain of developing children, has supported Whitfield's intuitive understanding as a psychiatrist.

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[Chapters](#)

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**A special thank you to Barbara and Charles Whitfield for donating this book to The Gatehouse library**

## Loss and Grief



**Title:** It's Ok That You're Not Ok

**Author:** Megan Devine

**Year:** 2017

### **Summary:**

When a painful loss or life-shattering event upends your world, here is the first thing to know: *there is nothing wrong with grief*. “Grief is simply love in its most wild and painful form,” says Megan Devine. “It is a natural and sane response to loss.”

So, why does our culture treat grief like a disease to be cured as quickly as possible?

In *It's OK That You're Not OK*, Megan Devine offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy. Having experienced grief from both sides—as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner—Megan writes with deep insight about the unspoken truths of loss, love, and healing. She debunks the culturally prescribed goal of returning to a normal, “happy” life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it. In this compelling and heartfelt book, you'll learn:

- Why well-meaning advice, therapy, and spiritual wisdom so often end up making it harder for people in grief

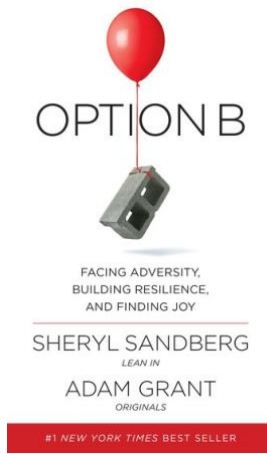
- How challenging the myths of grief—doing away with stages, timetables, and unrealistic ideals about how grief should unfold—allows us to accept grief as a mystery to be honored instead of a problem to solve
- Practical guidance for managing stress, improving sleep, and decreasing anxiety without trying to “fix” your pain
- How to help the people you love—with essays to teach us the best skills, checklists, and suggestions for supporting and comforting others through the grieving process

Many people who have suffered a loss feel judged, dismissed, and misunderstood by a culture that wants to “solve” grief. Megan writes, “Grief no more needs a solution than love needs a solution.” Through stories, research, life tips, and creative and mindfulness-based practices, she offers a unique guide through an experience we all must face—in our personal lives, in the lives of those we love, and in the wider world.

It’s OK That You’re Not OK is a book for grieving people, those who love them, and all those seeking to love themselves—and each other—better

**Where to Find:**

[Toronto Public Library](#)  
[Chapters/Indigo](#)  
[Amazon](#)  
[Kobo \(eBook\)](#)



**Title:** Option B: Facing Adversity, Building Resilience, and Finding Joy

**Author:** Sheryl Sandberg and Adam Grant

**Year:** 2017

**Summary:**

After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. “I was in ‘the void,’” she writes, “a vast emptiness that fills your heart and lungs and restricts your ability to think or even breathe.” Her friend Adam Grant, a psychologist at Wharton, told her there are concrete steps people can take to recover and rebound from life-shattering experiences. We are not born with a fixed amount of resilience. It is a muscle that everyone can build.

*Option B* combines Sheryl’s personal insights with Adam’s eye-opening research on finding strength in the face of adversity. Beginning with the gut-wrenching moment when she finds her husband, Dave Goldberg, collapsed on a gym floor, Sheryl opens up her heart—and her journal—to describe the acute grief and isolation she felt in the wake of his death. But *Option B* goes beyond Sheryl’s loss to explore how a broad range of people have overcome hardships including illness, job loss, sexual assault, natural disasters, and the violence of war. Their stories reveal the capacity of the human spirit to persevere . . . and to rediscover joy.

Resilience comes from deep within us and from support outside us. Even after the most devastating events, it is possible to grow by finding deeper meaning and gaining greater appreciation in our lives. *Option B* illuminates how to help others in crisis, develop compassion for ourselves, raise strong children, and create resilient families, communities, and workplaces.

Many of these lessons can be applied to everyday struggles, allowing us to brave whatever lies ahead. Two weeks after losing her husband, Sheryl was preparing for a father-child activity. “I want Dave,” she cried. Her friend replied, “Option A is not available,” and then promised to help her make the most of *Option B*.

We all live some form of Option B. This book will help us all make the most of it.

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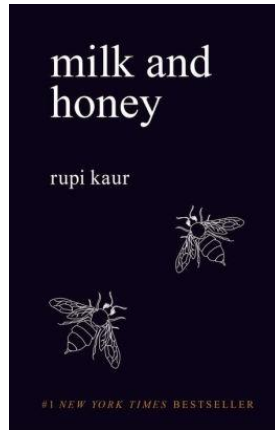
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**Title:** Milk and Honey

**Author:** Rupi Kaur

**Year:** 2014

**Summary:**

*Milk and Honey* is a collection of poetry and prose about survival. It is about the experience of violence, abuse, love, loss, and femininity. It is split into four chapters, and each chapter serves a different purpose, deals with a different pain, heals a different heartache. *Milk and Honey* takes readers through a journey of the most bitter moments in life and finds sweetness in them because there is sweetness everywhere if you are just willing to look.

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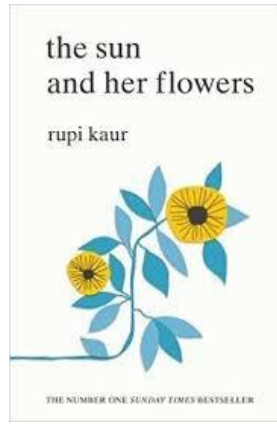
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**Title:** The Sun and Her Flowers

**Author:** Rupi Kaur

**Year:** 2017

**Summary:**

Divided into five chapters and illustrated by Kaur, *the sun and her flowers* is a journey of wilting, falling, rooting, rising, and blooming. A celebration of love in all its forms.

*this is the recipe of life  
said my mother  
as she held me in her arms as i wept  
think of those flowers you plant  
in the garden each year  
they will teach you  
that people too  
must wilt  
fall  
root  
rise  
in order to bloom*

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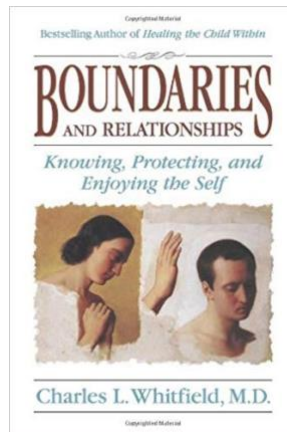
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## **Boundaries**



**Title:** Boundaries and Relationships: Knowing, Protecting, and Enjoying the Self

**Author:** Charles Whitfield

**Year:** 1993

### **Summary:**

More than personal boundaries, this book is really about relationships — healthy and unhealthy ones. Here bestselling author and psychotherapist Charles Whitfield blends theories and dynamics from several disciplines into practical knowledge and actions that you can use in your relationships right now.

This comprehensive book opens with clear definitions and descriptions of boundaries, a self-assessment survey and a history of our accumulated knowledge. Going deeper, it describes the 10 essential areas of human interaction wherein you can improve your relationships. These include age regression, giving and receiving (projection and projective identification), triangles, core recovery issues, basic dynamics, unfinished business and spirituality. It shows in countless practical ways how knowledge of each of these is most useful in your recovery and everyday life.

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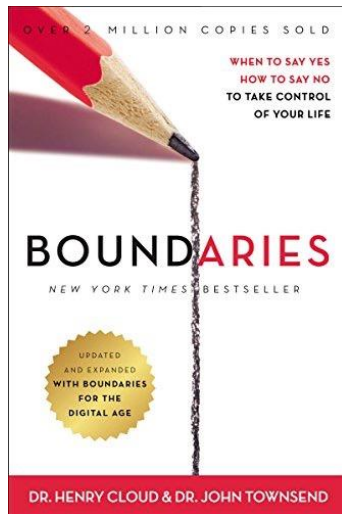
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**A special thank you to Barbara and Charles Whitfield for donating this book to The Gatehouse library**



**Title:** Boundaries: When to Say YES, When to Say NO, To Take Control of Your Life

**Author:** Henry Cloud and Dr. John Townsend

**Year:** Original 1992; Updated 2017

**Summary:**

To regain control of your life, you've never needed *Boundaries* more than you do today in today's always-on, always-connected digital world.

Drs. Henry Cloud and John Townsend wrote the *New York Times* bestselling book on *Boundaries* – the personal property lines that define who you are and who you are not, and

influence all areas of your life – physically, emotionally, spiritually. And now, over 2 million changed lives later, Cloud & Townsend have updated and expanded this bestseller with essential guidance for setting *Boundaries* in today's digital age.

If you've ever wondered: Can I set limits and still be a loving person? How do I answer someone who wants my time, love, energy, or money? Why do I feel guilty when I consider setting boundaries? Unpacking the 10 laws of boundaries, Drs. Henry Cloud and John Townsend give you biblically based answers to these and other tough questions, and show you how to set healthy boundaries with your spouse, children, friends, coworkers, and even with yourself.

In *Boundaries*, Drs. Cloud and Townsend show you how to bring new health to your relationships. You'll discover firsthand how to reclaim your freedom to walk as the loving, giving, fulfilled individual God created you to be

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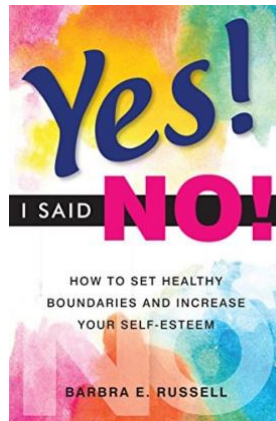
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**Title:** Yes! I Said No! – How to Set Healthy Boundaries and Increase Your Self-Esteem

**Author:** Barbra Russell

**Year:** 2016

**Summary:**

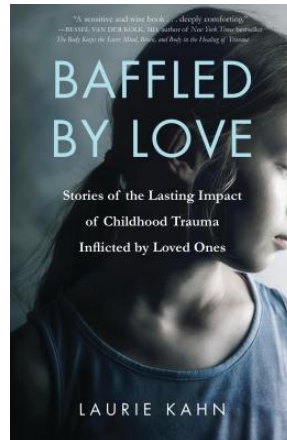
Is it hard to find time for yourself? Do you often ignore what you want, and focus instead on what others want? Do you find it difficult to speak up for yourself? Yes! I Said No! gives you specific tools to set healthy boundaries and re-take control of your life. You will learn how to do what YOU want to do. Without Drama. Without Anger. Without Fear. A series of simple-to-follow examples and clearly stated tools will help you invest in yourself, will help you say YES when you want to and say NO when you need to. You will learn how to:

- say no without blowing up, wimping out or running away
- stop being a people pleaser
- care for people without carrying them
- restore healthy relationships

Barbra Russell's expertise in helping others take charge of their lives stems from a long successful career as a Licensed Professional Counselor. Her fresh and engaging style of communication and unique step-by-step process has helped thousands of people step up, move forward and be who they're meant to be. Whether from negative family patterns or a mistaken belief that pleasing others is a spiritual gift, this easy-to-read guide will free you of Approval Addiction. You will re-claim your life and enjoy the freedom that comes with declaring Yes! I said No!

**Where to Find:**

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**Title:** Baffled by Love: Stories of the Lasting Impact of Childhood Trauma Inflicted by Loved Ones

**Author:** Laurie Kahn

**Year:** 2017

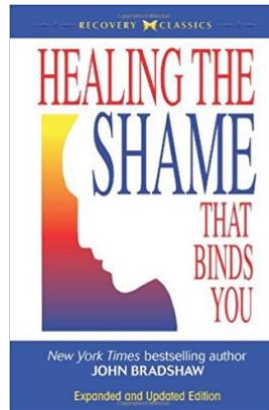
**Summary:**

For three decades, Laurie Kahn has treated clients who were abused as children people who were injured by someone whom they believed to be trustworthy, someone who professed to love them. Their abusers a father, stepfather, priest, coach, babysitter, aunt, neighbor often were people who inhabited their daily lives. Love is why they come to therapy. Love is what they want, and love is what they say is not going well for them. Kahn, too, had to learn to navigate a wilderness in order to find the good kind of love after a rocky childhood. In *Baffled by Love*, she includes strands from her own story, along with those of her clients, creating a narrative full of resonance, meaning, and shared humanity.

**Where to Find:**

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## **Shame and Guilt**



**Title:** Healing the Shame That Binds You

**Author:** John Bradshaw

**Year:** 2005

### **Summary:**

In an emotionally revealing way John Bradshaw shows us how toxic shame is the core problem in our compulsions, co-dependencies, addictions and the drive to super-achieve. The result is a breakdown in the family system and our inability to go forward with our lives. We are bound by our shame. Drawing from his 22 years of experience as a counselor, Bradshaw offers us the techniques to heal this shame. Using affirmations, visualizations, “inner voice” and “feeling” work plus guided meditations and other useful healing techniques, he releases the shame that binds us to therapist.

This important book breaks new ground in the core issues of societal and personal breakdown, offering techniques of recovery vital to all of us.

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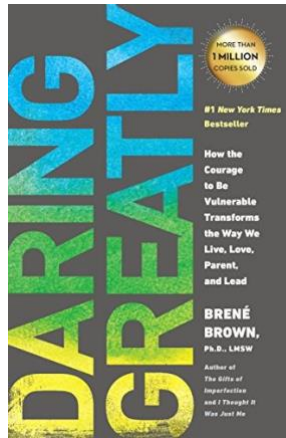
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**Title:** Daring Greatly

**Author:** Brené Brown

**Year:** 2012

**Summary:**

Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable, or to dare greatly. Based on twelve years of pioneering research, Dr. Brené Brown dispels the cultural myth that vulnerability is weakness and argues that it is in truth, our most accurate measure of courage.

In a world where “never enough” dominates and feeling afraid has become second nature, vulnerability is subversive, uncomfortable, even a little dangerous sometimes. Without question, putting ourselves out there invites a far greater risk of being criticized or feeling hurt. But Brené Brown explains that when we shut ourselves off from vulnerability, we distance ourselves from the experiences that bring purpose and meaning to our lives, and that nothing is as dangerous, uncomfortable, or hurtful as standing on the outside looking in and wondering what it would be like if we had the courage to step into the arena. Daring Greatly is a practice and a powerful new vision for letting ourselves be seen.

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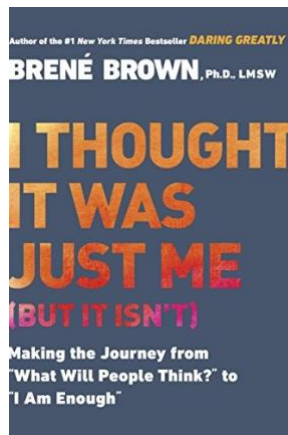
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**A special thank you to Brené Brown for donating this book to The Gatehouse library**



**Title:** I Thought It Was Just Me (But It Isn't)

**Author:** Brené Brown

**Year:** 2007

### **Summary:**

We spend too much precious time and energy managing perception and creating carefully edited versions of ourselves to show the world. There is a constant barrage of social expectations that teach us that being imperfect is synonymous with being inadequate. Everywhere we turn, there are messages that tell us who, what, and how we're supposed to be. So we learn to hide our struggles and protect ourselves from shame, judgement, criticism, and blame by seeking safety in pretending and perfection.

Based on seven years of ground breaking research and hundreds of interviews, I Thought It Was Just Me shines a long-overdue light on an important truth: Our imperfections are what connect us



to one another and to our humanity. Our vulnerabilities are not weakness; they are powerful reminders to keep our hearts and minds open to the reality that we're all in this together. As Dr. Brown writes: "The courage to be real, the compassion we need to love ourselves and others, and the connection that gives true purpose and meaning to life are the gifts that bring love, laughter, gratitude, empathy, and joy into our lives."

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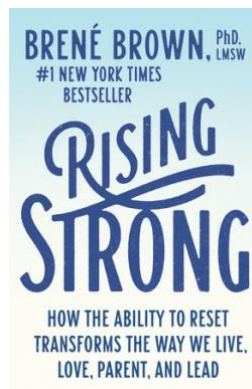
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**Title:** Rising Strong

**Author:** Brené Brown

**Year:** 2015

### **Summary:**

Living a brave life is not always easy. We stumble and we fall. It is the rise from falling that Brené Brown takes as her subject in *Rising Strong*. Brown has listened as a range of people

– from leaders in Fortune 500 companies and the military to artists, couples in long-term relationships, teachers, and parents – shared their stories of being brave, falling, and getting back up. She asked herself, *What do these people have in common?* The answer was clear: They recognize the power of emotion and they’re not afraid to lean in to discomfort. The process of regaining our footing in the midst of struggle is where our courage is tested and our values are forged. We *reckon* with our emotions and get curious about what we’re feeling; we *rumble* with our stories until we get to a place of truth; and we live this process, everyday, until it becomes a practice and creates nothing short of a *revolution* in our lives. Rising strong after a fall is how we cultivate wholeheartedness. This process teaches us the most about who we are.

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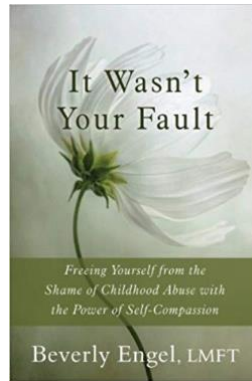
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**Title:** It Wasn't Your Fault

**Author:** Beverly Engel

**Year:** 2015

**Summary:**

Shame is one of the most destructive of human emotions. If you've suffered childhood emotional, physical, or sexual abuse, you may experience such debilitating shame, self-criticism, and self-doubt that you are left feeling damaged or unlovable. In order to begin healing, it's important for you to stop blaming yourself for the abuse – and for the ways you have reacted to it.

In this powerful book, therapist and childhood abuse recovery expert Beverly Engel present a breakthrough therapeutic program based on self-compassion to help heal your shame and begin seeing yourself in a more realistic and positive way. By following the step-by-step exercises in this book, you'll learn how to cultivate understanding, forgiveness, acceptance, kindness, and encouragement toward yourself. If you are ready to focus on your strengths, your courage, and your extraordinary ability to survive, this book will help you finally replace feelings of shame with new feelings of pride.

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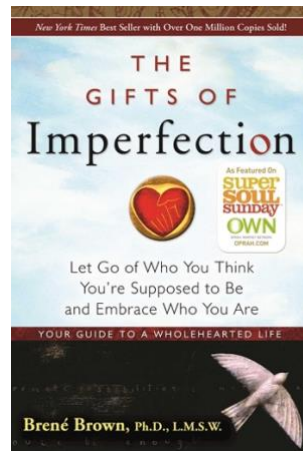
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**A special thank you to New Harbinger Publications for donating this book to The Gatehouse library**

## **Resiliency and the Sacred Path**



**Title:** The Gifts of Imperfection

**Author:** Brené Brown

**Year:** 2010

**Summary:**

Each day we face a barrage of images and messages from society and the media telling us who, what, and how we should be. We are led to believe that if we could only look perfect and lead perfect lives, we'd no longer feel inadequate. So most of us perform, please, and perfect, all the while thinking, What if I can't keep all of these balls in the air? Why isn't everyone else working harder and living up to my expectations? What will people think if I fail or give up? When can I stop proving myself? In *The Gifts of Imperfection*, Brené Brown, PhD, a leading expert on shame, authenticity and belonging, shares what she's learned from a decade of research on the power of Wholehearted Living—a way of engaging with the world from a place of worthiness. In her ten guideposts, Brown engages our minds, hearts, and spirits as she explores how we can cultivate the courage, compassion, and connection to wake up in the morning and think, No matter what gets done and how much is left undone, I am enough, and to go to bed at night thinking, Yes, I am sometimes afraid, but I am also brave. And, yes, I am imperfect and vulnerable, but that doesn't change the truth that I am worthy of love and belonging.

**Where to Find:**

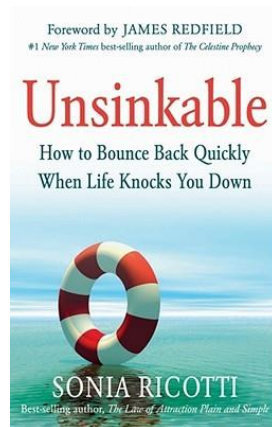
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**A special thank you to Brené Brown for donating this book to The Gatehouse library**



**Title:** Unsinkable: How to Bounce Back Quickly When Life Knocks You Down

**Author:** Sonia Ricotti

**Year:** 2011

### **Summary:**

A financial crisis, a divorce, losing your job or a loved one, a health scare—we all face painful, life-shattering events at some point. They can leave us feeling drained and drowning in depression. Author Sonia Ricotti draws upon her own experiences, as well as those of other high-profile self-help leaders, to help you overcome these difficult situations with ease, and bounce back quicker and higher than you ever thought possible.

Unsinkable offers step-by-step tools, stories, and exercises that will teach you how to:

- Powerfully move forward, take action, and create the life you deserve.

- Transform your way of thinking—and feel better now.
- Experience inner peace and happiness—no matter what your circumstances
- Release your negative past experiences and create a new and exciting present and future

**Where to Find:**

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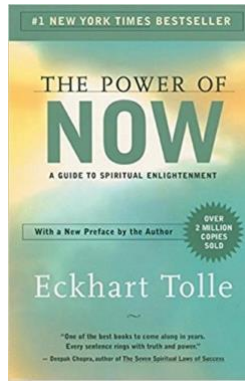
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**A special thank you to Sonia Ricotti for donating this book to The Gatehouse library**



**Title:** The Power of Now

**Author:** Eckhart Tolle

**Year:** 2004

**Summary:**

Eckhart Tolle's message is simple: living in the now is the truest path to happiness and enlightenment. And while this message may not seem stunningly original or fresh, Tolle's clear writing, supportive voice and enthusiasm make this an excellent manual for anyone who's ever wondered what exactly "living in the now" means. Foremost, Tolle is a world-class teacher, able to explain complicated concepts in concrete language. More importantly, within a chapter of reading this book, readers are already holding the world in a different container—more conscious of how thoughts and emotions get in the way of their ability to live in genuine peace and happiness.

Tolle packs a lot of information and inspirational ideas into *The Power of Now*. (Topics include the source of Chi, enlightened relationships, creative use of the mind, impermanence and the cycle of life.) Thankfully, he's added markers that symbolise "break time". This is when readers should close the book and mull over what they just read.

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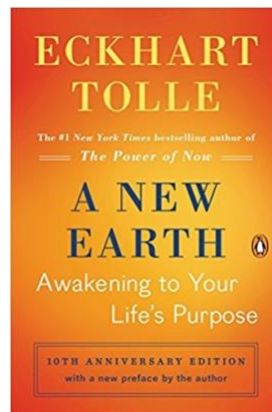
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**A special thank you to Eckhart Tolle for donating this book to The Gatehouse library**



**Title:** A New Earth

**Author:** Eckhart Tolle

**Year:** 2005

### **Summary:**

The highly-anticipated follow-up to the 2,000,000 copy bestselling inspirational book, “The Power of Now”

With his bestselling spiritual guide “The Power of Now,” Eckhart Tolle inspired millions of readers to discover the freedom and joy of a life lived in the now. In “A New Earth,” Tolle expands on these powerful ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment to the ego creates the dysfunction that

leads to anger, jealousy, and unhappiness, and shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence. “The Power of Now” was a question-and-answer handbook. “A New Earth” has been written as a traditional narrative, offering anecdotes and philosophies in a way that is accessible to all. Illuminating, enlightening, and uplifting, “A New Earth” is a profoundly spiritual manifesto for a better way of life and for building a better world.

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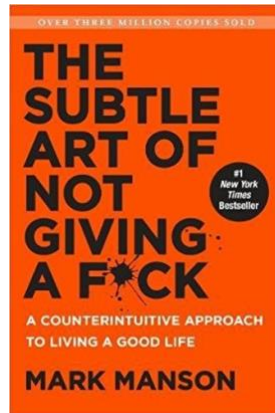
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**Title:** The Subtle of Not Giving a F\*\*k: A Counterintuitive Approach to Living a Good Life

**Author:** Mark Manson

**Year:** 2016

**Summary:**

In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be “positive” all the time so that we can truly become better, happier people.

For decades, we’ve been told that positive thinking is the key to a happy, rich life. “F\*\*k positivity,” Mark Manson says. “Let’s be honest, shit is f\*\*ked and we have to live with it.” In his wildly popular Internet blog, Manson doesn’t sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. *The Subtle Art of Not Giving a F\*\*k* is his antidote to the coddling, let’s-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up.

Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—“not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault.” Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek.

There are only so many things we can give a f\*\*k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-

and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, *The Subtle Art of Not Giving A F\*\*k* is a refreshing slap for a generation to help them lead contented, grounded lives.

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