

Recommended Reading

Campbell, Joseph; [The Hero's Journey](#)

Collinge, William, MD; [Partners in Healing: Simple Ways to Offer Support, Comfort and Care to a Loved One Facing Illness](#)

Figley, Charles; [Compassion Fatigue: Coping with Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized](#)

Teater, Martha MA. And Ludgate John PhD.; [Overcoming Compassion Fatigue: A Practical Resilience Workbook](#)

Frankl, Viktor E.; [Man's Search for Meaning: An Introduction to Logotherapy](#)

Hopkins, Jeffrey; [Cultivating Compassion: A Buddhist Perspective](#)

Housden, Roger; [Ten Poems to Change Your Life](#)

Kabat-Zinn, J; [Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life](#)

Lehrer, Jonah; [How We Decide](#)

Mandel, Debra, Ph.D.; [Healing the Sensitive Heart: How to stop getting hurt, build your inner strength, and find the Love you deserve](#)

Morrisette, Patrick J.; [The Pain of Helping: Psychological Injury of Helping Professions](#)

Myss, Caroline; [Anatomy of the Spirit: The Seven Steps of Power and Healing](#)

Myss, Caroline; [Sacred Contracts: Awakening Your Divine Potential](#)

Myss, Caroline, C. Norman M.D. Shealy; [The Creation of Health: The Emotional, Psychological, and Spiritual Responses that Promote Health and Healing](#)

Pearson, Carol; [The Hero Within: Six Archetypes We Live By](#)

Saakvitne, Karen W. and Laurie Anne Pearlman [Transforming The Pain: A Workbook on Vicarious Traumatization](#)

Schweitzer, Dr. Albert; [Out of My Life and Thought](#)

Simon, David, M.D.; [Free to Love, Free to Heal: Heal Your Body by Healing Your Emotions](#)

Trevino, Haven; [The Tao of Healing: Meditation for Body and Spirit](#)

Walston, Sandra Ford; [Courage: The Heart and Spirit of Every Woman](#)