

SELF HELP TOOLS



BOOKS:

- 52 LISTS FOR CALM: MOOREA SEAL
- IT DIDN'T START WITH YOU: MARK WOLYNN
- SELF COMPASSION: DR. KRISTIN NEFF
- NEVER GO BACK: DR. HENRY CLOUD
- CO-DEPENDENT NO MORE: MELODY BEATTIE
- ATTACHED: AMIR LEVINE & RACHEL HELLER
- BOUNDARIES: DR. HENRY CLOUD & DR. JOHN TOWNSEND
- MAYBE YOU SHOULD TALK TO SOMEONE: LORI GOTTLIEB
- THE FOUR AGREEMENTS: DON MIGUEL RUIZ
- I WASN'T READY TO SAY GOODBYE: BROOK NOEL & DR. PAMELA D. BLAIR
- THE UNAPOLOGETIC GUIDE TO BLACK MENTAL HEALTH: DR. RHEEDA WALKER
- OVERCOMING PASSIVE-AGGRESSION: DR. TIM MURPHY & LORIANN HOFF OBERLIN
- NON-VIOLENT COMMUNICATION: MARSHALL B. ROSENBERG & DEEPAK CHOPRA
- THE BODY KEEPS THE SCORE: DR. BESSEL VAN DER KOLK
- THE DEEPEST WELL-HEALING CHILDHOOD ADVERSITY: DR NADINE BURKE HARRIS
- RISING STRONG: BRENE BROWN

PODCASTS:

Therapy for Black Girls
Hidden Brain
Savvy Psychologist
The Nod
Mental Illness Happy Hour
Code Switch
Sleep Meditation Podcast
Mindful Minute
Building Relationships
Unlocking Us
Let's Talk Bruh
Super Soul Podcast
Therapy for Real Life Podcast
Black Therapist Podcast

INSTAGRAM PAGES TO FOLLOW:

@ablackfemaletherapist
@therapyforblackgirls
@therapyforwomen
@nedratawwab
@dr.nataliejones
@draurenfogelmery
@therapyforblkmen
@blackmenheal
@the.holistic.psychologist
@melanatedwomenshealth
@traumaawarecare
@therapyforlatinx
@transformingtoddlerhood
@playwithpurposefl
@rachel.cargle
@the_queer_counselor
@thenapministry

QUIZZES:

Click the link to be redirected to the test.

[What's your Attachment Style?](#)

[What's your Love Language?](#)

[What's my Adverse Childhood Experience Score?](#)

[What's my Parenting Style?](#)

[Am I holding on to Anger?](#)

[How do I apologize?](#)