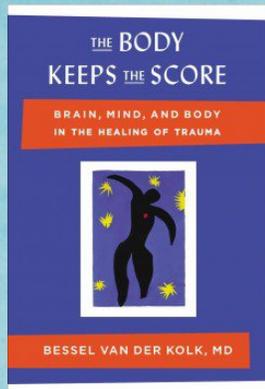
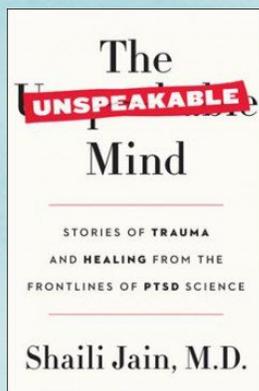


Books to Help During Tough Times



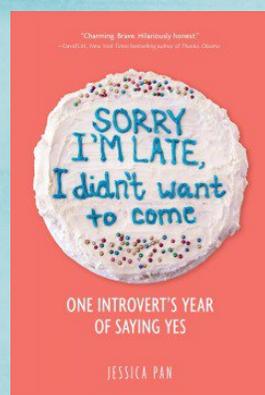
The Body Keeps the Score by Bessel A. Van der Kolk

Explains how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others and experience pleasure.



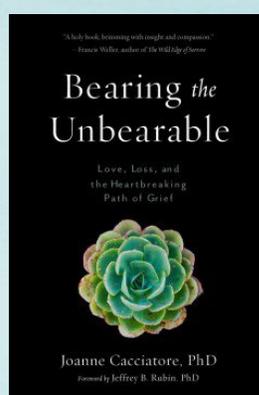
The Unspeakable Mind by Shaili Jain, M.D.

Examines post-traumatic stress disorder's causes, symptoms, and impact, and explores the current scientific research and clinical advances that are shaping how the disorder is understood and treated



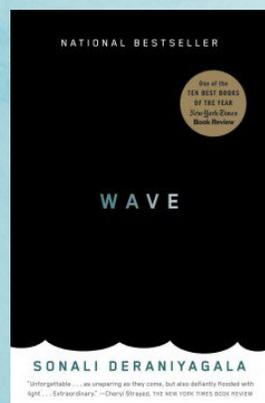
Sorry I'm Late, I Didn't Want To Come by Jessica Pan

Explores what happens when one introvert fights her natural tendencies, takes the plunge, and tries (and sometimes fails) to be a little bit braver.



Bearing the Unbearable by Joanne Cacciatore, PhD.

A companion for life's most difficult times, revealing how grief can open our hearts to connection, compassion, and the very essence of our shared humanity.



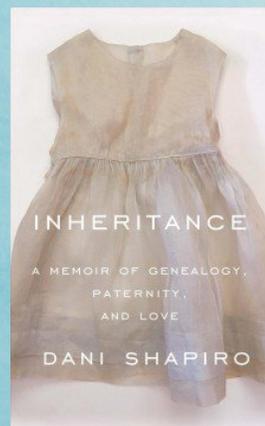
Wave by Sonali Deraniyagala

A memoir of the author's experiences as a survivor of the 2004 tsunami that killed her parents, husband, and two young sons recounts her struggles with profound grief and survivor's guilt and her gradual steps toward healing.



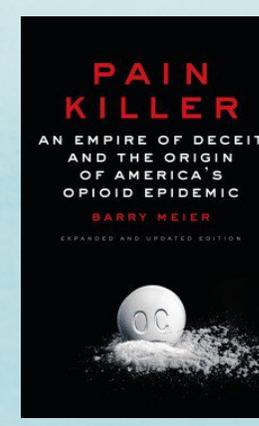
Maybe You Should Talk to Someone by Lori Gottlieb

With startling wisdom and humor, Gottlieb invites us into her world as both clinician and patient, examining the truths and fictions we tell ourselves and others as we teeter on the tightrope between guilt and redemption, terror and courage, hope and change.



Inheritance by Dani Shapiro

The acclaimed author of Hourglass describes her staggering recent discovery that she is not biologically related to her father, tracing her efforts to uncover the truth from a half-century web of family secrets to reestablish her sense of identity.



Pain Killer by Barry Meier

Equal parts crime thriller, medical detective story, and business exposé, Pain Killer is the origin story of the opioid crisis, a hard-hitting look at how a supposed wonder drug became the gateway drug to a national tragedy.