

For	Title	Author	Topic	Secular or Faith	Summary
Adult	101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward	Linda Curran	Trauma Recovery	secular	This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource
Adult	A Grief Observed	C S Lewis	Personal Inspiration	faith-based	Written after his wife's tragic death as a way of surviving the "mad midnight moment," A Grief Observed is C.S. Lewis's honest reflection on the fundamental issues of life, death, and faith in the midst of loss.
Adult	A Mother's Knot: Tragedy to Transformation	Gail Coleman	Personal Inspiration	faith-based	A memoir written from the heart of a mother, whose then 17 year old son, was in a work related accident that left him a quadriplegic. It tells of his struggle for survival, the grueling rehabilitation, and the transformation to a new life.
Adult	Amish Grace: How Forgiveness Transcended Tragedy	Donald B. Kraybill	Personal Inspiration	faith-based	On October 2, 2006, Charles Roberts entered a one room Amish school in Pennsylvania and opened fire on 10 girls, killing five and leaving the others critically wounded. This book explores the religious beliefs and practices that led the Amish community to forgive so quickly.
Adult	Between Heaven and Ground Zero: One Woman's Struggle for Survival and Faith in the Ashes of 9/11	Leslie Haskin	Personal Inspiration	faith-based	A 9/11 survivor tells of her escape from the Twin Towers and her transformation from a career-focused life to a God-focused life.
Adult	Children and Disasters (Issues in Clinical Child Psychology)	Conway F. Saylor	Therapy	secular	In response to the growing concern for the psychological impact of disasters on children, this book integrates a diverse body of literature-including theory, case studies and other research, and assessment and intervention techniques-contributed by many of the fields most experienced professionals. Child and school psychologists, psychiatrists, nurses, mental health administrators, and pediatricians will all appreciate the work's unique focus on the reaction of children to extreme stress.
Adult	Damaged: A First Responder's Experiences Handling Post-Traumatic Stress Disorder	James Meuer	Personal Inspiration	faith-based	One man's journey as a first responder suffering from post traumatic stress disorder. He takes you through real emergency calls; some are graphic and have scarred his heart forever and so has PTSD.
Adult	Dancing in the Dark: A Sister Grieves	Elsie K. Neufeld	Personal Inspiration	faith-based	On March 15, 1987, author Elsie K. Neufeld learned her brother had been killed in a car accident. Even in those early days, she wondered how she could forgive the drunk driver who killed him. Then he moved next door. On behalf of all mourners, she remembers her brother, shares her tears, strives to forgive, and wonders aloud where in the darkness God dances.
Adult	Disappointment With God: Three Questions No One Asks Aloud	Philip Yancey	Faith	faith-based	The award-winning author clearly articulates the difference between our concept of God and the realities of life
Adult	Disaster Spiritual Care: Practical Clergy Responses to Community, Regional and National Tragedy	Stephen B. Roberts	Trauma Recovery	faith-based	This essential resource for clergy and caregivers integrates the classic foundations of pastoral care with the unique challenges of disaster response on community, regional and national levels.
Adult	Flashback: Posttraumatic Stress Disorder, Suicide, and the Lessons of War	Penny Coleman	PTSD	secular	With record numbers of soldiers returning from the Middle East already suffering from PTSD, 'Flashback' provides a necessary lesson on the real tragedy of battle for soldiers and their families, something that continues long after the war ends.
Adult	Gabby: A Story of Courage and Hope	Gabrielle Giffords	Biography	secular	From one of the most admired and beloved couples in recent American history, an extraordinarily moving story of public service, risk-taking, romance--and the journey toward recovery. This book delivers hope and redemption in the face of the tragic shooting, and introduces two unforgettable heroes.
Adult	Go Outside and Come Back Better: Benefits from Nature That Everyone Should Know	Ron Lizzi	Therapy	secular	Readers will discover nature's power to teach, inspire, and improve lives.
Adult	Healing the Hurt, Restoring the Hope: How to Guide Children and Teens Through Times of Divorce, Death, and Crisis with the Rainbows Approach	Suzy Yehl Marta	Therapy	secular	Suzy Yehl Marta goes far beyond simply providing information, to give adults invaluable and practical tools to help children who are both the most vulnerable and too often the least understood.
Adult	Heaven: My Father's House	Anne Graham Lotz	Hope	faith-based	Combining the apostle John's glorious description of Heaven from Revelation with heart-touching reflections on her own father's charming mountain home, Anne Graham Lotz weaves a tapestry of truth through this presentation that will take away your fear of death and fill you with hope for the future.
Adult	How to Help a Grieving Friend	Stephanie Whitson	Community	faith-based	This quick read will help you know how to act and what to say around a grieving friend. Learn to speak healing words instead of tired clichs, comfort and empathize with others, and break down barriers.
Adult	I Can't Get Over It: A Handbook for Trauma Survivors by Aphrodite T. Matsakis (Nov 30 1996)	Aphorodite T. Matsakis	Trauma Recovery	secular	Written for sufferers of post-traumatic stress disorder, their families and friends, this book will guide you through the trauma healing process one step at a time. It will help you cope with memories and emotions, explain secondary wounding, and identify the triggers that reactivate traumatic stress.
Adult	If God Is Good: Faith in the Midst of Suffering and Evil	Randy Alcorn	Personal Inspiration	faith-based	Alcorn offers insights from his conversations with men and women whose lives have been torn apart by suffering, and yet whose faith in God burns brighter than ever. He reveals the big picture of who God is and what God is doing in the world-now and forever. And he equips you to share your faith more clearly and genuinely in this world of pain and fear.
Adult	In the Wake of Disaster: Religious Responses to Terrorism and Catastrophe	M. D. Harold G Koenig	Community	faith-based	Dr. Harold G. Koenig addresses federal, state, and local government policy leaders, urging them to more fully integrate religious organizations into the formal disaster response system, and he then provides recommendations on how this can effectively be done.
Adult	Kayak Morning: Reflections on Love, Grief, and Small Boats	Roger Rosenblatt	Personal Inspiration	secular	Two and a half years after the death of his daughter, Amy, author and essayist Rosenblatt still found himself lost in grief and anger. He took to his kayak in search of peace and found a way to ponder grief, if not lose it. Rosenblatt is poetic in remembrances from his career and personal life--many of Amy as child, as wife, as mother, as healer. He offers small observations on life and waterways and the careful navigation of both.
Adult	Life After Trauma: A Workbook for Healing	Dena Rosenbloom	Trauma Recovery	secular	Trauma can turn a person's world upside down-- afterward, nothing may look safe or familiar. This supportive workbook helps trauma survivors find and use crucial skills for coping, self-understanding, and self-care.
Adult	Making Sense of Pain and Struggle: Finding the Strength to Go on (A Devotional Daybook)	Neva Coyle	Personal Inspiration	faith-based	Finding the strength to overcome pain and adversity is a major theme of Scripture, particularly from the pen of the Apostle John, and is a reality that even Christians must face. Disappointment, sickness, financial difficulties, broken relationships perhaps you feel you've already faced enough problems for an entire lifetime. No one escapes the trials of life and the temptation to give up.

Adult	On Killing: The Psychological Cost of Learning to Kill in War and Society	Lt. Col. Dave Grossman	Violence in Society	secular	Upon its initial publication, ON KILLING was hailed as a landmark study of the techniques the military uses to overcome the powerful reluctance to kill, of how killing affects soldiers, and of the societal implications of escalating violence.
Adult	Peace Is the Way: Bringing War and Violence to an End	Deepak Chopra	Community	secular	Peace Is the Way challenges each of us to take the next leap in personal evolution. "You aren't asked to be a saint, or to give up any belief. You are only asked to stop reacting out of fear, to change your allegiance from violence to peace." In a practical seven-step program, Chopra shows the reader how to become a true peacemaker.
Adult	Prayers for Difficult Times Journal	Compiled by Barbour Staff	Personal Inspiration	faith-based	A beautiful journal of short prayer starters that will help you record your own prayers during difficult times. Great as a ministry resource or for a personal library, Prayers for Difficult Times Devotional Journal is a must-have tool for anyone with a desire to journal through difficult times and into a stronger prayer life.
Adult	Stitches: A Handbook on Meaning, Hope and Repair	Anne Lamott	Hope	faith-based	What do we do when life lurches out of balance? How can we reconnect to one other and to what's sustaining, when evil and catastrophe seem inescapable?
Adult	Ten Lessons Learned	Janet Mary Sinke	Personal Inspiration	faith-based	Ten Lessons Learned, Gifts From Those Remembered is a quiet book for the soul. Written with reverent simplicity, the stories and personal reflections contained within these pages are meant to ease the worries of the day by providing insight into the basic needs of the heart.
Adult	The Anxiety Book	Jonathan Davidson	Trauma Recovery	secular	Sleeplessness, irritability, muscle tension, trouble concentrating, nightmares, fear of attention, difficulty relaxing, dizziness, hyper-vigilance, trembling, racing heart, cold sweats, numbing emotion. If you experience even one of these symptoms, you are probably one of the millions who suffer from anxiety.
Adult	The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma	Bessel van der Kolk M.D.	Therapy	secular	In The Body Keeps the Score , the author uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments--from neurofeedback and meditation to sports, drama, and yoga--that offer new paths to recovery by activating the brain's natural neuroplasticity.
Adult	The First and Final Nightmare of Sonia Reich: A Son's Memoir	Howard Reich	Biography	secular	A son's journey to understand his mother's illness also uncovers the long-hidden secrets of her past--and a little-known phenomenon called late-onset Post Traumatic Stress Disorder
Adult	The Gift of Fear : Survival Signals That Protect Us from Violence	Gavin De Becker	Violence in Society	secular	True fear is a gift. Unwarranted fear is a curse. Learn how to tell the difference.
Adult	The Little Book of Trauma Healing: When Violence Strikes and Community Is Threatened (Little Books of Justice and Peacebuilding)	Carolyn Yoder	Community	secular	Following the staggering events of September 11, 2001, the Center for Justice and Peacebuilding at Eastern Mennonite University was asked to help, along with Church World Service, to equip religious and civil leaders for dealing with traumatized communities.
Adult	The Path Through Suffering	Elisabeth Elliot	Personal Inspiration	faith-based	In A Path Through Suffering, Elisabeth Elliot plots the treacherous passage through pain, grief, and loss--a journey most of us will make many times in our lives. There is only one reliable path, she says, and if you walk it your sorrows will be transformed.
Adult	The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms (New Harbinger Self-Help Workbook)	Mary Beth Williams PhD LCSW Cts	Trauma Recovery	secular	Post-traumatic stress disorder (PTSD) is an extremely debilitating anxiety condition that can occur after exposure to a terrifying event or ordeal. Although many know that this mental health issue affects veterans of war, many may not know that it also affects victims of domestic violence, sexual violence, natural disasters, crime, car accidents and accidents in the workplace.
Adult	The Seven T's: Finding Hope and Healing in the Wake of Tragedy	Judy Collins	Personal Inspiration	secular	The death of a loved one is always painful and the grieving process complex and profound. Yet when the loss occurs under tragic circumstances, there is a whole other set of emotional variables that the people left behind must face. Questions abound, such as "Could I have stopped this?"
Adult	The Trauma Tool Kit: Healing PTSD from the Inside Out	Susan Pease Banitt Lcsw	Therapy	secular	The author's techniques restore a sense of wholeness at the core level from which all healing springs. The uniqueness of her book lies in its diversity and accessibility. She assesses the values and limitations of traditional and alternative therapies and suggests methods that are universally available.
Adult	To Fly Again	Gracia Burnham	Personal Inspiration	faith-based	The author uses her captivity and her captors as springboards for helping readers understand such issues as anger, forgiveness, kindness, heaven and faithfulness. Her main mission is to encourage readers as they face events and challenges beyond their control.
Adult	Trauma Through a Child's Eyes: Awakening the Ordinary Miracle of Healing	Peter A. Levine Ph. D.	Therapy	secular	Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression.
Adult	Trust After Trauma: A Guide to Relationships for Survivors and Those Who Love Them	Aphrodite T. Matsakis PhD	Trauma Recovery	secular	Guides survivors thru the healing proces of strengthening existing bonds, building new ones, and ending self-perpetuating cycles of withdrawal and isolation. Step-by-step exercises help readers learn how to manage emotions, handle unresolved issues, accept realistic limitations, and find ways to make their relationships a context for healing.
Adult	Until Tuesday: A Wounded Warrior and the Golden Retriever Who Saved Him	Luis Carlos Montalván	Personal Inspiration	secular	Man's best friend stars in this memoir by an Iraq vet who returns to New York and enlists the help of a golden retriever named Tuesday to help him re-acclimate in a new world marked by a severe case of post-traumatic stress disorder.
Children	A Terrible Thing Happened	Margaret M. Holmes	Trauma Recovery	secular	After Sherman sees something terrible happen, he becomes anxious and then angry, but when a counselor helps him talk about these emotions he feels better.
Children	Allison's Grandfather	Linda Peavy	Losing a loved one	secular	(Fiction): A young child thinks about her friend's grandfather's death.
Children	Anna's Corn	Barbara Santucci	Losing a loved one	secular	(Fiction): Anna is reluctant to plant the kernels of corn her grandpa has left her upon his death, until she realizes that the act will help her remember the times they listened to the music of the corn together.

Children	Annie and the Old One	Miska Miles	Losing a loved one	secular	(Fiction): Annie, a little Navajo girl, lives with her mother, father and grandmother. It is immediately clear that Annie loves her grandmother very much and spends much of her time with her. Annie's grandmother announces that when the rug on the loom is finished being woven, she will rejoin the Earth. Annie does not like this and does many things to stop the rug from being finished. Her grandmother takes her for a walk on the mesa and explains to Annie that a person cannot stop time and things that come from Earth must return to it.
Children	Badger's Parting Gifts	Susan Varley	Losing a loved one	secular	(Fiction): Warm and sensitive illustrations reflect the hopeful mood of this tale about woodland animals learning to accept their friend Badger's death. Ages 4-up.
Children	God is Always Good: Comfort for kids facing grief, fear or change	Tama Fortner	Anxiety	faith-based	A friend who doesn't keep a promise. A scary storm. A soldier who goes off to war. Saying goodbye to a pet—or a loved one. Every day, children come in contact with scary or sad situations where they can feel helpless and alone. Filled with scriptures, soft illustrations, and sweet, reassuring text, this book will broadly address scary situations and remind children that God is always in control and that He will bring good out of bad things.
Children	I'm Right Here	Constance Orbeck-Bilssen	Anxiety	secular	(Fiction): Even as William's grandmother soothes him with the knowledge that his fears will lessen as he grows up, he reassures her that she need not fear losing the things she loves.
Children	It Will Be Okay: Trusting God through fear and change	Lysa Terkeurst	Anxiety	faith-based	Whether we like it or not, growing up brings change. For many children, this conjures fears that are sometimes real and sometimes imagined. How can kids learn that even when they face new and unfamiliar situations, they don't have to be afraid?
Children	Jenny: Coming to terms with the death of a sibling	Stephanie Jeffs	Losing a loved one	faith-based	(Fiction): The story shows a warm and caring family learning to deal with long-term illness. It is a story about suffering and death, but also about the special place in heaven where there are no more tears, pain, or suffering. For ages 4-8.
Children	Josh: Coming to terms with the death of a friend	Stephanie Jeffs	Losing a loved one	faith-based	(Fiction): This sensitive story, from a child's perspective, moves through the pain and emptiness of grief and loss, to the sadness and acceptance of death and burial. It explains not only what happens to the body of a dead person, but also that we will be safe in heaven after we have died. For ages 4-8.
Children	Lola Goes To Work		Therapy Animals	secular	Lola the terrier explains how she went to school to become a therapy dog and how she cheers up the people she visits in homes, hospitals, schools, and nursing homes.
Children	Mama Will Be Home Soon	Nancy Minchella	Separation Anxiety	secular	(Fiction): This sweet family story addresses a young child's separation anxiety, with lyrical text and bright watercolor illustrations. Genuine, warm, and minimally-worded to be accessible for the very young.
Children	My Daddy Has PTSD	Casey Sean Harmon	Parent in Trauma Recovery	secular	The book asks the question, "What is wrong with Daddy?" and politely answers by saying, "Daddy is going through some things, but here's how we can help."
Children	Princess Priscilla and the Mood Ring Rainbow	Stephanie Jensen	Moods	secular	Princess Priscilla experiences many feelings and her mood ring changes colors to show each one. Each time she sees a color change, she uses one of her skills to make sure she manages her mood.
Children	Service Animals	Julie Murray	Therapy Animals	secular	Describes the experiences of service animals, looking at the history of animals as service workers, and discussing how they are selected and trained, and some of the areas in which they work.
Children	Sometimes I'm Afraid: A book about fear	Michaelene Mundy	Anxiety	faith-based	We want our kids to be safe, happy, and well-adjusted. But we all know that our children, like us, have to face a lot of difficult things in their lives. And one of them is fear. Although adults have learned that one of the best remedies for tackling fears is an abundance of love and care, children still need support and guidance.
Children	Stand in My Shoes	Robert Sornson	Empathy	secular	When Emily asks her big sister what the word empathy means, Emily has no idea that knowing the answer will change how she looks at people.
Children	Tear Soup	Pat Schwiebert	Grief	secular	If you are going to buy only one book on grief, this is the one to get! It will validate your grief experience, and you can share it with your children. You can leave it on the coffee table so others will pick it up, read it, and then better appreciate your grieving time.
Children	Thank You, Grandpa	Lynn Plourde	Losing a loved one	secular	(Fiction): On her many walks with her grandfather, a young girl learns to appreciate life and deal with death.
Children	The Ant Hill Disaster	Julia Cook	Trauma Recovery	secular	After the Ant Hill School is destroyed, a little boy ant is afraid to go back to school. His mom caringly explains to him that sometimes things happen in life over which we have no control, but we have to find a way to keep living and growing. To do that, We breathe in and breathe out, and hold onto each other.
Children	The Berenstain Bears lose a friend	Stan Berenstain	Losing a loved one	secular	(Fiction): When Papa and Mama Bear find Sister Bear's pet goldfish, Goldie, floating belly-up in her fishbowl, they worry about how Sister will feel over the loss of her close friend.
Children	The Heart and the Bottle	Oliver Jeffers	Trauma Recovery	secular	(Fiction): When a small girl loses her father, her only parent (Jeffers represents the loss with the father's empty chair in a moonlit room), she decides "the best thing" is to put her heart in a bottle and hang it around her neck. All the bubbly curiosity that had made her sparkle disappears, "but at least her heart was safe."
Children	The Kissing Hand	Audrey Penn	Separation Anxiety	secular	(Fiction): To help ease Chester's fears, Mrs. Raccoon shares a family secret called the Kissing Hand to give him the reassurance of her love any time his world feels a little scary.
Children	The Saddest Time	Norma Simon	Losing a loved one	secular	(Fiction): In three stories, Simon focuses on the powerful emotions children feel when death touches someone close to them.
Children	The Worry Stone	Marianna Dengler	Anxiety	secular	(Fiction): The Worry Stone shows us how the stories of the past can join with the unfolding future, turning one lonely old woman and one lonely young boy into friends.
Children	Therapy Animals	Julie Murray	Therapy Animals	secular	Describes the experiences of therapy animals, looking at the history of how animals have been used to comfort and cheer people up, and discussing how therapy animals are selected and trained, and some of the different jobs they do.
Children	Why Are You So Scared?: A Child's Book About Parents With PTSD	Beth Andrews	Parent in Trauma Recovery	secular	Kids that have a parent with PTSD can often feel confused, scared, or helpless. Why Are You So Scared? explains PTSD and its symptoms in nonthreatening, kid-friendly language, and is full of questions and exercises that kids and parents can work through together.

Children	Why is Dad So Mad (The Why Series) (Volume 1)	Seth Kastle	Parent in Trauma Recovery	secular	Why Is Dad So Mad? Is a narrative story told from a family's point of view (mother and children) of a service member who struggles with PTSD and its symptoms. Many service members deal with anger, forgetfulness, sleepless nights, and nightmares. This book explains these and how they affect Dad. The moral of the story is that even though Dad gets angry and yells, he still loves his family more than anything.
Children	Why is Mom So Mad (The Why Series) (Volume 2)	Seth Kastle	Parent in Trauma Recovery	secular	Why Is Mom So Mad? Is a narrative story told from a family's point of view (father and children) of a service member who struggles with PTSD and its symptoms. Many service members deal with anger, forgetfulness, sleepless nights, and nightmares. This book explains these and how they affect Mom. The moral of the story is that even though Mom gets angry and yells, she still loves her family more than anything.
Children	Wilma Jean Worry Machine	Julia Cook	Anxiety	secular	Follows Wilma Jean at home and at school as she learns to cope with her anxieties.
Teen & Adolescents	Cousins	Viginia Hamilton	Losing a loved one	secular	(Fiction): Concerned that her grandmother may die, Cammy is unprepared for the accidental death of another relative.
Teen & Adolescents	Each Little Bird That Sings	Deborah Wiles	Losing a loved one	secular	(Fiction): Comfort Snowberger is well acquainted with death since her family runs the funeral parlor in their small southern town, but even so the ten-year-old is unprepared for the series of heart-wrenching events that begins on the first day of Easter vacation with the sudden death of her beloved great-uncle Edisto.
Teen & Adolescents	If your adolescent has an anxiety disorder : an essential resource for parents	Edna Foa	Therapy	secular	Growing up can be stressful for any teenager, but it is considerably harder for the many adolescents who develop an anxiety disorder. This book is an essential guide for parents, teachers, or other adults involved with teenagers who may e affected by these disorders.
Teen & Adolescents	Sun & Spoon	Kevin Henkes	Losing a loved one	secular	(Fiction): After the death of his grandmother, ten-year-old Spoon observes the changes in his grandfather and tries to find the perfect artifact to preserve his memories of her.
Teen & Adolescents	Teen Stress Workbook	John Liptak	Therapy	secular	Written for practitioners to use with individuals and groups. Adolescence can be a period of significant change for most teens, leading them to experience stress. Stress is the way our bodies and minds react to changes in life. Stress, an uncomfortable feeling teens get, is triggered when they are overwhelmed, out of control, frustrated, or excessively worried about something.
Teen & Adolescents	The PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma	Libbi Palmer PsyD	Trauma Recovery	Secular	In The PTSD Workbook for Teens, a trauma and post traumatic stress disorder (PTSD) specialist offers worksheets and exercises to help teens recover from traumatic events and symptoms of PTSD, such as insomnia, flashbacks, hypervigilance, and depression.
Teen & Adolescents	What is Goodbye?	Nikki Grimes	Trauma Recovery	secular	Jerilyn and Jesse have lost their beloved older brother. But each of them deals with Jaron's death differently. Jerilyn tries to keep it in and hold it together; Jesse acts out. But after a year of anger, pain, and guilt, they come to understand that it's time to move on. It's time for a new family picture-with one piece missing, yet whole again.