



Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Lipsky and Burke. 2009. A deep and empathetic survey of the often-unrecognized toll on those working to make the world a better place. We may feel tired, cynical, numb, or like we can never do enough. Through Trauma Stewardship, we are called to meet these challenges in an intentional way--not by becoming overwhelmed but by developing a quality of mindful presence.

Sisters of the Yam: Black Women and Self-Recovery by bell hooks, 1994 Examines how the emotional health of black women is wounded by daily assaults of racism and sexism. Exploring such central life issues as work, beauty, trauma, addiction, eroticism and estrangement from nature, hooks shares numerous strategies for self-recovery and healing.

The Maria Paradox: How Latinas Can Merge Old World Traditions with New World Self-Esteem by Rosa Maria Gill and Carmen Inoa Vazquez. 2011. In a lively, anecdotal manner, the authors show how to balance "old world" values with contemporary North America, whether the issue is juggling career and family demands, turning the traditional marriage into a partnership, awakening and accepting one's own sexuality, seeking help with emotional problems outside the family, or learning to stand up for one's feelings

The Gifts of Imperfection: Let Go of Who You Think You're Supposed To Be and Embrace Who You Are by Brené Brown. 2010 Brown is a leading expert on shame, authenticity, and belonging, who has researched happy people to find out how they got that way. She shares ten guideposts culled from her research that teach a way of engaging with the world from a place of worthiness and human dignity.

Real Lives of Strong Black Women: Transcending Myths, Reclaiming Joy by Toby Thompkins. 2004 A warm, sensitive, and straightforward self-help guide for African American women, Too often women of color feel compelled to become "chronic caregivers," sacrificing their ability to become truly free and fulfilled individuals. Offers effective strategies by which women of any color can create lives characterized by new dimensions of fulfillment, love, and joy.

Hello Cruel World: 101 Alternatives to Suicide for Teens, Freaks and Other Outlaws by Kate Bornstein, 2006. Celebrated transsexual trailblazer Kate Bornstein has, with more humor and spunk than any other, ushered us into a world of limitless possibility through a daring re-envisionment of the gender system as we know it. Here, Bornstein bravely and wittily shares personal and unorthodox methods of survival in an often cruel world. A one-of-a-kind guide to staying alive outside the box and a much-needed unconventional approach to life for those who want to stay on the edge, but alive.

Radical Acceptance: Embracing Your Life With the Heart of a Buddha by Tara Brach. 2004. For those interested in meditation and mindfulness, this book can be a life changer. "Believing that something is wrong with us is a deep and tenacious suffering," says Tara Brach. This suffering emerges in crippling self-judgments and conflicts in our relationships, in addictions and perfectionism, in loneliness and overwork--all the forces that keep our lives constricted and unfulfilled.

The Empowered Manager: Positive Political Skills at Work. 1991. Managers and other employees who feel powerless to control their own destinies, who feel stifled by bureaucracy, who feel sapped of creativity--will feel invigorated by this book. Helps you to move from feeling like a victim at work to feeling empowered and in control of your own destiny.

The Artists Way by Julia Cameron. 2002. With the basic principle that creative expression is the natural direction of life, the book leads you through a twelve-week program to discover/recover your creativity. Replace fear, self-sabotage, jealousy, guilt with self-exploration, creative play, and artistic expression. Interesting creative exercises that can be used with youth in your program for building resilience.