

Resources

Polyvagal Theory

- Deb Dana, Polyvagal Card Deck
- Stephen Porges, Polyvagal Theory

Applied Neurobiology

- The Body Keeps the Score, Bessel Van Der Kolk M.D.
- Intraconnected, Daniel Siegel M.D.
- Elisabeth Kristof - <https://brainbased-wellness.com/>
- *Burnout: The Secret to Unlocking the Stress Cycle* by Emily Nagoski Ph.D. and Amelia Nagoski, D.M.A

Mindfulness

- Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness, Jon Kabat-Zinn

Healing Trauma

- My Grandmothers Hands, Resmaa Menakem
- Yoga Therapy for Fear – treating anxiety, depression, and rage with the Vagus Nerve. Beth Spindler