

DEVELOPING RESILIENCY: BOOKS, WEBSITES, FURTHER READING

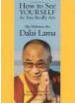
SELF-KNOWLEDGE AND INSIGHT



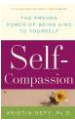
Crones Don't Whine: Concentrated Wisdom for Juicy Women. Jean Shonoda Bolen



Goddesses in Everywoman: Powerful Archetypes in Women's Lives. Jean Shonoda Bolen



How to See Yourself as You Really Are. Bstan-zin Rgya-mtsho (Tenzin Gyatso), the 14th Dalai Lama.



Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind. Kristin Neff



Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others.
Laura van dernoot Lipsky & Connie Burk.

Emotional Intelligence. Daniel Goleman

SENSE OF HOPE



The Western Guide to Feng Shui: Creating Balance, Harmony, And Prosperity in Your Environment.
Tara Collins



Naikan: Gratitude, grace and the Japanese art of self-reflection. Gregg Krech



The Wishing Year: A House, A Man, My Soul. Noelle Oxenhandler



Tragedy to Triumph: Lessons of Recovery and Hope. Robin Finegan, Christa Flannigan



Positivity: Top-Notch Research Reveals The 3-To-1 Ratio That Will Change Your Life.
Barbara Fredrickson.

If you have a suggestion on a resource you've found useful, I'd love to add its wisdom and yours to this list. Email it to me at thomhome@hills.net

DEVELOPING RESILIENCY: BOOKS, WEBSITES, FURTHER READING

HEALTHY COPING

[Trauma Exposure](#). Dr. Delores Subia BigFoot

[Training America's Cops](#). Lt. Col. Dave Grossman (Retired)

[Retirement for Cops](#). Jeff Shannon

STRONG RELATIONSHIPS

[The Advantage: Why Organizational Health Trumps Everything Else in Business](#). Patrick Lencioni

[The Best Place to Work: The Art and Science of Creating an Extraordinary Workplace](#). Ron Friedman, Ph.D.

[Crucial conversations: Tools for Talking When Stakes are High](#). Patterson, K., Greny, J., McMillian, R., and Switzler, A.

[Dealing with the Crazy Makers in Your Life: Setting Boundaries on Unhealthy Relationships](#). D Hawkins.

[Five Dysfunctions of a Team: A Leadership Fable](#). Patrick Lencioni

[I'm Proud of You: My friendship with Fred Rogers](#). T. Madigan

[The Stiletto in Your Back: The Good Girl's Guide to Backstabbers, Bullies, Gossips & Queen Bees at Work \(The Good Girl's Guide to Getting Ahead\)](#). Michelle Villalobos

[What if? Short stories to spark diversity dialogue](#). Steven L. Robbins

PERSONAL PERSPECTIVE AND MEANING

[Anyway: The Paradoxical Commandments: Finding Personal Meaning in a Crazy World](#). K.M. Keith

[Flourish: A Visionary New Understanding of Happiness and Well-Being](#). Martin Seligman

[The Essence of Tibetan Buddhism](#). L.T. Yeshe

[The Happiness Project](#). Gretchen Rubin

[The Tao of Pooh](#). Benjamin Hoff

DEVELOPING RESILIENCY: BOOKS, WEBSITES, FURTHER READING

WEBSITES

[NVAA Chapter on Research Basis for Five Core Elements](#)

www.workplacebullying.org

www.friedsocialworker.com

www.icanhascheezeburger.com

[Jessica's Daily Affirmation](#)

www.positivityratio.com

www.livehappymagazine.com

www.successmagazine.com

[OVC TTAC - Building Resiliency in Child Abuse Organizations Curriculum](#)

- ["An Evaluation of the Need for Self-Care Programs in Agencies Serving Adult and Child Victims of Interpersonal Violence in Texas"](#)
- ["Reclaim Your Life: Strategies and Insights for Balanced Living"](#)
- ["Speaking Up and Stepping Back: Examining the Link Between Employee Voice and Job Neglect"](#)
- ["Fight or Flight? Factors Influencing Child Welfare Workers' Propensity to Seek Positive Change or Disengage from Their Jobs"](#)