

Readings/Recordings to further your growth:

1. [You Are the One You've Been Waiting For](#) by Richard C.Schwartz
2. [The Power of Vulnerability by Brene Brown](#).
*Also found free on [Hoopla](#) with some public library memberships
3. [When Things Fall Apart by Pema Chodron](#)
4. [No Bad Parts](#) By Richard C. Schwartz
5. [Fear: Essential Wisdom for Getting Through the Storm](#) by Thich Nhat Hanh

*Bonus

[Making Friends with your Mind](#) by Pema Chodron