**Books**

SelfReg by Stuart Shanker  
Your Survival Instinct is Killing You by Marc Schoen  
A Force for Good by Daniel Goldman (with Dalai Lama)  
Help for Billy by Heather Forbes  
Childhood Disrupted by Donna Jackson Nakazawa  
Managing Emotional Mayhem by Becky Bailey  
The Whole Brain Child by Daniel Siegel with Tina Payne Bryson  
The Body Keeps the Score by Bessel van der Kolk  
Trauma Stewardship by Laura vander noot Lipsky  
Born for Love by Bruce Perry  
Community: the Structure of Belonging by Peter Block  
Bowling Alone (and his others) by Robert Putnam  
Transformational Resilience by Bob Doppelt  
Inner Matrix by Joey Klein – Neuroscience based meditation program that can be done as bookgroups.  
Transforming Anxiety by Heartmath Institute  
Biology of Belief by Bruce Lipton  
Building Resilience in Children and Teens by Ken Ginsburg  
Creating Sanctuary: Toward the Evolution of Sane Societies by Sandra Bloom

**Websites**

[https://developingchild.harvard.edu/](https://developingchild.harvard.edu/)  
Harvard site, all videos and their 10 briefs-absolute best information available –  
[http://www.albertafamilywellness.org/](http://www.albertafamilywellness.org/), several videos (brain architecture in particular)  
[https://www.ted.com/talks/nadine_burke-harris_how_childhood_trauma_affects_health_across_a_lifetime](https://www.ted.com/talks/nadine_burke-harris_how_childhood_trauma_affects_health_across_a_lifetime) Great intro video to ACEs and Call to Action  
[https://www.consciousdiscipline.com](https://www.consciousdiscipline.com)  
Conscious Discipline (super for school culture transformation); the "How to Make a Bully" should be watched by everyone  
Strengthening Families Framework (Center for the Study of Social Policy)  
[https://sesamestreetincommunities.org/](https://sesamestreetincommunities.org/)  
Sesame Street Community Toolkits, new kit on Trauma and Resilience  
[https://resiliencetrumpsaces.org](https://resiliencetrumpsaces.org) CRI – Our research on our community and Resilience resources  
[http://www.acesconnection.com](http://www.acesconnection.com) ACEs Connection: A Community of Practice Social Network.  
[https://acestoohigh.com](https://acestoohigh.com)