

Book Recommendations

[Fuel Your Brain, Not Your Anxiety: Stop the Cycle of Worry, Fatigue, and Sugar Cravings with Simple Protein-Rich Foods](#) by Kristen Allott & Natasha Duarte

Discover how high-protein, brain-fueling foods can help overcome anxiety, worry, and fatigue. It is common to struggle with anxiety, sugar cravings, weight gain, and fatigue. This practical, feel-better-now workbook offers ways to make healthier food choices and discover how protein and sugar affect emotions and energy. Convenient meal planning and tracking tools help monitor progress, and a wealth of easy tips and doable ways to improve diet, overcome fatigue, and restore vitality and mental clarity.

[No Time Like the Present: Finding Freedom, Love, and Joy Right Where You Are](#) by Jack Kornfield

The author offers wisdom through warmhearted, poignant, and often funny stories that provide keys for opening gateways to immediate shifts in perspective and clarity of vision, allowing us to grapple with difficult emotions and learn how to change course, take action, or—when we shouldn't act—relax and trust. Each chapter presents a path to a different kind of freedom—freedom from fear, freedom to start over, to love, to be yourself, and to be happy—and guides you into an active process that engages your mind and heart, awakens your spirit, and brings real joy, over and over again.

[When Things Fall Apart: Heart Advice for Difficult Times](#) by Pema Chödrön

Drawn from traditional Buddhist wisdom, this book offers radical and compassionate advice for what to do when things fall apart by going against the grain of our usual habits and expectations. The self-described “example of ordinary neurosis,” this beloved American Buddhist nun offers practical and achievable practices.

[Self Help: This Is Your Chance to Change Your Life](#) by Gabrielle Bernstein, Foreword by Richard C. Schwartz

Bernstein demystifies the power of Internal Family Systems (IFS) Therapy, bringing its life-changing teachings into everyday life. Discover how extreme patterns like addiction, rage, pleasing, or constant self-judgment often develop as ways to suppress old feelings of inadequacy, shame, or fear. Once these patterns are brought into the light and cared for, healing happens swiftly. An enjoyable read and excellent companion book for those in IFS therapy.

Podcasts

[Tara Brach](#)

Tara Brach, Ph.D is an internationally known meditation teacher and author of bestselling books *Radical Acceptance*, *True Refuge* and *Radical Compassion*. Tara shares a weekly guided meditation and talk that address the value of mindfulness meditation and self-compassion in relieving emotional suffering, serving spiritual awakening and bringing healing to our world.

[Being Well](#)

Conversations focus on the key insights from psychology, science, and contemplative practice that you need to build reliable inner strengths, overcome your challenges, and get the most out of life. Hosted by Forrest Hanson, who is joined by clinical psychologist Dr. Rick Hanson and a world-class group of experts to explore the practical science of lasting well-being.

You Are Not Broken

Empowering women (and the partners who love them) to live their best lives. Combining the power of mind-work, body science, and relationships, Kelly Casperson, MD, “joyously breaks down the societal barriers that are keeping us from living our best intimate lives. Whether you are young or past menopause, single or in a long-term relationship, it is never too late or too early to realize YOU ARE NOT BROKEN.”