

Victim Services Public Library

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Book #	Click picture for link	Title	Available
1	the desired of the second of t	The Anxiety, Worry & Depression Workbook: 65 Exercises, Worksheets & Tips to Improve Mood and Feel Better	1
2	How to Tame My Anxiety Monster	How To Tame My Anxiety Monster (Mindful Monster Collection)	1
3	Anxiety Reset	The Anxiety Reset: A Life-Changing Approach to Overcoming Fear, Stress, Worry, Panic Attacks, OCD and More	2
4	Anxiety Relief for Kids The me for the form the	Anxiety Relief for Kids: On-the-Spot Strategies to Help Your Child Overcome Worry, Panic, and Avoidance	1
5	BODY AWARENESS WORKBOOK FOR TRAUMA	The Body Awareness Workbook for Trauma: Release Trauma from Your Body, Find Emotional Balance, and Connect with Your Inner Wisdom	1
6	Behavioral Activation for PTSD A WORKBOOK FOR MEN Reduce Anxiety and Table Charge of Your Life LISA CAMPBELL, PhD win Lord A Lorson	Behavioral Activation for PTSD: A Workbook for Men: Reduce Anxiety and Take Charge of Your Life	2

Book #	Click picture for link	Title	Available
7	THE BODY REEPS THE SCORE	The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma	25
8	THE BODY KEEPS THE SCOOK BAALTING MOREOUND BESSEL VAN DER KOLK M.D.	The Body Keeps Score: Treating Trauma Workbook	25
9	WORKBOOK THE BODY KEEPSTHE SCORE BRAIN-PRICAND DOO! NITHE HEALING OFTRANDAM BESSELVAN CER KOLK PLD BOOK JUNKIE	The Body Keeps Score: Treating Trauma Workbook (Black)	25
10	Breaking Free WORKDOOK Chairle And Andrews of	Breaking Free Workbook: Practical help for survivors of child sexual abuse: Help for Survivors of Child Sex Abuse (Insight)	5
11	CHANGING LENSES A NEW FOODS FOR CRIME AND RETEXT HOWARD DUST	Changing Lenses: A New Focus for Crime and Justice	2
12	Cupboard Boy A Shockingly true story of horrific child abuse PT SAUNDERS	Cupboard Boy: A shockingly true story	2
13	Consumer Protection Law	Consumer Protection Law in a Nutshell	1

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14	Dignity Denied The Experience of Murder Vestino's Family Hernber's Who Oppose the Death Penalty Fabilished by Murder Vestino's Families for Reconstitution	Dignity Denied: The Experience of Murder Victims' Familly Members Who Oppose the Death Penalty	1
15	JANE DOE	Burying Jane Doe: A Journey of Courage and Strength	3
16	COPING WITH TRAUMA SELATED DISSIGNATION LA LIN INVIEND LA CAPPENT AND LA CAPPENT	Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists (Norton Series on Interpersonal Neurobiology)	2
17	Emotional Abuse Recovery WORKBOOK	The Emotional Abuse Recovery Workbook: Breaking the Cycle of Psychological Violence	5
18	the forgered	The Forgiveness Journal: A Guided Journey to Forgiving What You Can't Forget	5
19	FORGIVING WHAT YOU CAN'T FORGET	Forgiving What You Can't Forget Study Guide: Discover How to Move On, Make Peace with Painful Memories, and Create a Life That's Beautiful Again	1
20	FORGIVING WHAT YOU CAN'T FORGET	Forgiving What You Can't Forget DVD Study	1

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22	THE GIFTS OF Imperfection Social Management With Management With Management M	The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are	2
23	HEALING AFTER LOSS	Healing After Loss: Daily Meditations For Working Through Grief Paperback	2
24	Healing Days	Healing Days: A Guide For Kids Who Have Experienced Trauma	1
25	Healing Developmental Trauma American de la halfe de la	Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationshi	1
26	Healing Steps A GINTLE PATH TO RECOVER TO BE SURVIVORS OF CHIBROOM SINGLA ABUS OF DE Band a proposed of the Control of the Con	Healing Steps: A Gentle Path to Recovery for Survivors of Childhood Sexual Abuse	5
27	Healing the Trauma of Abuse a workbook for grant and a workbook.	Healing the Trauma of Abuse: A Women's Workbook	2

Book #	Click picture for link	Title	Available
28	Journey Heal	Journey to Heal: Seven Essential Steps of Recovery for Survivors of Childhood Sexual Abuse	2
29	IT'S NOT SUPPOSED TO BE THIS WAY	It's Not Supposed to Be This Way: Finding Unexpected Strength When Disappointments Leave You Shattered	1
30	LY LYPA THE SUPPLY SUPP	It's Not Supposed to Be This Way Study Guide with DVD: Finding Unexpected Strength When Disappointments Leave You Shattered	1
31	HEALING TRAUMA	Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body	1
32	HEALING THE SURVIVORS Jucquestyr Wuss	Healing the Survivors: 8 Steps to Whole-Self Healing for Sexual Trauma Survivors	2
33	MAN YOU LOVE WAS ABUSED	If The Man You Love Was Abused: A Couple's Guide to Healing	2
34	Restorative Justice A bestelling book by one of the founders of the movement HOWARD ZEHR	The Little Book of Restorative Justice (The Little Books of Justice & Peacebuilding)	1

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35	A LITTLE SPOTE BOX SET	A Little SPOT of Emotion 8 Book Box Set (Books 1-8: Anger, Anxiety, Peaceful, Happiness, Sadness, Confidence, Love, & Scribble Emotion	1
36	JURNILE OFFINERS MENOT HEAlth PLACE OFFI	Juvenile Offenders with Mental Health Disorders: Who Are They and What Do We Do With Them?	1
37	A Mindfulness-Based Stress Reduction Workbook	A Mindfulness-Based Stress Reduction Workbook (A New Harbinger Self-Help Workbook)	1
38	MOVING BEYOND TRAUMA	Moving Beyond Trauma: The Roadmap to Healing from Your Past and Living with Ease and Vitality	2
39	My Silence is Broken	My Silence is Broken: A workbook for helping survivors of Sexual Abuse and Rape	2
40	Recovering From NARCISSISTIC -ABUSE From to Abril plant Early Excellent from and disreptional Color The ISSUE IT A POSSEY	Recovering From Narcissistic Abuse: How to Heal from Toxic Relationships and Emotional Abuse	2
41	NARCISSIST THE DEFINITIVE GUIDE 10 BOOKS IN 1 Process of the data of the department of the control of the con	Narcissist: The Definitive Guide - 10 books in 1 - Divorcing, Dating and Dealing with Manipulative People. Gaslighting. Stay or Go. Narcissistic Mothers/Fathers and Covert Emotional abuse	1

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44	Formionism Countred for country the delivery makes and the country the delivery makes and the country the countr	Permission Granted: The Journey from Trauma to Healing: From Rape, Sexual Assault, And Emotional Abuse (The Collective Voice of 'We' Healing Collection)	2
45	The Power To Break Free Workbook	The Power to Break Free Workbook: For Victims & Survivors of Domestic Violence	100
46	PRACTICING MINDFULNESS	Practicing Mindfulness: 75 Essential Meditations to Reduce Stress, Improve Mental Health, and Find Peace in the Everyday	1
47	Restoring Justice	Restoring Justice, Fifth Edition: An Introduction to Restorative Justice	1
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50	Restorative Justice Reader	A Restorative Justice Reader	1
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54	The Science of Mindfulness: A Research-Based Path to Well-Being Particular than 10 the Mindfulness tha	The Science of Mindfulness: A Research-Based Path to Well-Being	1
55	TRAUMA BONDING	Trauma Bonding: How to Stop Feeling Stuck, Overcome Heartache, Anxiety and PTSD – Includes Q&A and Case Studies	20

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58		Blank	
59	Action a Sensitive Ministralness	Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing	2
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61	TRAUMA TREATMENT TOOLBOX TEENS	Trauma Treatment Toolbox for Teens: 144 Trauma:Informed Worksheets and Exercises to Promote Resilience, Growth & Healing	3
62	Trauma Treatment Toolbox	Trauma Treatment Toolbox: 165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward	1

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64	WAKING TIGER FEALING TRAUMA FURALING TRAUMA	Waking the Tiger: Healing Trauma	2
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66	African Section Com	Abuse: Pursuing Wholeness DVD	1
67	Cognitive Behavioral Therapy Techniques for Retariating Your Brain	Cognitive Behavioral Therapy: Techniques for Retraining Your Brain	1
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69	No Image	Donald Marshall Youth Camp	1

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73	HEAL (M) (M)	Heal - Change Your Mind. Change Your Body. Change Your Life	1
74	No Image	Meeting with a Killer	1
75	Pathway To healing	Pathway to Healing: A Trauma Recovery Program	1
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80	SWITCH ON YOUR BRAIN The Key to PEAK HAPPINESS, THINKING, and HEALTH DR. CAROLINE LEAF	Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health	1
81	TRAUMA, ATTACHMENT & NEUROSCIENCE	Trauma, Attachment & Neuroscience with Bessel van der Kolk, M.D.: Brain, Mind & Body in the Healing of Trauma	1
82	VICTIM Improdument	Victim Impact: Listen and Learn	2