Recommended Reading, Podcasts & Apps

An Informational Resource for Personal and Spiritual Growth

This guide offers a wide selection of recommended books, podcasts, and apps that support healing, spiritual exploration, trauma integration, somatic awareness, and personal transformation.

These resources span diverse traditions and disciplines — from science to ceremony, psychology to spirituality. They are provided for educational and reflective purposes.

Recommended Books

Trauma, Healing & Self-Compassion

- The Body Keeps the Score — Bessel van der Kolk
- In an Unspoken Voice — Peter Levine
- Healing Trauma — Peter Levine
- Radical Acceptance, Radical Compassion, True Refuge — Tara Brach
- When the Body Says No, In the Realm of Hungry Ghosts, The Myth of Normal — Gabor Maté
- Self-Compassion — Kristin Neff
- Emotional Alchemy — Tara Bennett-Goleman
- The Power of Attachment — Diane Poole Heller
- Embracing Ourselves — Hal Stone
- How to Be an Adult in Relationships — David Richo

Psychedelic & Spiritual Exploration

- Consciousness Medicine — Françoise Bourzat
- How to Change Your Mind — Michael Pollan
- Shamanic Breathwork — Linda Star Wolf

- The Psychedelic Explorer's Guide — James Fadiman
- The Sophia Code — Kaia Ra
- A Walkthrough of the Bhagavad Gita — Jack Hawley
- You Are the Medicine — Asha Frost

Energy & Somatic Work

- Waking the Tiger — Peter Levine
- Electric Body, Electric Health & Tuning the Human Biofield — Eileen Day McKusick
- The Subtle Body — Cyndi Dale
- Accessing the Healing Power of the Vagus Nerve — Stanley Rosenberg
- The Pocket Guide to Polyvagal Theory — Stephen Porges

Inner Work, Mindfulness & Visualization

- Living in the Light, The 4 Levels of Healing, Creative Visualization — Shakti Gawain
- The Four Agreements, Mastery of Love, The Fifth Agreement — Don Miguel Ruiz
- The Untethered Soul — Michael Singer
- The Seat of the Soul — Gary Zukav
- Becoming Supernatural — Joe Dispenza
- A Return to Love — Marianne Williamson
- The Book of Joy — Dalai Lama
- Taking the Leap, When Things Fall Apart, The Wisdom of No Escape — Pema Chödrön
- The Language of Letting Go — Melody Beattie

Ceremony, Ritual & Ancestral Wisdom

- The Book of Ceremony — Sandra Ingerman
- Journeying Between the Worlds — Eagle Skyfire

- The Wisdom Wheel — Alberto Villoldo
- Braiding Sweetgrass — Robin Wall Kimmerer
- 21 Things You May Not Know About the Indian Act — Bob Joseph
- The Book of Soul — Mark Nepo

Chakras, Energy Medicine & Sound

- Eastern Body, Western Mind & Wheels of Life — Anodea Judith
- Human Tuning — John Beaulieu
- The Book of Chakras and Subtle Bodies — Stephen Sturgess
- Chakras: Energy Centres of Transformation — Harish Johari
- The Book of Stones — Robert Simmons

Parenting, Relationships & Family Healing

- The Awakened Family — Shefali Tsabary
- Conscious Uncoupling — Katherine Woodward Thomas
- Adult Children of Emotionally Immature Parents (series)
- The Missing Pill — John Ryan

Personal Development & Integration

- The Wisdom Codes — Gregg Braden
- The Instruction — Ainslie MacLeod
- The Seekers Guide — Elizabeth Lesser
- Braving the Wilderness, The Gifts of Imperfection, Atlas of the Heart — Brené Brown
- Whatever Arises, Love That — Matt Kahn
- Be Here Now — Ram Dass
- Walking in the Light — Sandra Ingerman

Recommended Podcasts

- Tara Brach — tarabrach.com/talks-audio-video
- Ram Dass — Be Here Now Network
- Andrew Huberman — Huberman Lab Podcast
- Jack Kornfield — Heart Wisdom Podcast
- Psychedelic Leadership Podcast — Spotify Link

Recommended Apps

- Insight Timer — Meditation & mindfulness
- Othership — Breathwork & emotional release
- HeartMind — Emotional tracking & nervous system support
- LYF101 — Trauma recovery & self-awareness tools
- The Embody Lab — Somatic & healing education
- Udemy — Online personal development courses

This list is not exhaustive but intended as a curated starting point. Readers are encouraged to explore what resonates and leave the rest.

These tools are offered for educational purposes and not as a substitute for therapy, medical treatment, or professional advice.