

Reclaim  
COUNSELING & WORKSHOPS

# Resources: Books



[www.ReclaimATL.com](http://www.ReclaimATL.com)

hello,  
I'm so glad  
you are here!

AND I AM HAPPY TO SHARE SOME OF MY  
FAVORITE BOOKS THAT HAVE  
ENLIGHTENED ME ALONG THE WAY.

The Way of Integrity: Finding the Path to  
Your True Self, Martha Beck

How to Break Up With Your Phone: The 30-  
Day Plan to Take Back Your Life, Catherine  
Price

Fair Play: A Game-Changing Solution for  
When You Have Too Much to Do (and More  
Life to Live), Eve Rodsky

My Grandmother's Hands: Racialized  
Trauma and the Pathway to Mending Our  
Hearts and Bodies, Resmaa Menakem

The Body Keeps the Score: Brain, Mind, and  
Body in the Healing of Trauma, Bessel van  
der Kolk, M.D.



[Burnout: The Secret to Unlocking the Stress Cycle, Emily Nagoski, PhD and Amelia Nagoski, DHM](#)

[Women Who Run With the Wolves: Myths and Stories of the Wild Woman Archetype, Clarissa Pinkola Estés, PhD](#)

[Awe: The New Science of Everyday Wonder and How It Can Transform Your Life, Dacher Keltner](#)

[Good Chemistry: The Science of Connection from Soul to Psychedelics, Julie Holland, M.D.](#)

[Rest Is Resistance: A Manifesto. Tricia Hersey](#)

[The Power of Fun: How to Feel Alive Again, Catherine Price](#)

[Positivity: Top-Notch Research Reveals the 3-to-1 Ratio That Will Change Your Life, Barbara Fredrickson](#)

[Come As You Are: The Surprising New Science That Will Transform Your Sex Life, Emily Nagoski, PhD](#)



[Come Together: The Science \(and Art!\) of Creating Lasting Sexual Connections, Emily Nagoski, PhD](#)

[Want: Sexual Fantasies by Anonymous, Gillian Anderson](#)

[Mating in Captivity: Unlocking Erotic Intelligence, Esther Perel](#)

[Good Sex: Stories, Science, and Strategies for Sexual Liberation, Candice Nicole Hargons, PhD](#)

