



Academic & Wellness Coaching

## AWC “Healing Your Inner Child” Resources

### **Kaori's Recommended Healing Reading (Click Underlined titles to view link)**

- *It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle* by Mark Wolynn
  - <https://markwolynn.com/mark-wolynn/>
- IG follows
  - <https://linktr.ee/biglittlefeelings>
  -
- Deepak Chopra
  - *“The seven spiritual laws of success: a practical guide to the fulfillment of your dreams”* by Deepak Chopra
  - [21 Days of Abundance Meditation](#)
- *“The Artist's Way”* by Julia Cameron
- *“It Didn't Start With You”* by Mark Wolynn
  - *“By developing a relationship with the painful parts of ourselves—parts we have often inherited from our family—we have an opportunity to shift them. Qualities like cruelty can become the source of our kindness; our judgments can forge the foundation of our compassion.”*  
— Mark Wolynn
- *“The Body Keeps The Score”* by Bessel Van Der Kolk
  - *“Traumatized people chronically feel unsafe inside their bodies: The past is alive in the form of gnawing interior discomfort. Their bodies are constantly bombarded by visceral warning signs, and, in an attempt to control these processes, they often become experts at ignoring their gut feelings and in numbing awareness of what is played out inside. They learn to hide from themselves.”* — Bessel Van Der Kolk
- *“The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind”* by Daniel J. Siegel and Tina Payne Bryson
  - [Visit website](#)
- Brene Brown
  - [Brené Brown on How to Reckon with Emotion and Change Your Narrative](#)
  - *“Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead”* by Brené Brown




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- Fred Rogers Documentary: *"Won't You Be My Neighbor"* (2018)
  - *"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting and less scary."*
- *"Understanding Women: Unlock the Mystery"* by Alison A. Armstrong

## **Podcasts/Videos**

- ["Healing Your Inner Child" YouTube Playlist](#)
- [Elizabeth Gilbert on Saying No, Trusting Your Intuition, Grief, Her Creative Path and more on Tim Ferris](#)
- [Dr. Gabor Mate- "How our childhood shapes every aspect of our lives" on The Motherkind Podcast](#)
-  Know your inner saboteurs: Shirzad Chamine at TEDxStanford
-  The Space Between Self-Esteem and Self Compassion: Kristin Neff at TEDx...
-  How Your Inner Critic Is Holding You Back | Melissa Ambrosini | TEDxMonas...

## **Music Playlists**

[AWC Wellness Playlist](#)

