

Hope for Mental Health Community

Wendell Moss' Recommended Resources

- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk, M.D.
- *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts & Bodies* by Resmaa Menakem
- *The Cure: What if God Isn't Who You Think He Is and Neither are You* by John Lynch, Bruce McNicol, and Bill Thrall
- *To Be Told: Know Your Story, Shape Your Future* by Dan B. Allender, Ph.D.
- *Tell Me Who You Are: Sharing Our Stories of Race, Culture, & Identity* by Winona Guo and Priya Vulchi
- *The Healing Path: How the Hurts in Your Past Can Lead You to a More Abundant Life* by Dan B. Allender, Ph.D.