

Anna SAYCE

THE INTUITIVE HEALING PROGRAM READING LIST

For cord cutting sessions, themes that come up most often are as follows:

- Loss & grief
- Attachment issues
- Difficult childhoods
- Addictions & co-dependence
- Abusive/toxic relationships
- Trauma

So, here's my reading list. Many of these can be borrowed from your local library.

Grief

It's OK that you're not OK by Megan Devine

or:

Surviving Grief & Learning to Live Again by Catherine Sanders (this one is a bit expensive but it's the best book on grief that I have found. Looks at the issue from a spiritual perspective and includes personal accounts of grief that makes it more relatable and readable.)

Trauma

The Body Keeps the Score by Bessel Van Der Kolk (widely considered to be the best book on trauma from a psychological standpoint.)

or:

Trauma Releasing Exercises by David Berceli (has some trauma releasing exercises for readers to try out but I'm more interested in the section before the exercises, which is a very succinct, insightful, yet thorough primer on trauma and its effects on the body and brain.) Choose this one for a shorter read.

Attachment Theory

Attached by Dr Amir Levine & Rachel Heller

Codependence

Codependent No More by Melody Beattie

Or:

Facing Codependence by Pia Melody

Abusive Relationships

Why Does He Do That? Inside the Minds of Angry & Controlling Men by Lundy Bancroft

Toxic Relationships

Gaslighting by Stephanie Sarkis

Dysfunctional Families/Adult Children

Adult Children of Emotionally Immature Parents by Lindsay Gibson

or:

Toxic Parents by Susan Forward

Overactive Empathy

The Empath's Toolkit by me

If you don't have a copy of my book, let me know, we can send you a free copy.

This seems like a lot of books, however, collectively they can give you an understanding of many of the issues that can crop up in sessions so it's important you do the work of reading them over the next year or so.