

FRANK RIDGE MEMORIAL FOUNDATION

Recommended reading.

I personally endorse the following literature. I feel that these books are accurate and compassionate depictions of various mental health conditions. They are organized by condition and updated regularly. I have recommended only books that I have read. Julie Ridge, LCSW-R, President and Founder. (last updated April, 2019)

General mental health conditions:

- Xavier Amador, with Anna-Lisa Johanson, "I am Not Sick, I Don't Need Help! (helping the seriously mentally ill accept treatment)," c. 2000.
- American Psychiatric Association, "Diagnostic and Statistical Manual of Mental Disorders (DSM-5)," c. 2013.
- Rosalynn Carter, with Susan K. Golant, "Helping Someone with Mental Illness," c. 1999.
- Darryl Cunningham, "Psychiatric Tales. eleven graphic stories about mental illness," c. 2011.
- Susanna Kaysen, "Girl, Interrupted," c. 1993. (memoir)
- Mark S. Komrad, M.D., "You Need Help!," c. 2012.
- Jeffrey A. Lieberman, MD with Ogi Ogas, "Shrinks. The Untold Story of Psychiatry," c. 2015.
- Luke Meyer, editor, Better Mental Health Magazine, www.bmhmag.com.
- Howard W. Polsky, "Cottage Six. the social system of delinquent boys in residential treatment," original edition 1962, reprinted in 1977.
- Mark Ragins, M.D., medical director MHA Village, "A Road to Recovery," revised c. 2010.
- Robin Simons, "After the Tears. parents talk about raising a child with a disability," c. 1987.
- Andrew Solomon, "Far From the Tree," c. 2012.
- E. Fuller Torrey, MD, "Out of the Shadows (confronting America's mental illness crisis)," c. 1997.
- Ned Vizzini, "It's Kind of a Funny Story," c. 2006.
- Mary Jane Ward, "The Snakepit," c. 1946. (fictionalized account of the true story)

anxiety and obsessive compulsive disorders:

- Martin M. Antony, PhD and Peter J. Norton, PhD, "The Anti-Anxiety Workbook," c. 2009.
- Kari Dunn Buron, "When My Worries Get Too Big! a relaxation book for children who live with anxiety," c. 2006.
- Raeann Dumont, "The Sky is Falling. understanding and coping with phobias. panic. and obsessive-compulsive disorders," c. 1996.

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- Emily Ford, with Michael R. Liebowitz MD and Linda Wasmer Andrews, "What You Must Think of Me, a firsthand account of one teenager's experience with social anxiety disorder," Oxford University Press, c. 2007.
- Jared Douglas Kant, with Martin Franklin Ph.D. and Linda Wasmer Andrews, "The Thought That Counts, a firsthand account of one teenager's experience with Obsessive-compulsive disorder," Oxford University Press, c. 2008.
- Sophie Riegel, "Don't Tell Me to Relax! one teen's journey to survive anxiety (and how you can too)," c. 2019.
- Michael A. Tompkins, Ph.D. and Katherine Martinez, PsyD, "My Anxious Mind, a teen's guide to managing anxiety and panic," Magination Press, c. 2010.
- Ned Vizzini, "It's Kind of a Funny Story," c. 2006.
- Amy Wilensky, "Passing for Normal (a memoir of compulsion)," c. 1999.

attention-deficit/hyperactivity disorder:

- American Academy of Pediatrics, "ADHD, a complete and authoritative guide," c. 2004.
- Russell A. Barkley, Ph.D., "Taking Charge of ADHD, the complete, authoritative guide for parents," c. 1995.
- Thomas E. Brown, Ph.D., "Attention Deficit Disorder: The Unfocused Mind in Children and Adults," Yale University Press, c. 2005.
- Edward M. Hallowell, M.D., and John J. Ratey, M.D., "Driven to Distraction, recognizing and coping with attention deficit disorder from childhood through adulthood," c. 1994.
- John F. Taylor, Ph.D., "The Survival Guide for Kids with ADHD," c. 2006.

autism spectrum:

- Howard Buten, Ph.D., "Through the Glass Wall, a therapist's lifelong journey to reach the children of autism," c. 2004.
- Julia Cook, illustrations by Carrie Hartman, "Personal Space Camp," a children's book, 2016.
- Temple Grandin, "Rescued by a cow and a Squeeze," c. 2003.
- Temple Grandin, "Animals in Translation," c. 2005.
- Temple Grandin, "Developing Talents," c. 2004.
- Temple Grandin and Margaret M Scariano, "A true story, Emergence. labeled autistic," c. 1986.
- Temple Grandin, "Thinking in Pictures," c. 2006.
- Mark Haddon, "The Curious Incident of the dog in the Night-time," c. 2003.
- Kathy Hoopmann, "All cats have Asperger Syndrome," c. 2006.
- Judith Newman, "To Siri with Love. A mother, her autistic son, and the kindness of machines," c. 2017.
- Ellen Notbohm, "Ten Things Every Child with Autism Wishes You Knew", c. 2005.
- Antoine de Saint Exupery, "The Little Prince," c. 1943.

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- John Elder Robison, "look me in the eye. my life with asperger's." c. 2008.
- John Elder Robison, "Raising Cubby," c. 2013.
- Daniel Stefanski (an autistic kid), "How to talk to an Autistic Kid," c. 2011.
- Andrew Solomon, "Far From the Tree," c. 2012.
- Andres Solomon, "Far From the Tree, young adult edition," c. 2017.
- Ron Suskind, "Life, Animated. a story of sidekicks, heroes, and autism," c. 2014.
- Daniel Tammet, "Born on a Blue Day, inside the extraordinary mind of an autistic savant," c. 2006. Tammet sees numbers as shapes, color, and textures, a condition known assynesthesia. He can perform extraordinary calculations in his head. He can learn to speak new languages fluently from scratch, in a week. This is his story, as told by him.

bipolar and depressive disorders:

- Tracy Anglada, "Brandon and the Bipolar Bear, a story for children with bipolar disorder," c. 2009, for children.
- Diane and Lisa Berger, "We Heard the Angels of Madness, a family guide to coping with manic depression," c. 1991, non-fiction.
- Wes Burgess, M.D., Ph.D., "The Bipolar Handbook for Children, Teens and Families," c. 2008, non-fiction.
- Nell Casey, editor, "Unholy Ghost, writers on depression," c. 2002, non-fiction.
- Terri Cheney, "The Dark Side of Innocence, growing up bipolar," c. 2011, autobiography.
- Kathy Cronkite, "On the Edge of Darkness," c. 1995, autobiography. (depression)
- Patty Duke, "A Brilliant Madness," c. 1992, autobiography. (bipolar)
- Pete Early, "Crazy. A Father's Search Through America's Mental Health Madness," c. 2006, autobiography.
- Dr. Ronald Fieve, "Bipolar Breakthrough," c. 2009, non-fiction.
- Dr. Ronald Fieve, "Bipolar II," c. 2000, non-fiction.
- David G. Fassler, MD and Lynne S. Dumas, "Help Me, I'm Sad (recognizing, treating and preventing childhood and adolescent depression)" c. 1997, non-fiction.
- Ellen Forney, "Marbles. mania, depression, Michelangelo, & me," c. 2014. This graphic memoir shows and tells what it feels to be manic, depressed, artistic and distinctly individual. A NY Times bestseller.
- Ellen Forney, "Rock Steady. Brilliant advice from my bipolar life," c. 2018.
- Chris Gethard, "A Bad Idea I'm About to Do, true tales of seriously poor judgment and stunningly awkward adventure," c. 2012. (non-fiction, depression & suicide)
- Bryna Hebert, "My Bipolar Roller coaster Feelings Book," c. 2005, for children.
- Kevin Hines, "Cracked, Not Broken," c. 2013. A highly personal heartfelt autobiography by Kevin Hines, the 26th person to survive a Golden Gate Bridge

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jump. His book tells of his recovery, life with bipolar disorder and advocacy work.

- Chamique Holdsclaw, "Breaking Through, beating the odds shot after shot," 2012. (bipolar)
- Cait Irwin, with Dwight L. Evans M.D., "Monochrome Days, a firsthand account of one teenager's experience with depression," c. 2007, non-fiction.
- Patrick Jamieson, Ph.D., with Moira A Rynn, M.D., "Mind Race, a firsthand account of one teenager's experience with bipolar disorder," c. 2006, non-fiction.
- Kay Redfield Jamison, "An Unquiet Mind," c. 1995, autobiography.
- Kay Redfield Jamison, "Manic Depressive Illness," c. 1990, non-fiction.
- Kay Redfield Jamison, "Night Falls Fast," c. 1999, autobiography. (depression)
- Kay Redfield Jamison, "Touched with Fire, manic depressive illness and the artistic temperament," c. 1993, non-fiction.
- Matthew Johnstone, "Living with a Black Dog, his name is depression," c. 2006, graphic novel.
- Matthew and Aimsley Johnstone, "Living with a black dog. How to take care of someone with depression while looking after your self," c. 2008, graphic novel.
- Matthew Johnstone, "I Had a Black Dog."
- Judith Lederman and Candida Fink, M.D., "The Ups and Downs of Raising a Bipolar Child, a survival guide for parents," c. 2003.
- Demetri Papolos, M.D. and Janice Papolos, "The Bipolar Child," c.1999, non-fiction.
- Jane Pauley, "Skywriting," c. 2005, autobiography, (depression and bipolar).
- Norman E. Rosenthal, MD, "Winter Blues, everything you need to know to beat seasonal affective disorder," c. 2006, non-fiction.
- Anne Sheffield, "Depression Fallout (the impact of depression on couples and what you can do to preserve the bond)," c. 2003. (depression)
- Anne Sheffield, "How you can Survive When They're Depressed," c. 1998.
- Andrew Solomon, "The Noonday Demon," c. 2001, non-fiction, (depression), a NY Times Best Seller.
- Bruce Springsteen, "Born to Run," 2016. (depression)
- William Styron, "Darkness Visible," c. 1990, autobiography, (depression).
- Elizabeth Swedos, "My Depression," c. 2005, autobiography.
- Ned Vizzini, "It's Kind of a Funny Story," c. 2006, fictionalized account of the author's stay on a psychiatric ward. (depression and suicide)
- Elizabeth Wurtzel, "Prozac Nation," c. 1995, autobiography, (bipolar).

disruptive behavior disorders (oppositional defiant, intermittent explosive and conduct disorders), sociopathy & psychopathy:

- Frank Abagnale, "Catch Me If You Can," c. 1980. (autobiography).

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- August Aichhorn, "Wayward Youth," a study in psychoanalytic technique for juveniles with delinquent behaviors, forward by Sigmund Freud, first printing 1925, revised and adapted in 1963.
- Paul Babiak, Ph.D. & Robert D. Hare, Ph.D., "Snakes in Suits. when psychopaths go to work," c. 2006.
- Andrew Durham, "Young Men Surviving Child Sexual Abuse. research stories and lessons for therapeutic practice," c. 2003.
- James Garbarino, Ph.D., "Lost Boys. why our sons turn violent and how we can save them," c. 1999.
- Dr. Robert Hare, "Without Conscience. the disturbing world of the psychopaths among us," c. 1993.
- Clifford Irving, "The Hoax," c. 1981 (autobiography).
- Mark Katz, "On Playing a Poor Hand Well. insights from the lives of those who have overcome childhood risks and adversities," c. 1997.
- Helen Morrison, M.D. and Harold Goldberg, "My Life among the Serial Killers. inside the minds of the world's most notorious murderers," c. 2004.
- Michael Newton, "The Encyclopedia of Serial Killers. A study of the chilling criminal phenomenon, from the Angels of Death to the Zodiac Killer," c. 2000.
- Dorothy Otnow Lewis, M.D., "Guilty by Reason of Insanity. A psychiatrist explores the minds of killers," c. 1998.
- Bruce Perry, MD, "The Boy Who Was Raised as a Dog. and other stories from a child psychiatrist's notebook," c. 2006.
- Howard W. Polsky, "Cottage Six. the social system of delinquent boys in residential treatment," original edition 1962, reprinted in 1977.
- Ann Rule, "The Stranger Beside Me, (the shocking inside story of serial killer Ted Bundy), latest edition 2009.
- Mark Salzman, "True Notebooks. a writer's year at juvenile hall," c. 2003.
- Andrew Solomon, "Far From the Tree," c. 2012.
- Martha Stout, ph.d., "The Sociopath Next Door," c. 2005.
- Nancy, Terena & Beth Thomas, "Dandelion on My Pillow. Butcher Knife Beneath (the true story of an amazing family that lived with and loved kids who killed), c. 2002.
- Jennifer Toth, "What Happened to Johnny Jordan. the story of a child turning violent," c. 2002.
- Nancy Boyd Webb, "Working with Traumatized Children in Child Welfare," c. 2006.
- Anthony E. Wolf, Ph.D., "Get Out of M Life but first could you drive me and Cheryl to the Mall?" c. 1991 (the material is not dated!).
- Leslie Bailey Wright and Mindy B. Loiselle, "Back On Track. Boys Dealing with Sexual Abuse (for boys age 10 and up)," c. 1997.

eating disorders (including anorexia and bulimia):

- Carrie Arnold, with B Timothy Walsh, M.D., "Next to Nothing. a firsthand

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account of one teenager's experience with eating disorder," Oxford University Press, c. 2007.

- Toni Bentley, "Winter Season, a Dancer's Journal," c. 1982 (autobiography).
- Lacy J. Davis and Jim Kettner, "Ink in Water, an illustrated memoir ... or, how I kicked anorexia's ass and embraced body positivity!," c. 2017.
- Katie Green, "Lighter Than My Shadow," 2013 & 2017.

neurocognitive disorders (including dementias and Alzheimer's):

- John Bayley, "Elegy for Iris: A Memoir," c. 1999.
- Roz Chast, "Can't we talk about something more Pleasant? a memoir," national book award finalist and NY Times bestseller, adult comic book, c. 2014.
- Alex Demetris, "Dad's Not All There Any More: A comic about dementia, c. 2016.
- Kent L Karosen and Chana Stiefel, "Why Can't Grandma Remember My Name," c. 2016.
- Sarah Leavitt, "Tangles: A Story about Alzheimer's, My Mother, and Me," graphic novel, c. 2012.
- Nancy L, Mace, MA and Peter V Rabins, MD, MPH, "The 36-Hour Day, a family guide to caring for people who have alzheimer's disease, related dementias, and memory loss, 5th Edition," c. 2011 by the Johns Hopkins Press.
- Paco Roca, "Wrinkles," c. 2016
- Oliver Sacks, "Musicophilia, tales of music and the brain," c. 2007.
- Dana Walrath, "Aliceheimer's: Alzheimer's Through the Looking Glass," graphic novel, c. 2013.

neurodevelopmental disorders, (including learning disabilities and intellectual disabilities):

- Braaten PhD, Ellen and Brian Willoughby, PhD, "Bright Kids Who Can't Keep Up," c. 2014.
- Julia Cook, illustrations by Carrie Hartman, "Personal Space Camp," a children's book, 2016.
- Leslie Holzhauser-Peters & Leslie True, "Making sense of Children's Thinking and Behavior," c. 2008.
- Jerzy Kosinski, "Being There," c. 1970.
- Kranowitz M.A., Carol Stock, "The Out-of-Sync Child. recognizing and coping with sensory processing disorder," c. 2005.
- Richard Lavoie, "It's So Much Work to Be Your Friend, helping the child with learning disabilities find social success" c. 2005.
- Sally Shaywitz, M.D., "Overcoming Dyslexia. a new and complete science-based program for reading problems at any level," c. 2005.
- Robin Simons, "After the Tears, parents talk about raising a child with a disability," c. 1987.
- Andrew Solomon, "Far From the Tree," c. 2012.

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- Andres Solomon, "Far From the Tree, Young Adult Edition," c. 2017.
- Pamela B. Tanguay, "Nonverbal Learning Disabilities at School," c. 2002.

psychotic disorders, including schizophrenia:

- Patrick Cockburn & Henry Cockburn, "Henry's Demons, living with schizophrenia, a father and son's story," c. 2011, non-fiction.
- Anne Deveson, "Tell Me I'm Here, One Family's Experience of Schizophrenia", c. 1991, non-fiction.
- Michael Greenberg, "Hurry Down Sunshine," c. 2008, non-fiction.
- Steven Lopez, "The Soloist," c. 2008, non-fiction.
- Elyn Saks, "The Center Cannot Hold," c. 2007, autobiography.
- Lori Schiller and Amanda Bennett, "The Quiet Room", c. 1994, autobiography.
- Kurt Snyder, with Racquel E. Gur, M.D., Ph.D. and Linda Wasmer Andrews, "Me, Myself, and Them, a firsthand account of one young person's experience with schizophrenia," c. 2007, autobiography.
- Andrew Solomon, "Far From the Tree," c. 2012, non-fiction.
- Ken Steele and Claire Berman, "The Day the Voices Stopped (a Memoir of Madness and Hope), c. 2001, autobiography.
- E. Fuller Torrey, M.D., "Surviving Schizophrenia, a manual for families, patients, and providers," c. 2006, non-fiction.
- Mark Vonnegut (forward by Kurt Vonnegut), "The Eden Express, A Memoir of Insanity", c. 1975, second publication in 2002, autobiography.
- Mark Vonnegut, MD, "Just Like Someone without Mental Illness Only More So," a memoir, c. 2011.
- Brian Wilson (the Beach Boys), "I am Brian Wilson," a memoir, 2016.

substance use and addictive disorders:

- Anonymous, "Go Ask Alice. (a real diary)," c. 1971.
- Anonymous, "Narcotics Anonymous," c. 1982 first printing. 6th edition 2008.
- David Carr, "The Night of the Gun," c. 2008.
- Barbara Cook, with Tom Santopietro, "Then & Now, a memoir," 2016.
- Charles Jackson, "The Lost Weekend," 1944. Fiction.
- Leslie Jamison, "The Recovering, intoxication and its aftermath," 2018. Non-fiction. [A 2018 TOP PICK.]
- Kristen Johnston, "Guts: The Endless Follies and Tiny Triumphs of a Giant Disaster," c. 2013.
- Kyle Keegan, with Howard B. Moss, M.D., "Chasing the High, a firsthand account of one young person's experience with substance abuse," c. 2008.
- Diane Mintz, "In Sickness and in Mental Health," available on Amazon.
- NIDA National Institute on Drug Abuse, US Department of Health and Human Services, NIH, "Drug Facts," 2012 Monitoring the Future report. (NIDA publication)
- NIDA and NIMH, "Marijuana: Facts Parents need to Know," (booklet).

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- National Institute on Drug Abuse, NIH, US Department of Health and Human Services, “Principles of Drug Addiction Treatment, a research-based guide,” last updated 2017.
- National Institute on Drug Abuse, NIH, US Department of Health and Human Services, “Principles of Adolescent Substance Use Disorder Treatment, a research-based guide,” last updated January 23, 2017.
- *NIDA publications are available free of charge through the NIDA DRUGPUBS Research Dissemination Center. website: <http://drugpubs.drugabuse.gov> or phone: 877-NIDA-NIH.
- Bill Reynolds, “Fall River Dreams” (the Chris Herren story), non-fiction, c. 1994.
- Bill W., “As Bill Sees It, The A.A. Way of Life ... selected writings of A.A.’s co-founder,” c. 1967 (first printing).

suicide:

- Jill Bialosky, “History of a Suicide, my sister’s unfinished life,” c. 2011.
- Nina Bingham, “Once the Storm is Over (from grieving to healing after the suicide of my daughter),” c. 2015.
- Chris Gethard, “A Bad Idea I’m About to Do, true tales of seriously poor judgment and stunningly awkward adventure,” c. 2012. (non-fiction, depression & suicide)
- Kevin Hines, “Cracked, Not Broken,” c. 2013. A highly personal heartfelt autobiography by Kevin Hines, the 26th person to survive a Golden Gate Bridge jump. His book tells of his recovery, life with bipolar disorder and advocacy work.
- Dequincy A. Lezine, Ph.D., with David Brent, M.D., “Eight Stories Up, an adolescent chooses hope over suicide,” Adolescent Mental Health Initiative, c. 2008.
- Paul Quinnett, “Suicide, the forever Decision,” latest edition c. 2010.
- William Styron, “Darkness Visible, a memoir of madness,” c. 1990.
- William Styron, “The Suicide Run, five tales of the marine corps,” (Pulitzer Prize winner), c. 2009.
- Ned Vizzini, “It’s Kind of a Funny Story,” c. 2006. (Vizzini’s novel was made into a movie in 2011. It is a coming-of-age comedy about finding sanity in the most unlikely of places, a Brooklyn psychiatric ward. Focus is on teen anxiety, depression and suicide. Tragically, author Vizzini killed himself in January 2015. He was 32 years old.)

trauma & stressor related disorders:

- Bingham, Nina, “Once the Storm is Over. from grieving to healing after the suicide of my daughter,” c. 2015.
- Mark Bixler, “The Lost Boys of Sudan: An American Story of the Refugee Experience,” c. 2006. (made into a major motion picture “The Good Lie” in 2014.)

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- John Bowlby - anything he's written.
- Saroo Brierley, "A Long Way Home," c. 2015. (made into the major motion picture "Lion" starring Dev Patel in 2016.)
- Deveson, Anne, "Resilience," c. 2003.
- Emma Donahue, "Room," c. 2010. fiction. (made into a major motion picture of the same name in 2015.)
- Andrew Durham, "Young Men Surviving Child Sexual Abuse, research stories and lessons for therapeutic practice," c. 2003.
- Eliana Gil, "The Healing Power of Play, working with abused children," c. 1991.
- Daniel Hughes, Ph.D. "Building the Bonds of Attachment, awakening love in deeply troubled children," c. 1998.
- Mark Katz, "On Playing a Poor Hand Well, insights from the lives of those who have overcome childhood risks and adversities," c. 1997.
- Gregory C. Keck, Ph.D. and Regina M. Kupecky, L.S.W., "Parenting the Hurt Child, helping adoptive families heal and grow," c. 2002.
- Dave Pelzer, "A Child Called 'It,' one child's courage to survive," c. 1995.
- Dave Pelzer, "The Lost Boy, a foster child's search for the love of a family," c. 1997.
- Matt de la Pena, illustrator Loren Long, "LOVE," a picture book teaching children the many faces of love, c. 2018.
- Bruce Perry, MD, "The Boy Who Was Raised as a Dog, and other stories from a child psychiatrist's notebook," c. 2006. [A PERENNIAL TOP PICK]
- Niels P. Rygaard, "Severe Attachment Disorder in Childhood," c. 2006.
- Mark Salzman, "True Notebooks, a writer's year at juvenile hall," c. 2003.
- David Small, "Stitches, a memoir," childhood trauma, NY Times Bestseller, graphic novel, c. 2009.
- Maia Szalavitz and Bruce D. Perry, M.D., Ph.D., "Born for Love, why empathy is essential and endangered," c. 2010.
- Nancy Thomas, "When Love is not Enough, a guide to parenting children with RAD-Reactive Attachment Disorder," c. 2005 - updated version.
- Jennifer Toth, "What Happened to Johnny Jordan, the story of a child turning violent," c. 2002.
- Malala Yousafzai with Christina Lamb, "I Am Malala. the girl who stood up for education and was shot by the Taliban." When the Taliban took control of Swat Valley in Pakistan, one girl spoke out. Malala Yousafzai refused to be silenced and fought for her right to an education. In October 2012, when she was 15, Malala was shot in the head while riding the bus home from school. Few expected her to survive. Instead, Malala's heroic recovery has taken her on an extraordinary journey from her remote village to the UN, to a meeting with President Obama. In 2014 she won the Nobel Peace Prize. A national best seller and must read for today's times. A documentary film has been made based on her story. c. 2015. [A 2016 TOP PICK]

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- Nancy Boyd Webb, "Working with Traumatized Children in Child Welfare," c. 2006.
- Leslie Bailey Wright and Mindy B. Loiselle, "Back On Track. Boys Dealing with Sexual Abuse (for boys age 10 and up)," c. 1997.
- Bessel Van Der Kolk, M.D., "The Body Keeps the Score, brain, mind, and body in the healing of trauma," c. 2014.