

FURTHER READING

"Trauma is Really Strange" by Steve Haines and Sophie Standing - brilliant comic strip style explanation of trauma

"In An Unspoken Voice" by Peter Levine - a good introduction to Somatic Experiencing by the founder

"The Body Keeps the Score" by Bessel van der Kolk - seminal work on the origins and effects of trauma grounded in decades of research

"Breaking the Habit of Being Yourself" by Dr Joe Dispenza - fantastic explanation of how we build our personalities through repetitive behaviour and thought

"This Is Your Brain On Music" by Daniel Levitin - an exploration of the effects of music on the brain