



HARNESS THE HEALING

POWER OF NATURE

# Walk Through This

AND TRAVEL THE ROAD

TO FORGIVENESS



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A PDF COMPANION TO THE AUDIOBOOK

# Additional Resources

## Nature Healing

- Louv, Richard. *The Nature Principle: Reconnecting with Life in a Virtual Age*. Chapel Hill, NC: Algonquin Books, 2012.
- Williams, Florence. *The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative*. New York: Norton, 2017.
- Wohlleben, Peter. *The Hidden Life of Trees: What They Feel, How They Communicate*. Vancouver: Greystone Books, 2016.

## Trauma Healing and Psychology

- Brown, Brené. *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone*. New York: Random House, 2017.
- Brown, Sandra L., with Jennifer R. Young. *Women Who Love Psychopaths: Inside the Relationships of Inevitable Harm with*

- Psychopaths, Sociopaths & Narcissists*. Balsam Grove, NC: Mask Publishing, 2018.
- Orloff, Judith. *Thriving as an Empath: 365 Days of Self-Care for Sensitive People*. Boulder, CO: Sounds True, 2019.
- Ortman, Dennis. *Transcending Post-Infidelity Stress Disorder: The Six Stages of Healing*. New York: Celestial Arts, 2009.
- Stephens, Barbara, and Marsha Means. *Your Sexually Addicted Spouse: How Partners Can Cope and Heal*. Far Hills, NJ: New Horizon Press, 2009.
- Van der Kolk, Bessel. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. New York: Penguin Books, 2015.

## Spirituality

- Bernstein, Gabrielle. *The Universe Has Your Back: Transform Fear into Faith*. Carlsbad, CA: Hay House, 2016.

## Relating to Other Women and Empowerment

- Doyle, Glennon. *Love Warrior: A Memoir*. New York: Flatiron Books, 2016.
- Doyle, Glennon. *Untamed*. New York: Dial Press, 2020.
- Gilbert, Elizabeth. *Big Magic: Creative Living Beyond Fear*. New York: Riverhead Books, 2015.
- Gilbert, Elizabeth. *Eat, Pray, Love: One Woman's Search for Everything Across Italy, India, and Indonesia*. New York: Riverhead Books, 2006.
- Strayed, Cheryl. *Wild: From Lost to Found on the Pacific Coast Trail*. New York: Vintage Books, 2013.