

TRICIA ZODY  
*Another Beautiful Life*  
COACHING

## Recommended Reading

The Bible (first and foremost)

The Body Keeps The Score – Bessel Van Der Kolk, M.D.

Anatomy Of The Soul – Curt Thompson, M.D.

Switch On Your Brain – Dr. Caroline Leaf

When Faith Meets Therapy – Dr. Tony Evans

Victory Over The Darkness – Neil T. Anderson

Getting Past Your Past – Francine Shapiro, PhD

Walking With God Through Suffering and Pain – Timothy Keller

Soul Keeping – John Ortberg

I Don't Want A Divorce – Dr. David Clarke

After Suicide – John H. Hewett