

Engaged Family Practice Recommended Reading List

Recommended Reading:

- Peace, Love, Action: Everyday Acts of Goodness, Tanya Zabinski (Plum Blossom Books, 2019)
- Love and Rage: The Path of Liberation through Anger, Lama Rod Owens, (North Atlantic Books, 2020)
- My Grandmothers Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies, Resmaa Menakem (Central Recovery Press; 2017)
- Radical Dharma: Talking Race, Love, and Liberation, Rev. angel Kyodo Williams (North Atlantic Books, 2016)
- We Want to Do More than Survive: Abolitionist Teaching and the Pursuit of Educational Freedom, Betina Love (Beacon Press, 2019)
- Turn This World Inside Out: The Emergence of a Nurturance Culture, Nora Samaran (AK Press, 2019)
- Mindful of Race, Ruth King (Sounds True, 2018)
- The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities through Mindfulness, Rhonda Magee (Penguin, 2019)
- How to Be Antiracist, Ibram X. Kendi (Random House, 2019)
- Trauma-Informed Mindfulness with Teens, Sam Himmelstein: A Guide for Mental Health Professionals (WW Norton & Company, 2020)
- Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing, David Treleaven (WW Norton & Company, 2018)
- The Buddhist Psychology of Awakening: An In-Depth Guide to Abhidharma, Steven D. Goodman (Shambhala, 2020)
- Re-Envisioning Family Therapy: Race, Culture, and Gender in Clinical Practice, edited by Monica McGoldrick and Kenneth V. Hardy (The Guilford Press, 2008)
- Interbeing: The Fourteen Mindfulness Trainings of Engaged Buddhism, Thich Nhat Hanh (Parallax, Fourth edition, 2020)
- Spiritual Ecology: The Cry of the Earth, edited by Llewellyn Vaughan-Lee (The Golden Sufi Center; Second edition, September 1, 2016)
- Touching the Earth: 46 Guided Meditations for Mindfulness Practice, Thich Nhat Hanh (Parallax, 2004)
- World As Lover, World As Self, Joanna Macy (Parallax Press, 2003)
- Ecodharma: Buddhist Teachings for the Ecological Crisis, David Loy (Wisdom Publications, 2019)
- Green Buddhism: Practice and Compassionate Action in Uncertain Times, Stephanie Kaza (Shambhala, 2019)
- Conversations with Trees: An Intimate Ecology, Stephanie Kaza (Shambhala, 2019)
- A Wild Love for the World: Joanna Macy and the Work of Our Time, Joanna Macy (Shambhala, 2020)
- Active Hope: How to Face the Mess We're in without Going Crazy, Joanna Macy (New World Library, 2012)

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants, Robin Kimmerer (Milkweed Editions, October 13, 2020)
Branching Streams Flow in the Darkness: Zen Talks on the Sandokai, Shunryu Suzuki (Regents of University of California, 1999)
Mountains and Rivers Sutra: A Weekly Practice Guide, Teachings by Norman Fischer, Transcribed by Kuya Minogue (Sumeru Press, 2020)
Care Work, Dreaming Disability Justice by Leah Lakshmi Piepzna-Samarasinha
The Wild Edge of Sorrow, Rituals of Renewal and the Sacred Work of Grief by Francis Weller
The Embodied Teen by Susan Bauer
Yoga Calm for Children (Gillen & Gillen, 2007)
Mindful Movement: 10 Exercises for Well-Being
Yoga with Kids by Jodi Komitor
One Hand Clapping, Zen Stories for All Ages by Rafe Martin
The Power of Showing Up, How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired by Daniel Siegel
Six Healing Sounds: Qigong for Children by Lisa Spillane
Trauma Sensitive Mindfulness by David Treleaven