

Last Name	First Name	Title	Genre	Tags	Language
Anzaldua	Gloria	Borderlands / La Frontera	Non-fiction	feminism; women of color; intersectional; indigenous; research; theory	Combination
Anzaldua	Gloria	Light in the Dark	Non-fiction	feminism; women of color; intersectional; indigenous; research; theory	Combination
Bechdel	Alison	Fun Home: A Family Tragicomic	Memoir	memoir; queer; lesbian; LGBTQIA+; family violence	English
Bechdel	Alison	Fun Home: Una Familia Tragicomica	Memoir	memoir; queer; lesbian; LGBTQIA+; family violence	Spanish
Blackwell	Kelsey	Decolonizing the Body: Healing, Body-Centered Practices for Women of Color to Reclaim Confidence, Dignity, and Self-Worth	Non-fiction	women of color; mental health; healing; wellness; self-help; self-care; body	English
Bongiovanni	Archie	A Quick & Easy Guide to They/Them Pronouns	Non-fiction	queer; LGBTQIA+; pronouns; nonbinary; guide	English
Brown	Brene	Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone	Non-fiction	mental health; self-help; self-care; courage; love; vulnerability	English

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Brown	Brene	Desafiando la tierra salvaje	Non-fiction	mental health; self-help; self-care; courage; love; vulnerability	Spanish
Brown	Adrienne Maree	Pleasure Activism: The Politics of Feeling Good	Non-fiction	activism; feminism; body; pleasure	English
Buchwald	Emilie	Transforming a Rape Culture	Non-fiction	theory; research; sexual violence; intimate partner violence; domestic violence	English
Burke	Tarana	Unbound: My Story of Liberation and the Birth of the Me Too Movement	Memoir	healing; mental health; sexual assault; sexual abuse; #metoo	English
Burke	Tarana	You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience	Non-fiction	healing; mental health; vulnerability; African American; Black Experience	English
Burke Harris	Nadine	El Pozo Más Profundo: Sanar los Efectos a Largo Plazo de las Experiencias Infantiles Adversas	Non-fiction	healing; childhood trauma; adversity; sexual trauma; adverse childhood experiences; embodied stress	Spanish

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Burke Harris	Nadine	The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity	Non-fiction	healing; childhood trauma; adversity; sexual trauma; adverse childhood experiences; embodied stress	English
Clark	Annie	We Believe You: Survivors of Campus Sexual Assault Speak Out	Non-fiction	campus; sexual assault; sexual violence; domestic violence; intimate partner violence;	English
Cooper	Brittney	Eloquent Rage: A Black Feminist Discovers Her Superpower	Non-fiction	Black feminism; feminism; affect	English
Criado	Anabel	Cómo Vaciar tu Mochila Emocional: Recupérate del Trauma en Mente, Emoción, y Cuerpo	Non-fiction	trauma; mental health; self-help; self-care	Spanish
Curran	Linda	101 Trauma-Informed Interventions: Activities, Exercises, and Assignments to Move the Client and Therapy Forward	Non-fiction	research; professionals; counseling; social work	English
Dickens	Risa	Missing Witches: Recovering True Histories of Feminist Magic	Non-fiction	feminism; intersectional; indigenous; reclamation	English
DK		El libro de la historia LGBTQ+ (The LGBTQ+ History Book)	Non-fiction	LGBTQIA+; history	Spanish

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Duncan	Monique	Freedom Braids	Non-fiction	Black history; Black experience; hair	English
Factora-Borchers	Lisa	Dear Sister: Letters from Survivors of Sexual Violence	Non-fiction	sexual violence; intimate partner violence; domestic violence; feminism; sisterhood	English
Factora-Borchers	Lisa	Dear Sister: Letters from Survivors of Sexual Violence	Non-fiction	sexual violence; intimate partner violence; domestic violence; feminism; sisterhood	English
Flanders	Cait	The Year of Less: How I Stopped Shopping, Gave Away My Belongings, and Discovered Life is Worth More Than Anything You Can Buy in a Store	Memoir	addiction; shopping addiction; self-help; self-care; zero waste; mindfulness	
Foo	Stephanie	Lo Que Saben Mis Huesos: El Relato de una Curación de Trauma Completo	Memoir	complex trauma; memoir	Spanish
Foo	Stephanie	What My Bones Know: A Memoir of Healing from Complex Trauma	Memoir	complex trauma; memoir	English
G.	Mady	A Quick & Easy Guide to Queer & Trans Identities	Non-fiction	queer; LGBTQIA+; pronouns; nonbinary; guide	English

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Gay	Roxane	Not That Bad: Dispatches from Rape Culture	Non-fiction	essays; anthology; cultural criticism; rape culture; rape epidemic; survivor stories	
Ginwrieth	Shawn	Hope and Healing in Urban Education: How Urban Activists and Teachers Are Reclaiming Matters of the Heart	Non-fiction	teaching; theory; anti-racisms; reclamation	English
Gomez	Edgar	High-Risk Homosexual: A Memoir	Memoir	memoir; queer; LGBTQIA+; Latinx; Latine; machismo	English
Gonzalez	Anabel	No Soy Yo: Entendiendo el Trauma Complejo, el Apego, y la Disociación: una Guía para Pacientes	Non-fiction	complex trauma; mental health; self-help; self-care	Spanish
Gray	Mandi	Suing for Silence: Sexual Violence and Defamation Law	Non-fiction	research; sexual violence; law; legal theory; defamation; Canada	English
Guadalupe- Diaz	Xavier	Transgressed: Intimate Partner Violence in Transgender Lives	Non-fiction	transgender; intimate partner violence; LGBTQIA+; family violence	Spanish

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Gutierrez	Natalie Y.	The Pain We Carry: Healing from Complex PTSD for People of Color	non-fiction	healing; people of color; poc; complex ptsd; post traumatic stress disorder; reclaiming; wholeness; systemic trauma; intergenerational trauma; attachment trauma; recovering	English
Han	C. Winter	Geisha of a Different Kind: Race and Sexuality in Gaysian America	Non-fiction	research; queer theory; Asian American; masculinity	English
Harris	Jessica	Intersections of Identity and Sexual Violence on Campus: Centering Minoritized Students' Experiences	Non-fiction	research; theory; intersectional; sexual violence; sexual assault; intimate partner violence; college campus	English
Harrison	Christy	Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating	Non-fiction	diet; recovery; body; eating disorder	English

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Herman	Judith L.	Trauma and Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror	Non-fiction	trauma; domestic abuse; political terror	English
Hersey	Tricia	Rest Is Resistance	Non-fiction	resistance; Black feminism; Black feminist theory; anti-capitalist; materialist	English
Heumann	Judith	Being Heumann: An Unrepentant Memoir of a Disability Rights Activist	Memoir	disability; memoir	English
Hill	Myisha	Heal Your Way Forward: The Co-Conspirator's Guide to an Anti-Racist Future	Non-fiction	activism; collectivism; interracial; healing; justice; racial justice	English
Hirsch	Jennifer	Sexual Citizens: Sex, Power, and Assault on Campus	Non-fiction	research; sexual assault	English
Hooks	Bell	All About Love: New Visions	Non-fiction	feminism; Black feminism; love; healing	English
Hooks	Bell	El feminismo es para todo el mundo	Non-fiction	feminism; politics; research; theory	Spanish
Hooks	Bell	Feminism Is for Everybody: Passionate Politics	Non-fiction	feminism; politics; research; theory	English

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Johnson	George	All Boys Aren't Blue: A Memoir-Manifesto	Memoir	memoir; queer; LGBTQIA+; masculinity; African American	English
Keene	Adrienne	Notable Native People: 50 Indigenous Leaders, Dreamers, and Changemakers from Past and Present	Non-fiction	Indigenous; reclamation	English
Knapp	Caroline	Apetitos (Spanish Edition)	Memoir	eating disorders; anorexia; memoir	Spanish
Knapp	Caroline	Appetites: Why Women Want	Memoir	eating disorders; anorexia; memoir	English
Leung	Lara	Gratitude Journal in Filipino: Araw araw na pasasalamat with 100 pages of affirmation prompts, notes section, for mental health and daily inspiration, in Tagalog	Non-fiction	healing; mental health; self-help; self-care; journal; affirmations; Filipino; Tagalog	Tagalog
Linklater	Renee	Decolonizing Trauma Work: Indigenous Stories and Strategies	Non-fiction	Indigenous; healing; wellness; research; professionals; counseling	English
Lloyd	Rachel	Girls Like Us: Fighting for a World Where Girls Are Not for Sale	Memoir	memoir; child sex trafficking; recovery; healing; non-profit	English

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Lorde	Audre	Sister Outsider: Essays and Speeches	Non-fiction	research; theory; feminism; Black feminism; intersectional; queer; LGBTQIA+	English
Machado	Carmen	In the Dream House: A Memoir	Memoir	memoir; queer; LGBTQIA+; lesbian; Latina; women of color; intimate partner violence	English
Machado	Carmen	In the Dream House: A Memoir	Memoir	memoir; queer; LGBTQIA+; lesbian; Latina; women of color; intimate partner violence	English
MacKenzie	Jackson	Whole Again: Healing Your Heart and Rediscovering Your True Self After Toxic Relationships and Emotional Abuse	Non-fiction	healing; mental health; self-help; self-care; toxic relationships; emotional abuse	English
Maiuro	Roland D.	Perspectives on Stalking: Victims, Perpetrators, and Cyberstalking	Non-fiction	stalking; cyberstalking; academic; sociology; domestic partner abuse; criminology; perspectives	English

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Mann	Susan	Doing Feminist Theory: From Modernity to Postmodernity	Non-fiction	theory; research; feminism; feminist theory; intersectional	English
Mate	Gabor	The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture	Non-fiction	trauma; illness; healing; stress; sickness; health	English
Mattingly	Jayne	This Is Body Grief: Making Peace with the Loss That Comes with Living in a Body	Non-fiction	disability; body; grief, recovery; acceptance; reclamation; self-help; eating disorders	English
McBride	Hillary L.	The Wisdom of Your Body: Finding Healing, Wholeness, and Connection through Embodied Living	Non-fiction	body; shame; stress; trauma; reconnecting; recovering; self-help; eating disorders; embodied living	English
Meloy	J. Reid	The Psychology of Stalking: Clinical and Forensic Perspectives	Non-fiction	stalking; academic; sociology; domestic partner abuse; criminology; forensic psychology;	English

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Menakem	Resmaa	My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies	Non-fiction	trauma; racialized trauma; racism; the body	English
Menakem	Resmaa	My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies	Non-fiction	trauma; racialized trauma; racism; the body	English
Miller	Chanel	Know My Name: A Memoir	Memoir	memoir; women of color; Asian American; sexual assault; #metoo	English
Miller	Chanel	Tengo un nombre / Know My Name: A Memoir (Spanish Edition)	Memoir	memoir; women of color; Asian American; sexual assault; #metoo	Spanish
Mock	Janet	Redefining Realness: My Path to Womanhood, Identity, Love & So Much More	Memoir	memoir; queer; LGBTQIA+; transgender; Hawaiian; African American; family violence	English

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Moraga	Cherrie	This Bridge Called My Back: Writings by Radical Women of Color	Non-fiction	feminism; intersectional; indigenous; reclamation; women of color; mestiza	English
Muldoon	Molly	A Quick & Easy Guide to Asexuality	Non-fiction	queer; LGBTQIA+; asexual; asexuality; guide	English
Mullan	Jennifer	Decolonizing Therapy: Oppression, Historical Trauma, and Politicizing Your Practice	Non-fiction	colonial; decolonial; anticolonial; mental health; oppression; institutional violence; intergenerational; healing practices; decolonization; collective trauma; collective healing; psychology; post-traumatic stress; ptsd	English
Munson	Jean	Stretch Marks: A Psychological Autobiography	Memoir		English
Park Hong	Kathy	Minor Feelings: An Asian American Reckoning	Non-fiction	research; theory; Asian American; essays	English

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Parker	Lara	Vagina Problems: Endometriosis, Painful Sex, and Other Taboo Topics	Memoir	vagina; female health; reproductive health; chronic pain; endometriosis; medical; memoir; women's sexual health; obstetrics & gynecology; women's health	English
Pasos	Margarita	Yo Pude, Tú Puedes: Cómo Tomar El Control de Tu Bienestar Emocional y Convertirte en una Persona Imparable	Non-fiction	mental health; emotional well-being; self-help; self-care	Spanish
Pasquale	Tesesa	Sacred Wounds: A Path to Healing from Spiritual Trauma	Non-fiction	self-help; self-care; emotional well-being; spiritual trauma; healing	English
Patterson	Jennifer	Queering Sexual Violence: Radical Voices from within the Anti-Violence Movement	Non-fiction	queer; queer theory; queer studies; research; theory; sexual violence; sexual assault; intimate partner violence; domestic violence	English
Perry	Bruce D.	What Happened to You?: Conversations on Trauma, Resilience, and Healing	Non-fiction	trauma; healing; resilience	English

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Puddicombe	Andy	Get Some Headspace: How Mindfulness Can Change Your Life in Ten Minutes a Day	Non-fiction	mindfulness; healing; recovery; how to; self-help; self-care	English
Robinson	Lori	I Will Survive: The African American Guide to Healing from Sexual Assault and Abuse	Non-fiction	self-help; self-care; emotional well-being; healing; African American; sexual assault; sexual abuse; sexual violence; intimate partner violence; domestic violence	English
Roisin	Fariha	Being in Your Body: A Journal of Self-Love and Body Positivity	Non-fiction	body; body positivity; journal	English
Runkle	Anna	Re-Regulated: Set Your Life Free from Childhood PTSD and the Trauma-Driven Behaviors That Keep You Stuck	Non-fiction	self-help; childhood ptsd; trauma; recovery; healing	English
Sanchez	Erika	I Am Not Your Perfect Mexican Daughter	Fiction	trauma; immigrant; immigration; Mexican; death; grief & loss	English
Sanchez	Erika	Yo no soy tu perfecta hija mexicana / I Am Not Your Perfect Mexican Daughter (Spanish Edition)	Fiction	trauma; immigrant; immigration; Mexican; death; grief & loss	Spanish

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Schwartz	Richard C.	No Bad Parts: Healing Trauma & Restoring Wholeness with the Internal Family Systems Model	Non-fiction	trauma; wholeness; healing; internal family systems	English
Schwartz	Richard C.	No Hay Partes Malas: Sanar el Trauma y Recobrar la Plenitud con el Modelo de Sistemas de Familia Interna	Non-fiction	trauma; wholeness; healing; internal family systems	Spanish
Segrelles	Marta	Abraza a la Niña Que Fuiste: Sana las Heridas del Pasado y Reconecta con tu Interior	Non-fiction	mental health; emotional well-being; self-help; self-care; inner child	Spanish
Sorell	Traci	We Are Still Here!: Native American Truths Everyone Should Know	Non-fiction	Indigenous; reclamation	English
Spiegel	Cyndie	A Year of Positive Thinking: Daily Inspiration, Wisdom, and Courage	Non-fiction	self-help; self-care; emotional well-being	English
Stellas	Constance	The Astrological Guide to Self-Care: Hundreds of Heavenly Ways to Care for Yourself—According to the Stars	Non-fiction	Astrology; healing; self-help; self-care	English
Stellas	Constance	The Astrological Guide to Self-Care: Hundreds of Heavenly Ways to Care for Yourself—According to the Stars	Non-fiction	Astrology; healing; self-help; self-care	English

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Stone	Robin	No Secrets No Lies: How Black Families Can Heal from Sexual Abuse	Non-fiction	sexual abuse; sexual violence; domestic violence; intimate partner violence; sexual assault; Black families	English
Taylor	Sonya Renee	The Body Is Not an Apology: The Power of Radical Self-Love	Non-fiction	self-love; self-help; self-care; acceptance; emotional well-being; body positivity	English
Taylor	Sonya Renee	The Body Is Not an Apology: The Power of Radical Self-Love	Non-fiction	self-love; self-help; self-care; acceptance; emotional well-being; body positivity	English
Van der Kolk	Bessel	El cuerpo lleva la cuenta: cerebro, mente y cuerpo en la superación del trauma / The Body Keeps the Score (Spanish Edition)	Non-fiction	mental health; self-help; self-care; trauma; body	Spanish
Van der Kolk	Bessel	The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma	Non-fiction	mental health; self-help; self-care; trauma; body	English
Van Dernoot Lipsky	Laura	Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others	Non-fiction	trauma; self-help; self-care; emotional well-being	English

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Vuong	Ocean	On Earth We're Briefly Gorgeous: A Novel	Fiction	immigration; immigrants; Vietnam; queer	English
Wall Kimmerer	Robin	Braiding Sweetgrass for Young Adults: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants	Non-fiction	Indigenous; healing; wellness; plant medicine; plant therapy	English
Warshaw	Robin	I Never Called It Rape - Updated Edition: The Ms. Report on Recognizing, Fighting, and Surviving Date and Acquaintance Rape - A Landmark Feminist Guide to the Rape Epidemic and Healing	Non-fiction	feminism; date rape; rape culture; sexual assault; sexual violence; victim survivors; healing resources	English
Whitaker	Holly	Quit Like a Woman: The Radical Choice to Not Drink in a Culture Obsessed with Alcohol	Memoir	quitting drinking; drinking culture; memoir; recovery; addiction; substance abuse; alcohol abuse; sobriety; feminism; feminine-centric; self-help	English
Wilbur	Matika	Project 562: Changing the Way We See Native America	Photography	Indigenous; Native American; reclamation; representation	English

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Wolynn	Mark	Este Dolor No Es Mío: Identifica y Resuelve los Traumas Familiares Heredados	Non-fiction	family trauma	Spanish
Wolynn	Mark	It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle	Non-fiction	family trauma	English
Yu	Tiffany	The Anti-Ableist Manifesto: Smashing Stereotypes, Forging Change, and Building a Disability-Inclusive World	Non-fiction	disability	English
Zauner	Michelle	Crying in H Mart: A Memoir	Memoir	memoir; Asian American; grief & loss; mother-daughter	English