

## **Articles**

1. [What is secure attachment and why is it important to know about?](#)

## **Books**

1. *Waking the Tiger* – Peter Levine
2. *Trauma Proofing Your Kids* – Levine and Kline
3. *In An Unspoken Voice* – Peter Levine
4. *The Presence Process* – Michael Brown
5. *The Trauma Spectrum* – Richard Scaer
6. *Touch* – Michael Changaris
7. *Radical Acceptance* – Tara Brach
8. *Nurturing Resilience* – Kain and Terrell
9. *Women Who Run with the Wolves* – Clarissa Pinkola Estes
10. *Parenting from the Inside Out* – Siegel and Hartzell
11. *The Mindful Brain* – Daniel Siegel
12. *You're the One You've Been Waiting For* – Dick Schwartz

## **Research on the Effects of Touch**

1. [Mayo Clinic. "Gut Touch" Mayo Clinic Researchers Discover Important Trigger for Serotonin Release. \(8/21/2018\)](#)
2. [Key Studies in Touch Research. Adomat, R., & Killingworth, A. \(1994\). Care of the critically ill patient: The impact of stress on the use of touch in intensive therapy units. Journal of Advanced Nursing, 19\(5\), 912-922.](#)
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