

Recommended Booklist for Survivors



The Body Keeps the Score — Bessel van der Kolk

[The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma:](#)

[Amazon.co.uk: Kolk, Bessel van der: 9780141978611: Books](#)

A foundational book that helps survivors understand *why* their body reacts the way it does. It explains how trauma lives in the nervous system and offers a wide range of healing options, not as prescriptions, but as possibilities. Many survivors find it validating because it frames trauma responses as adaptive, not failures.



Waking the Tiger: Healing Trauma — Peter A. Levine

[Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming](#)

[Experiences: Amazon.co.uk: Levine, Peter A.: 9781556432330: Books](#)

A gentle introduction to somatic healing. Levine focuses on how the body instinctively tries to complete survival responses and how trauma interrupts that process. The book emphasises that healing can happen slowly, safely, and without re-exposing yourself to painful memories.



The Body Remembers — Babette Rothschild

[The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment](#)

[\(Norton Professional Books \(Hardcover\)\): Amazon.co.uk: Rothschild, Babette:](#)

[9780393703276: Books](#)

A clear, grounding guide to how the body stores trauma and how to work with sensations safely. Rothschild is very careful about pacing and consent in healing work, which many survivors appreciate.



When the Body Says No — Gabor Maté

[When the Body Says No: The Cost of Hidden Stress \(Vermilion\): Amazon.co.uk:](#)
[Maté, Dr Gabor: 9781785042225: Books](#)

Explores how long-term stress and emotional suppression can affect the body. Survivors often find it validating because it reframes physical symptoms as meaningful signals rather than personal failures.



Trauma Is Really Strange — Steve Haines

[Trauma is Really Strange \(New\) | Steve Haines | 9781848192935 | Awesome Books](#)

A graphic, easy-to-digest explanation of trauma and the nervous system. It's especially helpful if you want clarity without clinical heaviness.



Complex PTSD: From Surviving to Thriving — Pete Walker

[Complex PTSD: From Surviving to Thriving: A GUIDE AND MAP FOR RECOVERING FROM CHILDHOOD TRAUMA: Amazon.co.uk: Walker, Pete: 8601420534247: Books](#)

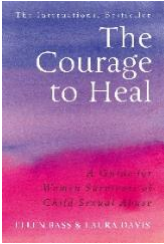
A deeply compassionate guide for people who grew up in unsafe or emotionally neglectful environments. Walker normalises common survival responses, emotional flashbacks, people-pleasing, hypervigilance and offers tools for self-soothing, boundaries, and inner-child care. Many survivors find it grounding because it frames these patterns as adaptations, not flaws.



What My Bones Know — Stephanie Foo

[What My Bones Know \(New\) | Stephanie Foo | 9781911630968 | Awesome Books](#)

A memoir about growing up with complex trauma and navigating adulthood while learning what healing actually looks like. Foo writes with honesty and gentleness about therapy, identity, and the nonlinear nature of recovery. Many survivors feel seen by her mix of vulnerability and resilience.



The Courage to Heal — Ellen Bass & Laura Davis

[The Courage to Heal \(New\) | Ellen Bass | 9780091884208 | Awesome Books](#)

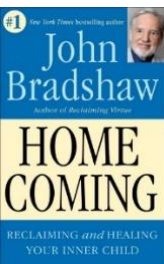
A long-standing resource created specifically for survivors of childhood sexual abuse. It focuses on validation, reclaiming agency, and understanding common emotional patterns without blaming or pressuring the reader. Many survivors appreciate its emphasis on choice, pacing, and the idea that healing is not linear.



What's happened to you? - by Dr Bruce Perry and Oprah Winfrey

[What Happened to You?: Conversations on Trauma, Resilience, and Healing: Amazon.co.uk: Winfrey, Oprah, Perry, Bruce: 9781529068467: Books](#)

A gentle, accessible book that helps survivors understand how trauma shapes the brain and body. It shifts the focus from “What’s wrong with me” to “What happened to me,” validating that trauma responses are survival responses and that healing becomes possible through safety, connection, and understanding.



Home Coming - Reclaiming & championing your inner child - John Bradshaw

[Amazon.co.uk : john bradshaw homecoming](#)

A compassionate guide to understanding and healing the wounded inner child. Bradshaw helps survivors recognise how early trauma shapes adult patterns and offers gentle, practical ways to rebuild self-worth, boundaries, and emotional safety at a pace that feels manageable.