## Personal Resilience and the Adaptive Mind

### Selected Resources*  


### Learning About Stress, Mental Health, Resilience, Transformation

- Bessel van der Kolk (2015): *The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma* ([https://amzn.to/2PwWU61](https://amzn.to/2PwWU61))
- Soul-focused mentoring (Jade Sheren) - [https://www.itsournature.net/soul-focused-mentoring](https://www.itsournature.net/soul-focused-mentoring)
- Rick Hanson (2018): *Resilient: How to Grow an Unshakable Core of Calm, Strength and Happiness* ([https://amzn.to/2UZz7rg](https://amzn.to/2UZz7rg))
- Rebecca Solnit (2016): *Hope in the Dark* ([https://amzn.to/2UJKsRp](https://amzn.to/2UJKsRp))
- Monica Sharma (2017): *Radical Transformational Leadership* ([https://amzn.to/2WAlAmf](https://amzn.to/2WAlAmf))

### Being with Our Emotions

- The Work that Reconnects (Joanna Macy) – [https://workthatreconnects.org/](https://workthatreconnects.org/) (see also [https://www.activehope.info/work-that-reconnects.html](https://www.activehope.info/work-that-reconnects.html) and [https://www.joannamacy.net](https://www.joannamacy.net))
- Grief work (Francis Weller)  
  [https://www.francisweller.net](https://www.francisweller.net) and [http://www.wisdombridge.net](http://www.wisdombridge.net)
- Good Grief Network – 10-step program, also resources for talking about climate change  
  [https://www.goodgriefgroup.org](https://www.goodgriefgroup.org)
- Climate Psychology Alliance: Facing Difficult Truths - [https://www.climatepsychologyalliance.org/](https://www.climatepsychologyalliance.org/)
- Climate Psychiatry Alliance - [https://www.climatepsychiatry.org/](https://www.climatepsychiatry.org/)
- Psychology for a Safe Climate - [https://www.psychologyforasafeclimate.org/](https://www.psychologyforasafeclimate.org/)

### Communicating with Others about What’s Happening on Earth

- Council on the Uncertain Human Future - [https://councilontheuncertainhumanfuture.org/](https://councilontheuncertainhumanfuture.org/)
- Climate Disobedience Center’s Praxis Groups - [http://www.climatedisobedience.org/praxis](http://www.climatedisobedience.org/praxis)
- Climate Access – [www.climateaccess.org](http://www.climateaccess.org)