

APPENDIX B—SUGGESTED READINGS

You can take excerpts from these or use whole pieces of writing

Books / Essays:

Creative Non-Fiction or Memoir:

- The Things They Carried—Tim O'Brien
- The Blessing—Gregory Orr
- The 4th State of Matter—Jo Ann Beard
- Refuge—Terry Tempest Williams
- The Year of Magical Thinking—Joan Didion

Fiction:

- In The Gloaming—Alice Elliott Dark

Anthologies:

The Healing Art of Writing—UCSF Press; Vol. 1 & 2

Poetry: (various books & anthologies, but otherwise, too numerous to detail here.)

- Poetry in Medicine—Ed. Michael Salcman
- The Healing Art: A Doctor's Black Bag of Poetry—Rafael Campo, MD.
- Poetic Medicine—John Fox
- The Art of Losing—Kevin Young
- Poetry as Survival—Gregory Orr
- The Moth Eaten World—Suzanne Edison
- The Body Lives Its Undoing—Suzanne Edison & The Benaroya Research Institute

Other Resources—Brain & Writing:

Books:

- The Synaptic Self—Joseph LeDoux
- The Emotional Brain—Joseph LeDoux
- The Body Keeps the Score—Bessel Van der Kolk

Articles:

Putting Feelings Into Words: Affect Labeling Disrupts Amygdala Activity in Response to Affective Stimuli--

Matthew D. Lieberman, Naomi I. Eisenberger, Molly J. Crockett, Sabrina M. Tom,
Jennifer H. Pfeifer, and Baldwin M. Way

– [http://www.scn.ucla.edu/pdf/AL\(2007\).pdf](http://www.scn.ucla.edu/pdf/AL(2007).pdf)