

## **Books Recommended During the Burnout Event by Speakers and Audience Members**

- **Strongmen: Mussolini to the Present** by Ruth Ben-Ghiat
- **How to Keep House While Drowning Why We Sleep** by kc davis, lpc
- ***The Body Keeps the Score*** by Bessel van der Kolk
- **The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation** by Stephen W. Porges
- **Why Zebras Don't Get Ulcers** by Robert Sapulsky
- **The Way Out: A Revolutionary, Scientifically Proven Approach to Healing Chronic Pain** by Alan Gordon and Alon Ziv