



[www.thebridgefirstaid.co.uk](http://www.thebridgefirstaid.co.uk)

## Books List – with audible links

Please e mail [info@thebridgefirstaid.co.uk](mailto:info@thebridgefirstaid.co.uk) with your recommendations. We are currently reviewing material relating the corona virus pandemic. Here is a quote from our latest read “A New Earth by Eckhart Tolle”. Offering a guide to breaking down the ego to create a new world order based on self-compassion and hope, this book from the mindfulness guru offers us all a ray of hope as we face the biggest cultural and spiritual shake-up of a generation.

*“When faced with a radical crisis, when the old way of being in the world, of interacting with each other and with the realm of nature doesn't work anymore, when survival is threatened by seemingly insurmountable problems, an individual life-form - or a species - will either die or become extinct or rise above the limitations of its condition through an evolutionary leap”*

**The Power of Vulnerability:** Teachings of Authenticity, Connection, and Courage

[By: Brené Brown PhD](#)

**Dare to Lead**

[By: Brené Brown](#)

**Why Zebras Don't Get Ulcers:** The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping - Now Revised and Updated

[By: Robert M. Sapolsky](#)

**The Body Keeps the Score:** Mind, Brain and Body in the Transformation of Trauma

[By: Bessel van der Kolk](#)

**The Stranger on the Bridge**

[By: Jonny Benjamin, Britt Pflüger \(Sample\)](#)

**Waking the Tiger:** Healing Trauma

[By: Peter A. Levine, Ann Frederick](#)

**Why We Sleep:** The New Science of Sleep and Dreams

[By: Matthew Walker](#)



[www.thebridgefirstaid.co.uk](http://www.thebridgefirstaid.co.uk)

**Selfie:** How We Became So Self-Obsessed and What It's Doing to Us

[By: Will Storr](#)

**Blink**

[By: Malcolm Gladwell](#)

**A Mind at Home with Itself**

How Asking Four Questions Can Free Your Mind, Open Your Heart, and Turn Your World Around

[By: Byron Katie, Stephen Mitchell](#)

**Loving What Is**

Four Questions That Can Change Your Life

[By: Byron Katie, Stephen Mitchell](#)