



Masterclass Resource List - Grief, Loss and Mental Health: One Year into a New World.

Lara Effland's (LCISW) Resource Suggestions:

- Book: [Where Ever You Go There You Are](#) by Jon Kabat Zinn
- Book: [When Things Fall Apart](#) by Pema Chodron
- Book: [Dialectical Behavior Therapy Skills Workbook for Bulimia](#) by Dr. Ellen Astrachan-Fletcher and Dr. Michael Maslar
- Book: [Dialectical Behavior Therapy Skills Workbook](#) by Dr. Matthew Mckay, Dr. Jeffrey Wood, and Dr. Jeffrey Brantley

Mimi Cole's Resource Suggestions:

- Instagram: [@obsessivelyeverafter](#) [@kimberleyquinlan](#)
- Podcast: [Food Heaven](#)

Patrick Devenny's Resource Suggestions:

- Book: [The Subtle Art Of Not Giving A F*](#) by Mark Mason
- Book: [Atomic Habits](#) by James Clear
- Book: [Boundaries](#) by Henry Cloud and John Townsend
- Fun activities to get me out of my head: Italian lessons and road biking

Robyn's Resource Suggestions:

- Book: [Making Peace with Your Plate](#) by Robyn Cruze and Espra Andrus
- Podcast: [Tara Brach](#)
- Podcast: [Good Life Project](#)
- Support Group: [She Recovers](#)
- OCD Online Resources: [Made of Millions Foundation](#) and [International OCD Foundation](#)

Nonprofit Resource of the Month: SHE RECOVERS

- [SHE RECOVERS Together Online Zoom Gatherings are trauma-informed and voluntarily facilitated by Professional SHE RECOVERS Coaches who meet you right where you are.](#)
- [Yoga with Taryn Strong](#)
- [Sharing Circles](#)