**Trauma and Addiction: A Tangled Relationship**

**Resource and Book List**

**April 30, 2020**

Recommended Books

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

by Bessel van der Kolk

In the Realm of Hungry Ghosts: Close Encounters with Addiction

by Gabor Maté

The Four Agreements

by Don Miguel Ruiz

Why Zebras Don't Get Ulcers

by Robert Sapolsky

Waking the Tiger

 By Peter Levine

In an Unspoken Voice

 By Peter Levine

Online Resources:

TED talk about the neuroscience of addiction

https://www.ted.com/talks/rachel\_wurzman\_how\_isolation\_fuels\_opioid\_addiction

Adverse Childhood Experiences (ACEs)

<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>