

Resource and reference relating to bibliotherapy and narrative medicine:

Mary Pat Benning
Heartfelt Books, LLC
www.HeartfeltBooks.us
MaryPat.Benning@HeartfeltBooks.us
(Bibliotherapy/Narrative Medicine resources)

Read Aloud 15 Minutes
www.ReadAloud.org
(More about Dr. John Hutton's work)

Hey Sigmund
www.heysigmund.com
(Anxiety-focused resources)



Video that teaches Jin Shin Jyutsu hand calming:

<https://www.youtube.com/watch?v=jle1DbtARgl>