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The Psychology of Resilience: The Heroic Journey Bibliography

The following books span a wide variety of professions, cultures and belief systems. Some are strictly for a mental health clinician and some are written for the general public (of all ages). The titles below may be autobiographies, biographies, non-fiction, fiction, spiritual, clinical or professional. If you are a clinician, please read the book before referring to a client or patient. It will be up to your judgment the appropriateness of the resource. Titles marked with asterisk (*****) are of special help. To recommend titles to be added to this list, please email Melissa Bradley at heroicjourney@comcast.net Thank you!

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OTHER RECOMMENDATIONS FROM THE SEMINAR:

Holy Texts from most religious traditions have excellent examples of the heroic journey. Because there are so many versions of - for instance - the Bible, they have not been specifically included in this bibliography.