



Recommended Reading from Emotional Wellness Director, Carol Gelbard, LCSW:

Self-Compassion: The Proven Power of Being Kind to Yourself. by Kristin Neff Ph.D

Moving Through Grief: Proven Techniques for Finding Your Way After Any Loss by Gretchen Kubacky

Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain by Peter Levin

The Chronic Illness Workbook: Strategies and Solutions for Taking Back Your Life. by Patricia Fennell