

Essential Audiobook List

for Survivors of Relational Trauma



by Harris Eddie Hill

Relational Trauma Practitioner
for the Adult Family Caregiver

Introduction


When your long-term relationships were complicated, even if you're determined to overcome trauma and learn new, healthier ways of being and relating to others, it can be confusing knowing where to start and to know what you're aiming for!

So many of my knowledge gaps were filled by books (on audio as I have the attention span of a poorly-regulated goldfish), many of which I recommend to my clients now.

Since learning so much of what emotional wellbeing, healthy relationships and secure attachment look like, it's given me the most amazing and helpful framework to work towards.

So I've compiled the following reading list for you, so you can begin to understand where you're going with more certainty and understanding.

In a tentatively suggested order (that you can ignore at your leisure), I recommend the following books as the top 4 essential reads/listens:



Available on Audible

Available in paperback

▶ Sample

The Human Magnet Syndrome
Why We Love People Who Hurt Us

By Ross Rosenberg M.Ed. LCPC CADC >

Narrated by Todd Reinhardt
Audiobook · 6h 53m

★★★★★ 91 Ratings

The Human Magnet Syndrome;
Why We Love People Who Hurt Us
by Dr. Ross Rosenberg

One of the mechanisms we naturally


develop as a survival mechanism in toxic or dysfunctional households is that our balance of self-love and loving others can become very skewed. This can mean we end up people-pleasing, unable to say no, relying on others to give us a sense of worthiness, over-giving, over-functioning and generally feeling burnt-out, resentful, and unhappy.

This book does an incredible job at describing an easy-to-conceptualise scale and a clear way to understand where you are, and therefore where your long-term connections (parents and partners in particular) are likely to be.

This book completely changed how I understood healthy relationships, and the part that I unwittingly played in my own dysfunction due to my own trauma and survival mechanisms.

The good news is that healthy connection is within you; this book will help you to

begin detangling what's what; the parts that you're already doing well and the parts that you can change for the better.



Available on Audible

Available on Scribd

Available in paperback

▶ Sample

Adult Children of Emotionally Immature Parents
How to Heal from Distant, Rejecting, or Self-Involved Parents
By Lindsay C. Gibson PsyD >

Narrated by Marguerite Gavin
Audiobook · 6h 50m
★★★★★ 751 Ratings

Adult Children of Emotionally Immature Parents; How to Heal from Distant, Rejecting, or Self-Involved Parents by Lindsay C. Gibson

I won't lie, this book took me by surprise a

bit. My understanding of my family dynamics were fairly black and white; one half of a couple being a victim and in the same position as their kids, and the other being the perpetrator against the children and against the 'gentler' partner.

This book educated me about the reality of things and how there's a little more nuance to discover in order to properly understand yourself and your relationships now.

This book helped me to recognise emotional immaturity in others, and in myself, and also gave me permission to let go of the relationships in my life that I was longing to heal, but weren't likely to. It's meant that I've been able to maintain relationships with emotionally immature people in my life that I want to keep around, but without driving myself bananas or continuing to open up the heartache that I held for some of those people. It was hard, but it's brought me a lot of peace.

Available
on Audible



▶ Sample

Healing Your Attachment Wounds

How to Create Deep and Lasting Intimate Relationships

By Diane Poole Heller >

Narrated by Diane Poole Heller

6h 6m

★★★★★ 221 Ratings

Healing Your Attachment Wounds;

How to Create Deep and Lasting Intimate Relationships

by Diane Poole Heller

This audiobook was a game changer for me. After a breakup some years ago I realised that every breakup felt the same, even if the situations were completely

different. Even if I had initiated the breakup and knew without a doubt that it was the right thing. Everything from my past would come up all at once during those break ups, even if it had nothing to do with any of it and even if that particular partner had treated me with respect the whole time.

Once I realised that attachment wounds were what was making any separation unreasonably awful, I was able to understand what I was feeling and to heal from it.

Important to note that there is a free quiz on Diane's website (google her full name) and click on 'free attachment quiz'. I found it really helpful to take the quiz before starting this book, and then again some months later to see how much I'd changed. I started off with a good mix of all four attachment styles. and nowadays I'm 95% secure and it's made navigating all relationships (not just romantic ones) far more gentle, and less like a roller-coaster.

Available
on Audible



▶ Sample

The Power of Vulnerability

Teachings of Authenticity, Connection, and
Courage

By Brené Brown >

Narrated by Brené Brown
6h 30m

★★★★★ 5523 Ratings

The Power of Vulnerability;

Teachings of Authenticity, Connection, and
Courage

by Brené Brown

I'm not exaggerating when I say that I feel like this audiobook is something that should be taught to everyone. Not only do I think it's essential in knowing how to build

a life that you can really be content in, but it connects you to a life-giving, real and raw part of yourself that you'll need in order to move forward.

Brené is a recovering addict (which she talks about in the audiobook), quantitative researcher, and a highly compassionate, witty human being. And this, in my opinion, is her best ever work.

You can use the teachings of this book to pull together everything you've taken on board from the previous three, and begin to step forwards with the tools and approaches covered in *The Power of Vulnerability*.

I hope you find this as life-giving as I did!



**Got questions? Need help?
Want to heal your trauma for
good?**

Email me at
hello@mxharrishill.com or find
me at mxharrishill.com