NOTE: This is a comprehensive categorized list of all known principles-based books through fall of 2015. This directory is intended to strengthen the resource base and understanding of interested helping professionals, trainers, and scholars. Please note the understanding addressed in these references is referred to primarily as Three Principles and in some instances as Psychology of Mind, Health Realization, Innate Health, Clarity, State of Mind, and Insight Principles.

This list includes some historically significant out of print books. In other cases titles may be available in newer or earlier editions. Some publications are available in both print and digital versions. Self-published titles indicate “Author” as publisher. With one exception audio visual resources are not included. Journal articles, professional papers, dissertations, theses and selected papers, not included here, are presented in a separate NRRC directory posted on this site.

Sample Resilience Research listings are limited to reader friendly summaries intended to bridge the gap between research and principles practice; only very selected seminal scholarly resilience research publications by pioneers Ann Masten, Emmy Werner and others are included. Additional resilience research is posted on this NRRC website.

This directory is updated annually and may not include all titles. Please send additional information to marsh008@umn.edu.

-- Kathy Marshall Emerson, 9/13/15, 7/14, updated 9/2015

**Community Empowerment**


**Corporations/Personal Coaching/Sports**


Kausen, R. (2003). *We’ve Got to Start Meeting Like This!* Trinity Center, CA: Life Education Inc.


**Education**


**History**


**Mental Health**


Carlson, R. (1997). *Don’t Sweat the Small Stuff…and it’s All Small Stuff. Simple Ways to Keep the Little Things from Taking Over Your Life.* New York: Hyperion. (Also see other titles in this series.)


Recovery and Prevention


Relationships and Parenting


Resilience Research


**Spirituality and Psychology**


**Related Website:** [nationalresilienceresource.com](http://nationalresilienceresource.com)