NOTE: This is a comprehensive categorized list of selected principles-based books through 1/2018. 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. Many are available in print, e-book or other digital versions. Self-published titles indicate “Author” as publisher. With a few exceptions 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.

Selected 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 selected directory is updated from time to time and does not include all titles. To make this list more complete please send additional information to marsh008@umn.edu.

-- Kathy Marshall Emerson, 9/13, 7/14, 9/15, updated 1/18

**Community Empowerment**


**Corporate and Personal Coaching**


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


Smart, J. (2016). *Results: Think Less, Achieve More.* Chichester, West Sussex, United Kingdom: John Wiley and Sons Ltd.


**Education: Professional Development**


(A Development of this unpublished booklet requested by Syd Banks for specific educator use in Scotland and England led to the 2013 book below.)


Power of the Three Principles in Schools (4 free online sessions for educators with Christa Campsall and Barb Aust.) Available: www.essentialcurriculum.ca/resources or www.ed-talks.com/resources.


**Education: Curriculum and Books for Children and Youth**


**History**


**Mental Health: Theory and Personal Accounts**


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**


**Sports**


**Related Website:** National Resilience Resource Center  [nationalresiliencereresource.com](http://nationalresiliencereresource.com)