**Resources**

♦ = Dr. Beth has had personal experience with these marked items

**Websites for Inspiration and learning:**

* RI Holistic Healing Association (RIHHA) - <https://rihha.org/> ♦
* Unite.Us (for Inspriation): <https://unite.us/> ♦
* Healing Arts (Integrative Counseling): <https://www.healingartsri.com/> ♦
* Mindsight Institute: <https://www.mindsightinstitute.com/>
* Brown Mindfulness Center: <https://www.brown.edu/public-health/mindfulness/>
* Science & Nonduality: <https://www.scienceandnonduality.com/>
* IONS Institute of Noatic Science: <https://noetic.org/>
* The Shift Network: <https://theshiftnetwork.com/>
* Daily Om (daily inspiration): <https://www.dailyom.com/> ♦
* Unity: <https://www.unity.org/>
* Sounds True (books, audio, podcasts, video, courses, music): <https://www.soundstrue.com/>
* EBT (Emotional Brain Training) Laurel Mellin, PhD: <https://www.ebtconnect.net/> ♦

**Authors & Teachers:**

* Kim D’Eramo, DO – Conscious Medicine: <https://drkimderamo.com/>
* Thomas Hübl – Author, Contemporary Spiritual Teacher: <https://thomashuebl.com/>
* Shanthi – Authentic Yoga Training: <https://www.yogaforhappiness.com/>
* Jeffrey Rediger, MD, MDiv – Author of *CURED: The Life Changing Science of Spontaneous Healing*
* Peter Greenburg, MA – Psychotherapist: Cranston, RI ~ 401-943-8206
* Joe Nowinski, PhD - <https://www.josephnowinski.com/> ♦
* Andrea Pennington, MD (author, Ted Talks, Omega Institute instructor) <https://andreapennington.com/>
* Marshall B. Rosenberg, PhD – Non-Violent Communication : <https://www.nonviolentcommunication.com/about-marshall-rosenberg/books-and-products/>
* Jack Kornfield (author, Buddhist practitioner): <https://jackkornfield.com/>
* Tara Brach (Psychologist, author, teacher): <https://www.tarabrach.com/about/>
* Carolyn Coker Ross, MD: <https://carolynrossmd.com/about-dr-ross/>
* Aveen Banich, MD (Transformational Mentor & Guide): <https://aveenbanich.com/about/>

**Food Addiction Resources:**

* SHIFT Recovery by ACORN: Phil Werdell & Amanda Leith - <https://foodaddiction.com/> ♦
* Food Addiction Institute - <https://www.foodaddictioninstitute.org/> ♦
* COR Retreat (Food Recovery Program) - <https://cormn.org/> ♦
* Timberline Knolls (Residential treatment for women if not chemically food addicted): <https://www.timberlineknolls.com/>
* Hazelden.org – Great Free “Thought for the Day”: <https://www.hazeldenbettyford.org/thought-for-the-day> ♦
* Dr. Jud: <https://drjud.com/>

**Holistic MDs**

* Judith Orloff, MD (Psychiatrist, Empath, Intuitive Healer): <https://drjudithorloff.com/>
* Rachel Naomi Remen, MD: <http://www.rachelremen.com/>
* Elizabeth Kubler Ross, MD: <https://www.ekrfoundation.org/elisabeth-kubler-ross/>
* Andrea Pennington, MD: <https://andreapennington.com/>

**Retreat Centers / Virtual Courses:**

* Brahma Kumaris Centers:
  + Peace Village – Haines Valley, NY : <https://www.peacevillageretreat.org/> ♦
  + Manhattan Meditation Center: <https://manhattanmeditationcenter.org/>
  + Brahma Kumaris New England – Watertown, MA: <https://www.bknewengland.org/>
  + Inner Space Harvard Square – Boston, MA: <https://innerspaceharvardsq.org/>
* Kripalu Center for Yoga & Health – Stockbridge, MA: <https://kripalu.org/> ♦
* Omega Institute for Holistic Studies – Rhineback, NY: <https://www.eomega.org/> ♦
* Esalen Institute – Big Sur, CA: <https://www.esalen.org/>
* Angels’ Rest Retreat Center - Leydon, MA: <https://naturalprocessing.org/angels-rest>
* Heart Mind Institute: <https://www.heartmind.co/>
* Immaculate Conception Retreat Center - Putnam, CT (for those identifying as Catholic): <https://www.immaculateconceptioncenter.org/retreats>
* Enders Island – Mystic, CT: <https://www.endersisland.org/>
* Insight Meditation Society – Barre, MA: <https://www.dharma.org/>
* Lissa Rankin’s Whole Health Medicine Institute - <https://lissarankin.com/what-is-whole-health/> ♦
* Center for Mindbody Medicine, Washington, DC (Dr. James Gordon): <https://cmbm.org/> ♦
* American Meditation Institute / Leonard Permutter Training in Mindbody Medicine <https://americanmeditation.org/> ♦
* Providence Zen Center: <https://providencezen.org/> ♦

**12-Step Recovery**

* Overeaters Anonymous – <https://oa.org/> ♦
* A Vision for You (by OA) – <https://www.avision4you.info/>
* Stepping Stones – Ketonah, NY: <https://www.steppingstones.org/>
* Wilson House – East Dorset, VT: <https://www.wilsonhouse.org/>

**Bariatric Surgery**

* Roger Williams Hospital program: <https://www.chartercare.org/services/weight-loss-surgery/>
* Care New England – Center for Surgical Weight Loss: <https://www.carenewengland.org/bariatric/>

**Mindfulness in the Buddhist Tradition:**

* Thich Nacht Hanh: <https://thichnhathanhfoundation.org/>
* Pema Chodron: <https://pemachodronfoundation.org>
* Jack Kronfield: <https://jackkornfield.com/>
* Tara Brach: <https://www.tarabrach.com/>

**Parent & Family Resources:**

* Tyrone Jackson (friend & colleague of Dr. Beth): <https://psnri.org/>

**Movement Coaches:**

* Annie Goldstone– 802-376-7240 (Certified Yoga Instructor)
* Tessa Hollan Tau / It’s Your Body, It’s Your Life – Personal Trainer: <https://itsyourbodyitsyourlife.com/>

**Apps to use with a Library Card:**

* Overdrive
* HOOPLA
* LIBBA