

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.U.s (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/> ◆

Documentaries to Watch:

- All The Rage – A documentary about the connection between emotions and physical symptoms: <https://alltheragedoc.com/> ◆
- Blue Zones – About places in the world where people live to be 100 years old (Available to watch on Netflix): <https://www.bluezones.com/documentary/> ◆

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://cornn.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 Permuter 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