



Principles-Based Books and Selected Resilience References

By Kathy Marshall Emerson

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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/, 7/14, updated 9/2015

Community Empowerment

- Chipman, J. et. al. (1997). *D is for Dreaming, Pictures of Peace and Unity by Children of Riverview Terrace*. Tampa, Florida: Florida Center for Human Development, Inc.
- Pransky, J. (2011, 1998). *Modello: A Story of Hope for the Inner City and Beyond*. BC, Canada: CCB Publishing. Available as Kindle e-book.
- Mills, R. (with Krot, S.). (1993). *The Health Realization Primer: Empowering Individuals and Communities*. Alhambra, CA: California School of Professional Psychology, Community Health Realization Institute.
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Corporations/Personal Coaching/Sports

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- Coit, E. (2012). *101 New Pairs of Glasses: Essays on Perspective and Why Seeing is Everything*. Ventura, CA: Las Brisas Publishing. Available as Kindle e-book.
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- Kausen, R. (2003). *We've Got to Start Meeting Like This!* Trinity Center, CA: Life Education Inc.

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- Manning, K., Charbit, R., & Krot, S. (2015). *Invisible Power: Insight Principles at Work*. Lexington, MA: Insight Principles, Inc.
- Neill, M. (2013). *The Inside Out Revolution*, London: Hay House. Available as Kindle e-book.
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- Smart, J. (2015). *Little Book of Clarity*. Chichester, West Sussex, United Kingdom: Capstone Publishing Ltd. Available as e-book.
- Turner, A. & Gleason, M. (2014). *The One Thought State of Mind Handbook*. Authors. Amazon: Available as e-book.
- Walker, P. (2008). *Unleashing Genius: Leading Yourself, Teams and Corporations*. New York: Morgan James Publishing.

Education

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- Aust, B. (2013). *The Essential Curriculum™ :21 Ideas for Developing a Positive and Optimistic Culture*. Author.
- Benard, B. & Marshall, K. (1997). A framework for practice: Tapping innate resilience. *Research/Practice*, Minneapolis: University of Minnesota, Center for Applied Research and Educational Improvement, Spring, pp. 9-15.
- Campsall, C. (1995, 1999). *Inner Resources Guide: Activity Book*. Salt Spring Island, BC, Canada: Proactive Training Inc.
- Chen Mills-Naim, A. (2005). *The Spark Inside: A Special Book for Youth*. Auburn, WA: Lone Pine Publishing.
- Chen Mills-Naim, A. & Mills, R. (2014). *State of Mind in the Classroom: Thought, Consciousness and the Essential Curriculum for Healthy Living*. Publisher: Author.
- Holt, R. (1997). Resilience and Health Realization: An administrator's perspective. *Research/Practice*, Minneapolis: University of Minnesota, Center for Applied Research and Educational Improvement, Spring, pp. 16-18.
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- Stewart, D. (1993). *Creating the Teachable Moment*. Blue Ridge Summit, PA: TAB Books.
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- Timm, J., (1992). *Self-Esteem is for Everyone (SEE) Program*. Tampa, FL: Learning Advantages.
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History

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Mental Health

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- Bailey, J. (2003). *Slowing Down to the Speed of Love*. New York: Contemporary Books.
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Resilience Research

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[Spirituality and Psychology](#)

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