

Resources:

How Emotions Are Made - Lisa Feldman Barrett PhD.

Interoception, The Eighth Sensory System - Kelly Mahler M.S. OT

The Enduring Effects of Prenatal Experience, Echoes from the Womb - Ludwig Janus M.D.

In an Unspoken Voice - Peter Levine Ph.D.

When the Body Says No - Gabor Mate' MD

The Biology of Desire - Marc Lewis

The Strange Order of Things - Antonio Demasio

Molecules of Emotion - Candice B. Pert Ph.D.