

TOP RESOURCES

For understanding, recalibrating, and relaxation

Books

- [The Body Keeps The Score](#)
- [Complex PTSD: From Surviving to Thriving](#)
- [The Subtle Art of Not Giving a F*ck](#)
- [Unbroken](#)
- [How to do The Work](#)

Self-Care Essentials

- [Land's End Egyptian Cotton Sheet Set](#)
- [Sherpa Weighted Blanket](#)
- [Bamboo Expandable Tub Tray](#)
- [Neck Heating Pad](#)
- [Yogi Tea - Bedtime](#)
- [Smith Teamaker - Lullaby](#)
- [Gua Sha Kit](#)
- [Dr. Teals Epsom Salts](#)
- [Levoit Air Purifier](#)

Supplements

- [Ashwaganda Root](#)
- [Doctor's Best Turmeric Curcumin](#)
- [Doctor's Best Digestive Enzymes](#)
- [Magnesium Spray](#)
- [Theives Lavender Essential Oil](#)
- [Mary Ruth's Organic Lymphatic Support](#)
- [Mary Ruth's Organic Kidney & Bladder](#)

Info

All items on this list are personal favorites, where I have found them to be effective in recalibrating my nervous system, treating various ailments + bringing peace of mind.

Please direct any/all questions to:
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