

More resources on Post-traumatic Growth

Rev. Emily Flemming and Rev. Jeremy Scott have long been interested in how traumatic events in our lives bring out both the best and worst in people. Emily's history with sexual assault, intergenerational addiction, natural disaster, and divorce combine with Jeremy's childhood loss of his father and recent loss of his wife, to give them broad experience with many kinds of violence, pain and grief. Both are ordained United Methodist Church clergy, leading congregations in Colorado. Their late-in-life marriage blended two families full of possibilities for post-traumatic stress disorder (PTSD), depression, and anxiety. But working and studying together, they discovered that some of the hardest and most terrible events in their lives became catalysts for their own individual and shared post-traumatic growth (PTG). In this emerging field of study, there is evidence to offer hope for millions of people suffering. Here are some of the books, podcasts and other resources that are shaping their inquiry:

Books by authors living into PTG:

Gates, Melinda French. *The Next Day: Transitions, Change, and Moving Forward*. Flatiron Books, 2025.

Gorrell, Angela Williams. *The Gravity of Joy: A Story of Being Lost and Found*. Eerdmans, 2021.

Heath, Elaine A. *Healing the Wounds of Sexual Abuse: Reading the Bible with Survivors*. Brazos Press, 2019.

Heath-McGinn, Jeanine and Elaine A. Heath. *Loving the Hell Out of Ourselves (a memoir)*. Virtual Voice, 2024.

Hone, Lucy. *Resilient Grieving: How to Find Your Way Through a Devastating Loss*. The Experiment, 2024.

Strecher, Victor J. *Life on Purpose: How Living for What Matters Most Changes Everything*. HarperOne, 2016.

Watterson, Meggan. *The Girl Who Baptized Herself: How a Lost Scripture About a Saint Named Thecla Reveals the Power of Knowing Our Worth*. Random House, 2025.

- - -. *Mary Magdalene Revealed: The First Apostle, Her Feminist Gospel & the Christianity We Haven't Tried Yet*. Hay House LLC, 2021.

Podcasts:

Vedantam, Shankar, host. "You 2.0: What is Your Life For?" *Hidden Brain*, Hidden Brain Media, 30 June 2025, www.hiddenbrain.org/podcast/you-2-0-what-is-your-life-for/.

- - -. "The Trauma Script." *Hidden Brain*, Hidden Brain Media, 25 August 2025, www.hiddenbrain.org/podcast/the-trauma-script/.

- - -. "The Unexpected Gifts of Going Through Hell." *Hidden Brain*, Hidden Brain Media, 28 Oct. 2025, www.hiddenbrain.org/podcast/the-unexpected-gifts-of-going-through-hell/.

Technical resources:

Schwartz, Arielle. *The Post-Traumatic Growth Guidebook: Practical Mind-Body Tools to Heal Trauma, Foster Resilience and Awaken Your Potential*. PESI Publishing, 2020.

Tedeschi, Richard G and Bret A Moore. *The Posttraumatic Growth Workbook: Coming Through Trauma Wiser, Stronger, and More Resilient*. New Harbinger Publications, 2016.

McManus, Brendan and Jim Deeds. *Deeper into the Mess: Praying through Tough Times*. Messenger Publications, 2019.

Gibson, Christy. *The Modern Trauma Toolkit: Nurture Your Post-Traumatic Growth with Personalized Solutions*. Balance, 2023.

Fisher, Janina. *Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists*. PESI Publishing, 2021.

Rendon, Jim. *Upside: The New Science of Post-Traumatic Growth*. Touchstone, 2015.