

Dads and Neuroplasticity Resources

Livewired: The Inside Story of the Ever-Changing Brain by David Eagleman, PhD

My Grandmother's Hands: Racialized Trauma and the Pathways to Mending Our Hearts and Bodies by Resmaa Menakem, LICSW

The Huberman Laboratory Podcast

The Source: The Secrets of the Universe, The Science of the Brain by Tara Swart, MD, PhD

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van Der Kolk, MD

Two Open Windows: Part 2 – New Research on Infant and Caregiver Neurobiologic Change. The Aspen Institute