



## BALANCING A LIFE ON THE SCALES OF JUSTICE: Wellbeing in the Face of Stress, Trauma and Compassion Fatigue

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### RESOURCES

#### **Books – Wellness, Balance and Vicarious Trauma**

- Argyle, Michael (1987) *The Psychology of Happiness*, London ; New York : Methuen.
- Borysenko, Joan Z. (2001) *Inner Peace for Busy People*, Carlsbad, CA, Hay House Publishing
- Buford, Bob P. (2008) *Halftime: Moving from Success to Significance*, Grand Rapids, MI, Zondervan Publishing
- Buford, Bob P (2011) *Finishing Well: The Adventure of Life Beyond Halftime*, Grand Rapids, MI, Zondervan Publishing
- Childre, Martin and Beech (2000) *The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence*, New York, HarperONE
- Conte, Yvonne F. (1998) *Serious Laughter: A Guide Book to a Happier, Healthier, More Productive Life*, Amsterdam-Berwick Publishing
- Covey, Stephen R. (1996) *First Things First: Understand Why So Often Our First Things Aren't First*, New York, Free Press
- Frankl, Victor (1992) *Man's Search for Meaning : An Introduction to Logotherapy*, Cutchogue, New York : Buccaneer Books, Inc.
- Harrell, Keith D. (2003) *An Attitude of Gratitude: 21 Life Lessons*, Carlsbad, CA, Hay House Publishing

- Lipton, Bruce H. (2003) *The new biology [videorecording] : Where Mind & Matter Meet*, Memphis, TN : Spirit 2000, Inc.
- Loehr, James E. (1998) *Stress for Success*, New York, Crown Business
- Mathieu, Françoise (2012) *The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization*, New York, New York, Taylor and Francis.
- McTaggart, Lynne (2008) *The Intention Experiment: Using Your Thoughts to Change Your Life and the World*, New York, Free Press.
- Rothschild, Babette (2006) *Help for the helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma*, New York, Norton
- Seligman, Martin E.P (2002) *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*, Free Press
- Seligman, Martin E.P. (1998) *Learned Optimism: How to Change Your Mind and Your Life*, New York, Pocket Books.
- Sternberg, Esther M. (2000) *The Balance Within: The Science Connecting Health and Emotions*, New York, W.H. Freeman and Company.
- Thayer, Robert E. (2001) *Calm Energy: How People Regulate Mood with Food and Exercise*, Oxford, New York, Oxford University Press.
- Van Dernoot Lipsky, Laura (2009) *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*, San Francisco, CA, Berrett-Koehler Publishers

## **Books – Physical and Emotional Wellbeing**

- Cruise, Jorge (2003) *8 minutes in the morning for real shapes, real sizes : specifically designed for people who want to lose 30 pounds or more*, Emmaus, Pa : Rodale : Distributed to the Book trade by St. Martin's Press
- Davich, Victor (2004) *8 Minute Meditation: Quiet Your Mind. Change Your Life*, New York, Perigee Publishing
- Goldstein, Joan (1990) *The Joy Within: A Beginner's Guide to Meditation*, New York, Simon and Schuster

- Hahn, Eades and Eades (2002) *The Slow Burn Fitness Revolution: The Slow Motion Exercise That Will Change Your Body in 30 Minutes a Week*, New York, Crown Archetype
- Nelson, Miriam E. (2000) *Strong Women Stay Young*, New York, Bantam Books

## Websites

ProQOL.org (Professional Quality of Life Elements Theory and Measurement):

<http://www.proqol.org>

ProQOL Professional Quality of Life Scale Test:

[http://www.proqol.org/uploads/ProQOL\\_5\\_English.pdf](http://www.proqol.org/uploads/ProQOL_5_English.pdf)

ProQOL Professional Quality of Life Scale Screening:

[http://www.proqol.org/uploads/ProQOL\\_5\\_English\\_Self-Score\\_3-2012.pdf](http://www.proqol.org/uploads/ProQOL_5_English_Self-Score_3-2012.pdf)

Trauma Stewardship Institute: <http://traumastewardship.com/>

## Articles

- Jaffe, Peter G., Crooks, Claire V., Dunford-Jackson, Billie Lee, and Town, Hon. Michael (2003). *Vicarious Trauma in Judges: The Personal Challenge of Dispensing Justice*. *Juvenile and Family Court Journal*, Fall 2003, pp 1-10
- Chase, Debora and Hora, Hon. Peggy Fulton (April 2009). *The Best Seat in the House: The Court Assignment and Judicial Satisfaction*, *Family Court Review*, Vol 47, No 2, pp 209-238