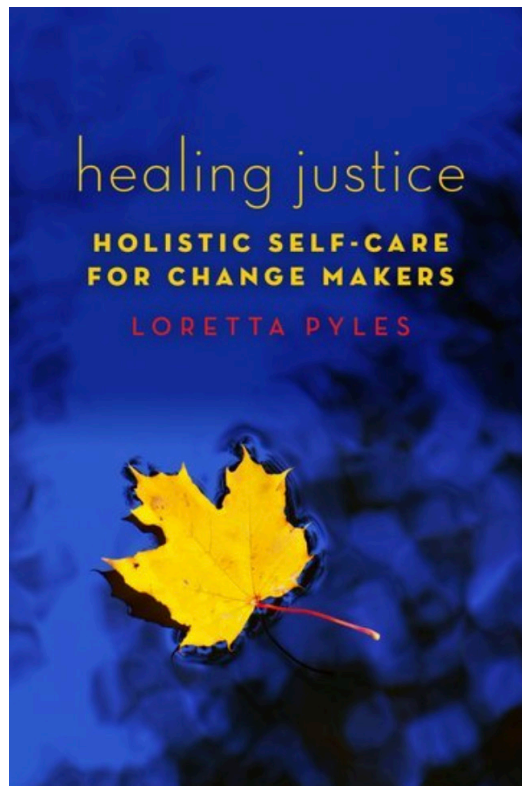


## Activity: Book Study

**Healing Justice: Holistic Self-Care for Change Makers**, by *Loretta Pyles* introduces 6 capabilities — mindfulness, compassion, critical thinking, curiosity, effort, and equanimity—to guide helping professionals on a transformative and empowering journey that can ultimately make them and their colleagues more effective in their work. Healing justice is a trauma-informed practice that empowers helping professionals to cultivate the conditions that might allow them to feel more connected to themselves, their clients, colleagues, and communities. It also engages critically with self-care practices and how they can put providers in a more authentic and powerful place to work from.



To decide if this is appropriate for your group, see a review of the book [here](#).

\*You may also consider any other books that may be useful for colleagues to read and reflect on together, for example "Being Mortal" by *Atul Gawande* or "The Compassionate Connection" by *David Rakel*.