

Websites

- www.mindfulemotioncoaching.co.uk
- [Emotion Coaching - United Kingdom \(emotioncoachinguk.com\)](http://emotioncoachinguk.com)
- [The Gottman Institute | Relationships](#)

Books

- The Whole Brain Child by Dr Tina Payne Bryson and Dr Daniel Siegel
- Sarah Temple – Mindful Emotion Coaching
- Mindfulness for Dummies by Shamash Alidina
- Sitting Still Like a Frog by Eline Snel
- My Brain (books x 3) by Alison Hart
- The Hand Model of the Brain by Dr Dan Siegel
- Raising an Emotionally Intelligent Child by Dr John Gottman