

Polyvagal Primary Books

Affiliate notice:
The links will take you to Amazon; a portion of your purchase will go to Justin Sunseri at no extra cost to you.

[Amazon link](#)

The Polyvagal Theory
Porges, 2011

The first books from the Theory's creator. It's dense. It's in a highly academic language. If you're reading this, make sure you have a dictionary handy. And a biology professor too.

[Amazon link](#)

Pocket Guide to the Polyvagal Theory
Porges, 2017

This was made for the layperson. There's a very handy glossary of terms to turn to; it'll be your best friend. Highly recommended as your starting point.

[Amazon link](#)

Clinical Applications of the Polyvagal Theory
Porges & Dana, 2018

This is a collection of essays that apply the PVT to nursing, therapy, grief and more. Very interesting and digestible.

[Amazon link](#)

The Polyvagal Theory in Therapy
Dana, 2018

Deb does an incredible job of translating the PVT for anyone. This book is directed at therapists, but anyone can read it and benefit from it.

[Amazon link](#)

Polyvagal Safety
Porges, 2021

This is another collection of essays, most of which are found online for free. An interesting read, though repetitive since each essay explains the Theory again and again. The highlight here is Porges' rebuttals to critiques of his Theory.

[Exercises Amazon link](#)
[Anchored Amazon link](#)

Polyvagal Exercises & Anchored
Dana, 2020 & 2021

These two books from Deb are focused on how to access your Polyvagal state of safety. They're different from the rest of this list in that the focus is on exercises and not solely teaching. If you're curious about applying PVT to yourself, go with these.