

Polyvagal Primary Books

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All books and more can be found in Justin's Amazon storefront.

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The Polyvagal Theory (2011)

The first book from the Theory's creator. It's dense and highly academic. If you try it, make sure you have a dictionary handy. And a biology professor or two also. Hardcore PVT Nerds only.

[Buy the book >](#)

Pocket Guide to the Polyvagal Theory (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. More accessible than his first and in a literal conversational tone.

[Buy the book >](#)

Polyvagal Safety (2021)

This is another collection of essays, most of which are found online for free. They range from easy to difficult in approachability for the layperson. 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.

[Buy the book >](#)

Our Polyvagal World (2023)

This might be the most approachable book on this list from Dr. Porges himself, but that's because it's cowritten by his son, Seth. It applies the PVT to many aspects of life and society, including work, the covid pandemic, and prison. It briefly adds three new mixed states that leaves the reader with questions. Overall worth the read though.

[Buy the book >](#)

Clinical Applications of the Polyvagal Theory (2018)

A collection of essays from various writers that apply the PVT to nursing, therapy, grief, and more. Very interesting and easy to read. This is recommended for those that are broadening their understanding of the theory and are interested in various professional applications.

[Buy the book >](#)

The Polyvagal Theory in Therapy (2018)

Deb Dana 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. If you are on a self-regulation journey, this is easily approachable and applicable to your recovery process.

[Buy the book >](#)

Polyvagal Exercises for Safety... (2020)

Deb Dana provides lots more practical activities to engage with your nervous system and develop your safety state. These are designed specifically for one to use between therapy sessions, but is great for anyone on a self-regulation journey.

[Buy the book >](#)

Anchored (2021)

Similar to her Polyvagal Exercises book, this one is for the person that is looking to anchor more into their safety state. Lots more Polyvagal exercises.

[Buy the book >](#)

Polyvagal Practices

Another one that is written for the lay person from Deb Dana. This is super duper short and very approachable, with another breakdown of the theory and lots of practical things to implement.

[Buy the book >](#)