

## Recommended Readings:

A Couple's Guide to Communication. John Gottman

\*(The) Adult Children of Alcoholics Syndrome, From Discovery to Recovery. Wayne Kritsberg

(The) Anger Workbook, Les Carter and Frank Minirth (lightly Christian based) (L)

(The) Anger Workbook for Women, Laura J. Petracek, PhD.

(The) Anger Workout Book. Dr. Weisinger

(The) Anxiety and Phobia Workbook. Bourne

A Reason to Live. Melody Beattie (suicide prevention)

\*Beyond Codependency. Melody Beattie

\*Boundaries and Relationships. Charles Whitfield,

Bradshaw on the Family. John Bradshaw

\*Breaking Free: A Recovery Workbook for Facing Codependence. Pia Mellody & Andrea Wells Miller

\*Broken Toys/Broken Dreams. Terry Kellogg (boundaries/codependency resulting from abuse)

(The) Business of Parenting, Galen Cole, Ph.D.

Change Your Brain, Change Your Life. Daniel Amen (ADHD)

\*Codependent No More. Melody Beattie

Codependence. Ann Wilson Schaef

Codependence. Pia Mellody

Codependent's 12 Steps, Melody Beattie

\*(The) Couple's Journey.. Intimacy as a Path to Wholeness. Susan M. Campbell, Ph.D.

\*(The) Courage to Grieve, Judy Tatelbaum

(The) Courage to Heal, Ellen Bass. Laura Davis (survivors of sexual abuse)

(The) Courage to Heal Workbook, Bass & Davis

\*Dance of Anger. Harriett Goldhor-Lerner , Ph.D. (women dealing with anger)

Dance of Deception, Pretending and Truth Telling. Harriett Lerner

Dance of Intimacy. Harriett Goldhor-Lerner

Dance of the Spirit. Maria Harris (women's spirituality)

Do What You Are. Paul D. Tieger & Barbara Barron-Tieger (career selection/personality)

Do What You Love. Sinetar (vocational guidance)

Divorce Busting. Michele Weiner-Davis

\*Driven to Distraction. Hollowell (Child and Adult ADHD)

\*Escape From Intimacy. Ann Wilson\_Schaef (relationship building)

\*Facing Codependence. Pia Mellody, Miller & Miller

Family. John Bradshaw

\*(The) Feeling Good Handbook. David Burns (depression. anxiety)

Fighting For Your Marriage: Positive Steps for Preventing Divorce and Preserving

Lasting Love. Howard Markham, Scott Stanley, Susan L. Blumberg.

\*Forgiveness. Sidney B. Simon and Suzanne Simon

Get Me Out of Here! (borderline personality disorder)

\*Getting the Love You Want. Harville Hendrix

Good Grief, Granger E. Westberg

\*Healing the Incest Wound. Courtois  
Healing Your Sexual Self. Woititz  
\*Healing the Shame That Binds You. John Bradshaw  
\*Healing The Child Within. Charles Whitfield, M.D. (for Adult Children of Alcoholics)  
Hey God, What Should I Do Now?. Jess Lair & Jacqueline Carey Lair (achieving inner peace)  
His Needs. Her Needs: Building an Affair Proof Marriage. Willard F. Harley  
Homecoming: Championing the Inner Child. John Bradshaw  
How to Get Angry Without Feeling Guilty. Bry  
How to Disagree Without Being Disagreeable. Suzette Haden Elgin  
\*Keeping the Love You Get. Harville Hendrix  
How to Control Your Anxiety Before It Controls You, Albert Ellis  
How to Survive the Loss of a Love. Colgrove  
How to Take Charge of Your Life. Newman

I Don't Have to Make Everything All Better, Gary and Joy Lundberg  
Is it Love or is it Sex? Wills-Brandon  
I Told My Secret. Eliana Gill (a book for kids who were abused)  
(The) Joy of Sex Comfort  
\*Keeping The Love You Get, Harville Hendrix (L)

Learning to Love Yourself. Wegscheider-Cruse  
Letting Go of Stress. A CD by Emmett Miller  
Living Alone & Liking It. Shahan  
Living in the Light, Shakti Gawain (personal growth)  
Living, Loving, & Learning. Leo Buscaglia (personal growth)  
Living Through Personal Crisis, Ann Kaiser Stearns  
Love. Leo Buscaglia  
Loving Each Other. Buscaglia

\*Making Contact. Virginia Satir (communication building)  
Making Peace With Your Parents. Bloomfield  
Making Peace With Yourself. Bloomfield  
Man's Search For Meaning, Viktor E. Frankl (an introduction to logotherapy)  
Marching to Different Drummers. Guild  
Maximum Achievement. Brian Tracy (setting goals for success)  
Men and Anger. Murray Cullen, & Robert E. Freeman-Longo  
Mindfulness CDs. Jon Kabat-Zinn  
My Kids Don't Live With Me Anymore. Virtue

Never Good Enough, Monica Ramirez Basco, Ph.D (anxiety and perfectionism)  
\*Nobody's Perfect. Weisinger

Obsessive Love. Forward  
One Minute Father. Spencer Johnson  
One Minute Mother. Spencer Johnson  
Organizing for the ADHD Mind.  
Out of the Shadows. Patrick Carnes (overcoming sexual abuse)  
Overcoming Overeating. Hirschmann  
Overcoming Perfectionism. Smith

Overcoming Procrastination. Ellis  
Overcoming the Fear of Success. Friedman

Parents Book About Divorce. Gardner  
Pathways of Recovery, New Life for The Diminished Person, James Kitchens, Ph.D

\*Peoplemaking. Virginia Satir

People of the Lie. M. Scott Peck (a psychological look at evil)

Perfect Daughters, Robert Ackerman, Ph.D. (adult daughters of alcoholics)

Perfect Women, Colette Dowling (fears of inadequacy, perfectionism)

Personhood. Leo Buscaglia

\*Positive Discipline. Jane Nelson Ed.D

\*Positive Discipline for Blended Families. Jane Nelson. Cheryl Erwin. Stephen Glenn

\*Positive Discipline for Pre-Schoolers. Jane Nelson. Cheryl Erwin. Roslyn Duffy

\*Positive Discipline for Teenagers, Jane Nelson

\*Raising Self Reliant Children in a Self-Indulgent World, Stephen Glenn & Jane Nelson

\*Reason to Live. Melody Beattie (suicide)

\*Rebuilding When Your Relationship Ends, Bruce Fisher

Recovery of Your Inner Child, Lucia Capacchione, Ph.D

Recovering from Rescuing. Jacqueline C.

Relaxation and Stress Reducing Workbook. Martha Davis. Matt McKay. Elizabeth Robbins

Relaxation and Stress Reduction Workbook. Davis, Eshelman & McKay

Responsible Assertive Behavior. Lange

\*(The) Road Less Traveled. M. Scott Peck (personal growth)

Seasons of The Mind, Norman Rosenthal, M.D. seasonal affective disorder

\*Seat of the Soul. Gary Zullo

\*Self Esteem. Virginia Satir.

Seven Habits of Highly Effective People. Covey

Seven Main Aspects of God. Emmet Fox

\*Stand up, Speak Out, Talk Back. Alberti (assertiveness)

Staying Sane in the Arts. Eric Maisel (patients or partners of patients in the creative arts)

Surviving the Death of a Child. John Munday (Christian perspective)

Struggle for Intimacy. Janet Woititz (ACOA perspective – reader friendly)

Sybil. Schreiber (dissociative identify disorder)

The Gift of Fear, Gavin DeBecker

(The) Tao of Inner Peace, Diane Dreher

\*That's Not What I Meant! Deborah Tannen, Ph.D. (resolving different communication styles)

\*There's A Hole in My Sidewalk, Portia Nelson

\*The Parents Handbook: STEP (Systematic Training for Effective Parenting). Don Dinkmeyer & Gary McKay

The Twelve Steps: A Way Out. Recovery Publications

Treating and Overcoming Anorexia Nervosa. Levenikron

Unconditional Love. Powell

Understanding, Jane Nelsen, Ed.D (finding serenity)

Understanding the Alcoholics Mind. Arnold Ludwig

Undress Your Stress. 30 Curiously Fun Ways to Take Off Tension. Lois Levy

What Color is Your Parachute? Richard Nelson Bolles (job hunting)  
When Am I Going to Be Happy? Russianoff  
When Bad Things Happen to Good People. Kushner  
When Anger Hurts. Matthew McKay. Peter Rogers & Judith McKay  
\*When Rabbit Howls. Trudy Chase (dissociative identify disorder)  
When Society Becomes an Addict. Schaeff  
When the Blues Won't Go Away. Robert Hirschfeld. MD (dysthymia)  
When Someone You Love Has AIDS. Moffatt  
Who Moved My Cheese?, Spencer Johnson, M.D. (adapting to change)  
Why Am I Afraid to Love? Powell  
Why Am I Afraid to Tell You Who I Am? Powell  
\*Women Who Love Too Much. Norwood (codependency)  
Women's Reality. Anne Wilson Schaeff  
Wounded Woman: Healing the Father-Daughter Relationship. Linda Schierse Leonard

You Can Beat Depression. Preston  
You Can Heal Your Life, Louise Hay (emotional causes for physical illnesses)  
You, Your Relationship, and Your ADHD (Workbook).  
Your Erroneous Zones. Dyer  
\*Your Perfect Right. Alberti & Emmons (assertiveness)  
\*You Just Don't Understand. Deborah Tannen, Ph.D. (gender differences in communication)

#### **Helpful Links:**

[www.amazon.com](http://www.amazon.com)

[www.half.com](http://www.half.com)