

## **BOOKS REFERENCE**

### **ABUSE**

- “Healing the Shame That Binds You”—John Bradshaw
- “Secret Survivors”—Sue Blume
- “The Courage To Heal”—Laura Davis & Ellen Bass
- “Understanding Family Violence”—Vernon R. Wiehe
- “Children of Trauma”—Jane Middleton-Moz

### **ADDICTION & RECOVERY**

- “Adult Children of Alcoholics”—Janet Woititz
- “It Will Never Happen to Me”—Claudia Black
- “Love Hunger”—Frank Minirth
- “The Secret Language of Eating Disorders”—Peggy Claude-Pierre

### **ADHD**

- “Healing ADD”—Daniel G. Amen
- “Change Your Brain Change Your Life”—Daniel G. Amen

### **ANGER/ STRESS MANAGEMENT**

- “The Dance of Anger”—Harriet Lerner
- “The Anger Habit”—Carl Semmelroth

### **ANXIETY**

- “The Anxiety & Phobia Workbook”—Edmund J. Bourne
- “Healing Anxiety and Depression”—Daniel G. Amen

### **CO-DEPENDENCE & RECOVERY**

- “Co-Dependent No More”—Melody Beattie
- “Facing Codependence”—Pia Mellody
- “Facing Love Addictions”—Pia Mellody

### **COMMUNICATION**

- “Difficult Conversations”—Douglas Stone
- “Getting To Yes”—Roger Fisher
- “How Can I Get Through To You?”—Terrence Real
- “That’s Not What I Meant!”—Deborah Tannen
- “You Just Don’t Understand”—Deborah Tannen

### **DATING/ RELATIONSHIPS**

- “What Men Won’t Tell You But Women Need To Know”—Bob Berkowitz
- “What Women Want Men To Know”—Barbara De Angelis
- “Secrets About Men Every Woman Should Know”—Barbara De Angelis
- “Are You the One For Me”—Barbara De Angelis
- “Avoiding Mr. Wrong”—Stephen Arterburn

## **DEPRESSION**

- “The Depression Workbook”—Mary Ellen Copeland
- “How To Cope With Depression”—Raymond DePaulo
- “The Bipolar Disorder Survival Guide”—David J. Miklowitz
- “Feeling Good: The New Mood Therapy”—David Burns

## **FAMILY**

- “Bradshaw On The Family”—John Bradshaw
- “Adult Children of Divorce”—Jeffrey Zimmerman
- “Recreating Your Self”—Nancy J. Napier
- “Toxic Parents”—Susan Forward

## **GRIEF ISSUES/ DEATH & DYING**

- “Grief Recovery Handbook”—John W. James
- “Helping Children Grieve”—Therese Huntley
- “Learning To Say Goodbye”—Rosalie Peck
- “Talking About Death”—Earl Grollman
- “God Knows You’re Grieving”—Joan Guntzelman

## **MEN’S ISSUES**

- “Iron John”—Robert Bly
- “Man Enough”—Frank Pittman
- “Men In Midlife Crisis”—Jim Conway
- “Men’s Secret Wars”—Patrick Means
- “Seasons of a Man’s Life”—Daniel Levinson
- “False Intimacy”—H.W. Schaumburg

## **MARRIAGE LOVE & INTIMACY**

- “Getting The Love You Want”—Harville Hendrix
- “His Needs Her Needs”—Willard Harley
- “The Dance of Intimacy”—Harriet Lerner
- “The Dance of Connection”—Harriet Lerner
- “The Fragile Bond”—Augustus Napier
- “The Seven Principles for Making Marriage Work”—John Gottman
- “Torn Asunder”—Dave Carder

## **PARENTING**

- “1-2-3 Magic”—Thomas W. Phelan
- “Growing Up Again”—Connie Dawson
- “Parenting Teens With Love & Logic”—Foster W. Cline
- “Raising Self-Reliant Children in a Self-Indulgent World”—Stephen Glenn

## **SELF ESTEEM**

- “How To Raise Your Self Esteem”—Nathaniel Brandon
- “Ten Days to Self Esteem”—David D. Burns

**SINGLEHOOD**

“The Art of Living Single”—Michael Broder

“Living Alone and Loving It”—Barbara Feldon

**WOMEN’S ISSUES**

“The Verbally Abusive Relationship”—Patricia Evans

“Women In Therapy”—Harriet Lerner

“Women’s Moods”—Deborah Sichel

