

## Children's Books

*Charlie Anderson* by Barbara Abercrombie.

A book for children (and parents) when the children spend part of their time in each of two homes.

*Dinosaurs Divorce* by Marc and Laurie Brown.

A great book for children when their parents are divorcing. A good read for the parents, too. This book emphasizes the important points kids and parents need to know when a divorce happens.

*The Fall of Freddie the Leaf* by Leo Buscaglia.

A book to help children understand death.

*It Happens to Boys Too* by Satullo and Bradway.

This book is great for boys and men who have been sexually abused.

*Love You Forever* by Robert Munsch.

What a wonderful book to assure children that they are loved.

*I Wish I Were a Butterfly* by James Howe

Beautiful picture of self-acceptance.

*Elmer* by David McKee

Fun story of self-acceptance and self-esteem

*Little Red Cowboy Hat* by Susan Lowell

Good story for empowering girls.

*The Boy Who Dreamed of an Acorn* by Leigh Casler and Shonto Begay

Native American story which shows that we each have qualities that make us special. Shows a boy's struggle with acceptance of who he is.

*Hooway for Wodney Wat* by Helen Lester

Triumphant story which shows there are advantages to being who we are.

*Different Just Like Me* by Lori Mitchell

Good story to teach acceptance of diversity

*It's Okay to Be Different* by Todd Parr

Simple, permission giving book for diversity

## Adult's Books

### Alcoholism and Addiction

*Perfect Daughters* by Robert Ackerman.

This book is very helpful to women raised with an alcoholic parents.

*It Will Never Happen to Me* by Claudia Black

A book for adult children of alcoholics

*Struggle for Intimacy* by Janet Woititz

A book that looks at how adults who have grown up in alcoholic homes have a difficult time with intimacy

*Facing Shame* by Marilyn Mason and Merle Fossum

Great book for looking at the cycle of addiction—and the cycle it takes a family through. Looks at shame as the core for all addictions.

*Adult Children of Alcoholics* by Janet Woititz

Short book but full of excellent information on how growing up in an alcoholic home impacts us as adults.

*Struggle for Intimacy* by Janet Woititz

Addresses how growing up in an alcoholic or dysfunctional home impacts our ability to have relationships as adults.

### Anger Issues

*Dance of Anger* by Harriet Lerner.

An especially good book for women and how to handle anger in relationships.

*Letting Go of Anger: The Ten Most Common Anger Styles and What to Do About Them* by Ronald Potter-Efron

Easy to read book describing different styles of anger. Step-by-step suggestions for changing your anger pattern.

### Body

*Minding the Body* by Patricia Foster

Excellent book dealing with many aspects of women's bodies—infertility, weight, menopause, breast cancer, etc.

*Women's Bodies, Women's Wisdom* by Christine Northrup  
Book helps us look at the emotional, spiritual, and physical interconnection

## **Codependency**

*The Language of Letting Go* by Melody Beattie  
A daily meditation book for people who struggle with codependency

*Cutting Loose: An Adult Guide to Coming to Terms with Your Parents* by Howard Halpern  
Excellent book for adults who have been unable to break free from parental influence or control

*Struggle for Intimacy* by Janet Woititz  
A book that looks at how adults who have grown up in alcoholic homes have a difficult time with intimacy

*Co-Dependent No More* by Melody Beattie  
Describes co-dependent behavior and how it keeps us trapped in unhealthy behavior and relationships

*Beyond Co-Dependency: How to Stop Controlling Others and Start Caring for Yourself* by Melody Beattie  
Steps for moving beyond co-dependent behavior

*Boundaries and Relationships* by Charles Whitfield  
A good book to assist with boundaries as a part of building a strong relationship.

## **Communication**

*Dance of Anger* by Harriet Lerner.  
An especially good book for women and how to handle anger in relationships.

*The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* by Gary Chapman  
An easy to understand book which helps couples understand that what they are giving as an indicator of their love might not be received as such.

*How to Talk so Kids Will Listen and Listen So Kids Will Talk* by Adele Faber  
A must read for parents who want their kids to talk to them—but who end up doing most of the talking

## Couples

*Getting the Love you Want: A Guide for Couples* by Harville Hendrix.

A book to help couples learn to show love and caring.

*After the Affair* by Janis Abrahms Spring.

A book to help with healing following infidelity by a partner.

*The Dance of Connection* by Harriet Lerner

This book teaches us how to speak up for ourselves in relationship and how to reconnect with the connection has been broken

*The Dance of Intimacy* by Harriet Lerner

A book for women written to help them understand their own patterns in relationships and how to change them

*Soul Mates* by Thomas Moore

A book which looks at the mystery of relationship. Helps us see that our relationships are a place for healing and transformation

*Creative Intimacy: How to Break the Patterns that Poison Your Relationships* by Jerry Greenwald

An older book, but one which emphasizes intimacy with self. Helps us see that until we can be intimate with ourselves we cannot be intimate with others.

*Struggle for Intimacy* by Janet Woititz

Addresses how growing up in an alcoholic or dysfunctional home impacts our ability to have relationships as adults.

*His Needs Her Needs* by Willard Harley, Jr.

Easy to read book which helps partners understand each others' needs.

*The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* by Gary Chapman

An easy to understand book which helps couples understand that what they are giving as an indicator of their love might not be received as such.

*Passionate Marriage: Keeping Love and Intimacy Alive in a Committed Relationship* by David Schnarch

Addresses how to have sexual and emotional fulfillment in a marriage

*Boundaries and Relationships* by Charles Whitfield

A good book to assist with boundaries as a part of building a strong relationship.

## **Eating Disorders**

*Minding the Body* by Patricia Foster

Excellent book dealing with many aspects of women's bodies—infertility, weight, menopause, breast cancer, etc.

*When Food is Love: Exploring the Relationship between Eating and Intimacy* by Geneen Roth

Looks at the connection between over-eating as a substitute for intimacy

*Why Weight? A Guide to Ending Compulsive Overeating* by Geneen Roth

A workbook for understanding and changing compulsive overeating

*Holy Hunger* by Margaret Bullitt-Jonas

Well-written book of a woman's struggle with compulsive overeating. Addresses the holy desires behind the compulsive act.

## **Grief and Loss**

*Surviving the Loss of a Love* by McWilliams et al.

This book is very helpful to persons who have lost a spouse through death or divorce.

*Tuesdays with Morrie* by Mitch Albom

Narrative account of a young man's learning about death through visiting with a dying friend

*No Time to Say Goodbye: Surviving the Suicide of a Loved One* by Carla Fine

Written by the wife of a doctor who committed suicide. Her journey through the despair and anger.

*Orphaned Adult* by Alexander Levy

No matter what the age, the loss of our parents is life-changing. Normalizes feelings of adults whose parents die.

*Motherless Daughters* by Hope Edelman

A book which delves into the effects of the death of a mother on their daughters

*The Worst Loss: How Families Deal with the Death of a Child* by Barbara Rosof

Survival guide for parents who have had to face the loss of a child; deals with loss to suicide, loss of an adult child, etc. Looks at how the death impacts the entire family.

## **Inner Child**

*It Will Never Happen to Me* by Claudia Black  
A book for adult children of alcoholics

*Healing the Child Within* by Charles Whitfield  
Classic book on identifying childhood wounds and the process of healing them.

*A Gift to Myself* by Charles Whitfield  
A must have workbook which guides through inner child work.

*Pathways of Recovery* by James A. Kitchens  
This wonderful book is out of print, but you can often find it in the used books online. Gives exercises to help you reconnect with your inner child and to find healing.

*Homecoming: Reclaiming and Championing Your Inner Child* by John Bradshaw.  
A book to help us understand and value ourselves.

*After the Tears: Reclaiming the Personal Losses of Childhood* by Jane Middleton-Moz and Lorie Dwinell  
An easy-to-read book about dealing with childhood wounds

## **Men's Issues**

*Wild at Heart: Discovering the Secrets of a Man's Soul* by John Eldredge  
Christian look at what men must do to turn themselves and their lives into more satisfying and challenging ones

*Fire in the Belly* by Sam Keen  
A look at the masculine in both men and women.

*Iron John* by Robert Bly  
A look at what it means to be a man in today's world.

## **Parenting**

*Parenting with Love and Logic* by Foster Cline and Jim Fay  
Practical book assisting parents in learning how to set limits and allow natural consequences

*Touchpoints* by T. Berry Brazelton  
Excellent resource for parents. Very affirming. Gives specific guidance on helping with child's emotional development.

*How to Talk so Kids Will Listen and Listen So Kids Will Talk* by Adele Faber  
A must read for parents who want their kids to talk to them—but who end up doing most of the talking

*Siblings without Rivalry* by Adele Faber  
Humorous and positive approach in helping parents deal with sibling rivalry

*Reviving Ophelia: Saving the Selves of Adolescent Girls* by Mary Piper  
A book which looks at why so many adolescent girls are turning to eating disorders, self-mutilation, and suicide attempts.

## **Personal Growth**

*The Artist's Way: A Spiritual Path to Higher Creativity* by Julia Cameron  
A guide for a twelve week program for reconnecting with creativity and spirituality.

*The Road by the River: A Healing Journey for Women* by Djohariah Toor  
A book which helps women understand the difficult process of healing.

*Song of the Bird* by Anthony deMello  
Contains 124 short stories worth reflection and consideration.

*When the Heart Waits* by Sue Monk Kidd  
Excellent book for those times of transition—when you are impatient for the pain to stop, for the next stage to begin, when you can't see past the darkness.

*The Road Less Traveled* by Scott Peck  
Begins by telling us life is difficult and continues on to help us look at ourselves and our challenges spiritually and emotionally

*Transitions* by William Bridges  
Simple but helpful book on dealing with any life changes—divorce, death, career change, etc.

*Talking to Ducks: Rediscovering the Joy and Meaning in Your Life* by James Kitchens  
Stories to help us reconnect to joy and creativity in our lives.

*Pathways of Recovery* by James A. Kitchens  
This wonderful book is out of print, but you can often find it in the used books online. Gives exercises to help you reconnect with your inner child and to find healing.

*The Language of Letting Go* by Melody Beattie  
A daily meditation book for people who struggle with codependency

*Please Understand Me* by David Keirse  
Uses the Myers Briggs type inventory to describe different personality types.

*Care of the Soul: A Guide for Cultivating Depth and Sacredness in Everyday Life* by Thomas Moore  
Wonderful book that shows how to add depth, spirituality, and meaning to daily life

*Creative Intimacy: How to Break the Patterns that Poison Your Relationships* by Jerry Greenwald  
An older book, but one which emphasizes intimacy with self. Helps us see that until we can be intimate with ourselves we cannot be intimate with others

*Private Moments, Secret Selves: Enriching Our Time Alone* by Jeffrey Kottler  
Excellent book for those who struggle with being alone. Helps us understand the difference between “loneliness” and “solitude”

*Wild Heart Dancing* by Elliot Sobel  
Excellent book which leads the reader through a one-day retreat—all by him/herself.

*Controlling People: How to Recognize, Understand and Deal with People Who Try to Control You* by Patricia Evans  
Provides practical assistance for dealing with people who are controlling.

*Faithful Gardener* by Clarissa Estes  
A short book which addresses loss, survival, and rebirth. Inspiring—and a book which helps us trust the process

*Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way* by Rick Carson  
A fun book which looks at breaking self-defeating behaviors

## **Sexual Abuse**

*Courage to Heal* by Bass and Davis.  
A book to help women heal from childhood sexual abuse.

*Victims No Longer: The Classic Guide for Men Recovering from Sexual Child Abuse* by Mike Lew  
Educates men who have been sexually abused on how to move from being victims into fully functioning survivors

## **Shame**

*Healing the Same that Binds You* by John Bradshaw.

This book can help deal with toxic shame that we all experience.

*Facing Shame* by Marilyn Mason and Merle Fossum

Great book for looking at the cycle of addiction—and the cycle it takes a family through. Looks at shame as the core for all addictions.

## **Stepfamilies**

*Strengthening Your Stepfamily* by Einstein and Albert.

This book helps families be realistic about creating a healthy family within a stepfamily. Great practical ideas.

## **Women's Issues**

*The Road by the River: A Healing Journey for Woman* by Djohariah Toor

A book which helps women understand the difficult process of healing.

*Women Who Run with the Wolves* by Clarissa Estes

A powerful book using the metaphors of stories to help women understand how to reconnect with themselves

*The Dance of Intimacy* by Harriet Lerner

A book for women written to help them understand their own patterns in relationships and how to change them

*Dance of Anger* by Harriet Lerner.

An especially good book for women and how to handle anger in relationships

*I Sit Listening to the Wind* by Judith Duerk

A book to help women explore the inner masculine within themselves

*When the Heart Waits* by Sue Monk Kidd

Excellent book for those times of transition—when you are impatient for the pain to stop, for the next stage to begin, when you can't see past the darkness

*Circle of Stones* by Judith Duerk

A book to help women explore the inner feminine within themselves

*The Feminine Face of God: The Unfolding of the Sacred in Women* by Sherry

Ruth Anderson and Patricia Hopkins

Looks at topics such as childhood, leaving home, relationships, and sexuality as part of the spiritual development of women

*Mothering Ourselves: Help and Healing for Adult Daughters* by Evelyn Bassoff  
A powerful book for helping women deal with mother/daughter issues such as enmeshment, absence, distance, etc. Focuses on healing the mother/daughter wound.

*My Mother My Self* by Nancy Friday  
A class book which looks at the impact of the mother/daughter relationship; contains many first-person accounts of the influence of this relationship on daughters.

*Women Who Love Too Much* by Robin Norwood  
Classic book for women who find themselves in unhealthy or abusive relationships.

*Addiction to Perfection* by Marion Woodman  
Study of the nature of the feminine.

*The Pregnant Virgin: A Process of Psychological Transformation* by Marion Woodman  
The nature of the feminine in both men and women.

*Women's Bodies, Women's Wisdom* by Christine Northrup  
Book helps us look at the emotional, spiritual, and physical interconnection