

Recommended Reading

Addiction

In the Realm of Hungry Ghosts- Gabor Mate
Out of the Shadows- Patrick Carnes
Facing the Shadow- Patrick Carnes
Sexual Anorexia-Patrick Carnes
Willpower's Not Enough- Washton & Boundy

Family and Spouses of Addicts

Mending a Shattered Heart-Stephanie Carnes
Deceived-Claudia Black
Intimate Treason- Claudia Black
Your Sexually Addicted Spouse- Steffens & Means
Everything Changes-Beverly Conyers

Love Addiction/Relationships

Facing Love Addiction-Pia Mellody
The Intimacy Factor-Pia Mellody
After the Affair-Janis Abrahms Spring
The Betrayal Bond-Patrick Carnes
Leaving the Enchanted Forrest-Covington & Beckett

Family of Origin/Trauma/Codependency

Silently Seduced-Ken Adams
Facing Codependency-Pia Mellody
The Emotional Incest Syndrome-Pat Love
Healing Trauma-Peter Levine
Waking the Tiger-Peter Levine
Lost in the Shuffle-Robert Subby

Intimacy & Couples

Love Sense-Sue Johnson
Hold Me Tight-Sue Johnson
Intimacy Anorexia-Doug Weiss
Five Love Languages-Gary Chapman
Erotic Intelligence-Alexandra Katehakis
Resurrecting Sex-David Schnarch
The Sex-Starved Marriage- Michelle Weiner Davis
The Dance of Anger-Harriet Lerner

Shame & Forgiveness

How Can I Forgive You-Janis Abrahms Spring
Daring Greatly-Brene Brown
Rising Strong-Brene Brown
Healing the Shame that Binds You-John Bradshaw

Self-Compassion & Mindfulness

Mindsight-Daniel Siegel

Flow-Mihaly Csikszentmihalyi

Self-Compassion-Kristin Neff

The Gifts of Imperfection-Brene Brown

Parenting

Raising An Emotionally Intelligent Child-John Gottman

Parenting from the Inside Out- Daniel Siegel

Between Parent and Child-Haim Ginott

Anxiety/Depression

I Don't Want to Talk About It-Terrence Real

The Anxiety & Phobia Workbook-Edmund Bourne

Feeling Good-David Burns

Feel the Fear and ... Do It Anyway-Susan Jeffers