

Recommended Reading List

Cluff Counseling

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 + 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

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

Parenting

Raising An Emotionally Intelligent Child – John Gottman
Parenting from the Inside Out – Daniel Siegel
Between Parent and Child – Haim Ginott

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

Self Compassion + Mindfulness

Mindsight – Daniel Siegel
Flow – Mihaly Csikszentmihalyi
Self-Compassion – Kristin Neff
The Gifts of Imperfection – Brene Brown

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