

SUGGESTED READING LIST

ABUSE:

Assertiveness:

Don't say Yes When You Want to Say No by H. Fensterheim & J. Baer

Your Perfect Right by Rober F. Alberti, Ph.D.

- * When I Say No I Feel Quality by Manuel Smith, Ph.D.

Physical:

- * Abused No More by Robert Ackerman & S. Pickering

Battered Into Submission by James & Phyllis Asdruf (Christain)

Doormat Syndrome by Namka

Sexual:

- * Altering the Kids to the Danger of Sexual Abuse by Joy Berry

- * Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse by Ellen Bass & Laura Davis (Also can purchase a workbook)

- * Healing Hidden Memories by Mary Jane Williams

Healing Your Sexual Self by Janet Woltiz

Reclaiming Our Lives - Hope for Adult Survivors of Incest by Carol Poston

- * Secret Survivors - Uncovering Incest & Its Aftereffects in Women by E. Sue Blume

The Emotional Incest Syndrome by Dr. Patricia Love

Out of the Shadows by Patrick Carenas (sexual addiction)

DIVORCE/STEPFAMILIES:

- * Back from Betrayal: Recovering from His Affaris by Jennifer Schneider, M.D.

Crazy Time: Surviving Divorce by Abigail Trafford

Making It as a Stepparent by Claire Berman

- * Picking up the Pieces by Clyde Besson

Single I Can - 101 cards of affirmation, quotes, & activities for single women

Strengthening Your Stepfamily by Elizabeth Emskin

- * Step by Stepparenting by James Eckler

- * Stepfamilies: Mythes & Realities by Emily & John Visher

- * The Boys & Girls Book about Divorce by Richard Gardner, M.D.

- * The Boys & Girls Book about One-Parent Families by Richard Gardner, M.D.

- * The Boys & Girls Book about Stepfamilies by Richard Gardner, M.D.

- * The Parent's Book About Divorce by Richard Gardner, M.D.

DYSFUNCTIONAL FAMILIES:

General:

- * Adult Child's Guide to What's Normal by J. & L. Friel
- Adult Children Raising Children by Randy Rolfe
- ** Adult Children: The Secrets of a Dysfunctional Family by John & Linda Friel
- ** Banished Knowledge by Alice Miller
- * Children of Trauma by Jane Middleton-Moz
- Cutting Loose: An Adults Guide to Coming to Terms with Your Parents by Howard Halpern, Ph.D.
- Don't Talk, Don't Trust, Don't Feel: Overcoming the Power of Your Dysfunctional Family's Secrets by R. Becker, Ph.D.
- * Healing the Child Within by Charles Whitefield
- Healing Your Aloneness: Finding Love & Wholeness Through Your Inner Child by E. Chopich & M. Pare
- * Kids Who Carry Our Pain by Hemfeit (Christain focus)
- Recovery of Your Inner Child by Lucia Capachione, Ph.D.
- Toxic Parents by Dr. Susan Forward
- * When Love Is Not Perfect by Marie Sontag (Christain focus)

Adult Children of Alcoholics:

- A Primer on Adult Children of Alcoholics by Timmen L. Cremak
- * A Time to Heal by Timmen L. Cremak
- * Adult Child of Alcoholics Syndrome by Wayne Kritsberg
- * Adult Children of Alcoholics by Janet Woitiz
- * It Will Never Happen to Me by Claudia Black
- Struggle for Intimacy by Janet Woitiz

Codependency:

- * Breaking Free of the Codependency Trap by Barry & Jane Weinhold
- * Codependent No More by Melody Beatie
- ** Facing Codependency by Pia Melody
- Healing Together by Wayne Kritsberg (for couples)
- Love Is A Choice - Recovery for Codependent Relationships by Hemfeit, Minirth, & Meier

Shame:

- Shame Faced by Stephanie E.
- ** Shame & Guilt - Masters of Disguise by Jane Middleton-Moz

Daily Mediations:

- Daybreak: Mediations for Women Survivors of Sexual Abuse by Maureen Brady
- Days of Healing, Days of Joy by Ernie Larsen & Carol Larsen Hegarty
- ** The Language of Letting Go by Melody Beatie

EATING DISORDERS:

Fat is a Family Affair by Judi Hollis

Feeding the Empty Heart by Barbara McFarland

Otherwise Perfect: People & Their Problems with Weight by Mary S. Stuart & Lynny Orr

EMOTIONS:

General:

Choosing Happiness: The Act of Living Unconditionally by V. Ray

Emotions: Can You Trust Them? by James Dobson

Guilt Is the Teacher, Love Is The Lesson by J. Borysenko, Ph.D.

I Hate You - Don't Leave Me (understanding the borderline personality) by Jerold Kreisman & Hal Straus

Anger:

Of Course You're Angry by Gayle Rosellini & Mark Worden

The Dance of Anger by Harriet Holdhor Lerner

Anxiety:

Anxiety & Panic Attacks: Their Cause & Cure by R. Hardley

Don't Panic by Wilson

Depression:

Feeling Good by David Burns, M.D.

Feeling Good Handbook by David Burns, M.D.

Happiness Is a Choice by Frank Minirth & Paul Meier

Here Comes the Sun (Daily Meditations)

Out of the Blues by Jay Cleve, Ph.D.

Fear:

** Feel the Fear & Do It Anyway by Susan Jeffers, Ph.D.

FAMILY:

Discipline:

Assertive Discipline for Parents by Lee Canter

* Dare to Discipline by James Dobson

* Dr. Dobson Answers Your Questions About Raising Children by James Dobson

* Hide or Seek by James Dobson

* The Strong Willed Child by James Dobson

Parenting:

- * Cycles of Power by Pamela Levin
- Megaskills by Dorothy Rich
- How to Single Parent by Fitzhugh Dodson
- * How to Talk So Kids Will Listen & How to Listen So Kids Will Talk by Adele Faber & Elaine Mazlish
- How to Talk to Children about Really Important Things by Charles Schaefer, Ph.D.
- Parent Effectiveness Training by Thomas Gordon
- * Parenting Isn't for Cowards by James Dobson
- Raising Kids Who Can by Betty Bettner, Ph.D. & Amy Leon, Ph.D.
- * Stress & the Healthy Family by Delores Curan
- * The Blessing by Gary Smalley & John Trent, Ph.D. (Christain)
- The Hurried Child by David Elking
- The Parents' Handbook by Don Dinkmeyer & Gary McKay
- Traits of a Healty Family by Delores Curan
- What's Happening to My Body? (for girls) by Lynda Madaras
- What's Happening to My Body? (for boys) by Lynda Madaras
- * Your Child's Self Esteem by Dorothy Briggs

Relationships:

- * Barriers to Intimacy by Gayle Rosellini & Mark Worden
- ** Getting the Love You Want by Harville Hendrex
- ** Her Needs - His Needs by Harley (Christain focus)
- If You Could Hear What I Cannot Say by Nathaniel Branden
- * Is It Love or Is It Addiction by Brenda Schaefer
- Love Must Be Tough by James Dobson
- Men Who Hate Women
- * Smart Women Foolish Choices by Dr. C. Cowan & Dr. M. Kinder
- The Dance of Intimacy by Harriet Goldhor Lerner
- The Secret of Staying in Love by John Powell
- Together We Can - ideas to foster communication & caring in couples
- What Wives Wished Their Husbands Knew About Women by James Dobson
- * Women Who Love Too Much by Robin Norwood

GRIEF/LOSS:

- Death - The Final Stage of Growth by Elisabeth Kubler-Ross
- Embrassing Life: Growing Through Love & Loss by D. Briggs
- ** How to Survive the Loss of a Love by Melba Culgrove, et. al.
- Learning to Say Goodbye: When A Parent Dies by Eda LeShan
- ** Life Is Goodbye - Life is Hello: Grieving Through All Kinds of Losses by Alla Renee' Bozarth, Ph.D.
- * Living When A Loved One Has Died by Earl A. Grollman
- * Necessary Losses by Judith Viorst

- On Children & Death by Elisabeth Kubler-Ross
- On Death & Dying by Elisabeth Kubler-Ross
- Suicide (Prevention, Intervention, Postvention) by Earl A. Grollman
- * Talking About Death: A Dialogue Between Parent & Child by Grollman
- ** Teenagers Face to Face with Bereavement by K. Gravelle & C. Hawkins
- ** The Courage to Grieve by Judy Tattlebaum
- ** The Grief Recovery Handbook by John James & Frank Cherry
- The Bereaved Parent by H.S. Schiff

SELF ESTEEM:

- * Celebrate Yourself by Dorothy Briggs
- * Honoring the Self by Nathaniel Branden
- How to Raise Your Self Esteem by Nathaniel Branden
- * I'm OK, You're OK by Thomas Harris
- ** Self Esteem: A Family Affair by Jean Clarke
- * The Search for Significance by Robert S. McGee (Christain)
- You Are Not the Target by Huxley

GENERAL:

Drugs:

- Not My Kid: A Parent's Guide to Kids & Drugs by Gross, David A., M.D. & Extein, Irl L., M.D.
- Raising Drug-Free Kids in a Drug-Filled World by W. Perkins

Grades/Study Skills:

- * Homework Without Tears by Lee Canter & Lee Hausner

Peers:

- * Peer Pressure Reversal: An Adult Guide to Developing A Responsible Child by Sharon Scott

Other:

- Common & Uncommon School Problems by Gross, David A., M.D. & Extein, Irl L., M.D.
- Cults: What Parents Should Know by Ross & Longone
- No Easy Answers: The Learning Disabled Child by Sally Smith
- * Your Hyperactive Child: A Parent's Guide to Coping With Attention Deficit Disorder by Barbara Ingersoll