

Reading List for Clients

(Note: I have not read every book on this list - many have been recommended by other professionals and clients)

Addiction: Drugs and Alcohol

Blackout: Remembering the Things I Drank to Forget

Sarah Hepola

Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism (The "Big Book")

AA Services

Twelve Steps and Twelve Traditions

Alcoholics Anonymous

Drinking: A Love Story

Caroline Knapp

Rewired: A Bold New Approach to Addiction and Recovery

Erick Spiegelman

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself

Melody Beattie

A Gentle Path through the Twelve Steps

Patrick Carnes, PhD

This Naked Mind: Control Alcohol

Annie Grace

The Unexpected Joy of Being Sober

Catherine Gray

Anger

Anger: Taming a Powerful Emotion

Gary Chapman

The Anger Trap: Free Yourself for the Frustrations that Sabotage Your Life

Les Carter

Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger

Thomas J. Harbin

Letting Go of Anger

Ronald Potter-Efron

Rage: A Step-by-Step Guide to Overcoming Explosive Anger

Ronald Potter-Efron

The Cow in the Parking Lot: A Zen Approach to Overcoming Anger

Leonard Scheff and Susan Edminston

Anxiety, Panic, and Stress Management

Be Calm: Stop Anxiety Now

Jill Weber, PhD

Retrain Your Brain: Cognitive Therapy

Seth Gilliam, Ph

Don't Feed the Monkey Mind: How to Stop the Cycle of Anxiety, Fear
and Worry

Jennifer Shannon

Dare: The New Way to End Anxiety and Stop Panic Attacks

Barry McDonagh

Don't Panic: Taking Control of Anxiety Attacks

Reid Wilson, PhD

The Relaxation and Stress Reduction Workbook (7th ed)

M. Davis, E. Eshelman & M. McKay

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life

Jon Kabat-Zinn

Assertiveness

When I Say No, I Feel Guilty

Manuel Smith

Assertiveness: How to Stand Up for Yourself

Judy Murphy

The Assertiveness Guide for Women

Julie De Azevedo Hanks

The Art of Everyday Assertiveness

Patrick King

Your Perfect Right:: A Guide to Assertive Living

Robert Alberti & Michael Emmons

Attention Deficit Disorder

Driven to Distraction

E.M. Hallowell & J. Refy

Women with Attention Deficit Disorder

Sari Solden

The Couple's Guide to Thriving with ADHD

Melissa Orlov & Nancie Kohlenberger

A Guide for the Newly Diagnosed

Stephanie Moulton Sarkis, PhD

Taking Charge of Adult ADHD

Russell Barkley, PhD

Depression

Feeling Good: The New Mood Therapy

David. Burns

Mind Over Mood: Change How You Feel by Changing the Way You Think

Dennis Greenberger & Christine Padesky

Depression, The Mood Disease

Francis Mondimore

The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness

Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zin

How to Heal Depression

Harold Bloomfield & Peter McWilliams

Divorce & Separation

Too Good to Leave - Too Bad to Stay: Step-by-Step Guide to Helping You Decide Whether to Stay or Get Out of Your Relationship

Mira Kirshenbaum

Crazy Time: Surviving Divorce and Building a New Life

Abigail Tafford

Resilience: Hard Won Wisdom for Living a Better Life

Eric Greitens

Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead

Brene Brown, PhD

My Kids Don't Live with Me Anymore

Doreen Virtue

How to Survive the Loss of a Love

Peter McWilliams, Harold Bloomfield and Melba Colgrove

When Things Fall Apart: Heart Advice for Difficult Times

Pema Chodron

This is Me Letting You Go

Heidi Priebe

Infidelity

After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful

Janis Abrahams Spring, PhD

Healing from Infidelity

Michelle Weiner-Davis

Not Just Friends: Rebuilding Trust and Recovering Your Sanity After Infidelity

Shirley P Glass, PhD

Unfaithful: Hope and Healing After Infidelity (Christian perspective)

Gary and Mona Shriver

Infidelity: A Survivors Guide

Don-David Lusterman, PhD

Loss & Grieving

When Bad Things Happen to Good People

Harold Kushner

How to Survive the Loss of a Love

Melba Colgrove, Harold Bloomfield, & Peter McWilliams

It's OK that You Are Not OK: Meeting Grief and Loss in a Culture that
Doesn't Understand

Megan Devine

I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden
Death of a Loved One

Brook Noel

Living Through Mourning: Finding Comfort and Hope When a Loved One Has Died

Harriet Sarnoff Schiff

The Courage to Grieve

Judy Tatelbaum

Living When a Loved One Has Died

Earl A. Grollman

Necessary Losses

Judith Viorst

On Death and Dying

Elizabeth Kubler-Ross

The Mourning Handbook : The Most Comprehensive Resource Offering Practical and
Compassionate Advice on Coping With All Aspects of Death and Dying

HelenFitzgerald

Relationships & Interpersonal Awareness

Crucial Conversations: Tools for talking when stakes are high

Kerry Patterson, Joseph Grenny, Ron McMillan, Al Switzler

The Seven Principles for Making Marriage Work

John Gottman

Couple's Guide to Communication

John M. Gottman

What Makes Love Last

John Gottman and Nan Silver

The Truth About Love

Pat Love

Hot Monogamy

Pat Love & Jo Robinson

Divorce Buster

Michele Weiner-Davis

He's Just Not That Into You

Greg Behrendt

Dance of Anger: Woman's Guide to Changing Patterns of Intimate Relationships

Harriet Lerner

The Dance of Intimacy

Harriet Lerner

The Couple's Journey: Intimacy as a Path to Wholeness

Susan M. Campbell

Getting the Love You Want: A Guide for Couples

Harville Hendrix

Keeping the Love You Find: A Guide For Singles

Harville Hendrix

Happy Together: Using the Science of Positive Psychology to Build Love that Lasts

Suzann Pileggi Pawelski & James Pawelski

In the Meantime: Finding Yourself and the Love You Want

Iyanla Vanzant

Passionate Attachments: Thinking About Love

Willard Gaylin & Ethel Pearson

We Have To Talk

Samual Shom & Janet Surrey

Getting to YES: Negotiating Agreement Without Giving In

Roger Fisher & William Ury

Personal Growth, Self Awareness & Emotional Intelligence

Brene Brown - See <https://brenebrown.com/blog/2019/04/26/book-read-first/>
for recommendation of which book to read first

I Thought It Was Just Me

The Gifts of Imperfection

Daring Greatly

Rising Strong

Braving the Wilderness

Dare to Lead

Permission to Feel

Marc Brackett

Get the app, Mood Meter to accompany this book

The Happiness Project

Gretchen Rubin

The Road Less Traveled

M. Scott Peck

The Feeling Good Handbook

David Burns

Learned Optimism: How to Change Your Mind and Your Life

Martin Seligman

Being Mortal

Atul Gawande, MD

When Breath Becomes Air

Paul Kalanithi, MD

My Stroke of Insight

Jill Bolte Taylor, PhD

On the Brink of Everything

Parker Palmer

The Book of Joy

Dalai Lama & Desmond Tutu

Maybe You Should Talk to Someone

Lori Gottlieb

Quiet: The Power of Introverts in a World that Can't Stop Talking

Susan Cain

Mind Over Mood: A Cognitive Therapy Treatment Manual for Clients

Dennis Greenberger & Christine Padesky

How to Win Friends and Influence People

Dale Carnegie

The Seven Habits of Highly Effective People

Stephen R. Covey

Emotional Intelligence : Why It Can Matter More Than IQ

Daniel Goldman

The Resilience Factor: Seven Essential Skills for Overcoming Life's Inevitable Obstacles

Karen Reivich & Andrew Shatte