

## Addictions

### Alcohol

1. Sober For Good- Solutions for Drinking Problems , Anne Fletcher
2. Controlling Your Drinking, Miller & Munoz
3. The Addictive Personality: Understanding Addictive Process & Compulsive Behavior, Craig Nakken
4. Adult Children of Alcoholics (ACOA), Janet Woititz

### Sexual Addiction

1. Don't Call It Love, Recovery from Sexual Addiction, Patrick Carnes. (This is a classic.)
2. The Porn Trap: Overcoming Problems Caused by Pornography, Wendy and Larry Maltz. (An outstanding and hopeful book on sexual addiction to pornography.)
3. Back From Betrayal: Recovering from His Affairs, Jennifer Schneider. (This is a helpful book for partners of "sex addicts." Her website, [www.JenniferSchneider.com](http://www.JenniferSchneider.com) also has some very useful articles.)

## Adolescents

1. Get Out Of My Life, but First Could You Drive Me and Cheryl to the Mall: A Parents' Guide To The New Teenager, Anthony Wolf
2. The Seven Year Stretch, Laura S. Kastner, PhD.
3. Getting to Calm, Laura S. Kastner, PhD.
4. Why Do They Act That Way?: A survival guide to the adolescent brain for you and your teen, David Walsh, PhD

## Aging

1. When I am an Old Woman, I shall wear Purple, Sandra Martz
2. Something to Live for: finding your way in the second half of life, Richard Leider
3. Who AM I... Now that I'm not who I was? Connie Goldman
4. What should I do with the rest of my life: true stories of finding success, passion and new meaning in the 2nd half of life, Bruce Frankel
5. The Creative Age, Awakening human potential in the 2nd half of life, Gene D. Cohen
6. How We Age, Sherwin Nuland
7. The gift of the Years, Joan Chittister
8. From Age-Ing to Sage-Ing by Zalman Schachter-Shalomi
9. Being Mortal, Atul Gawande

## Alcoholism

1. Recovery: Guide for Adult Children of Alcoholics, Herbert L. Gravitz and Julie D. Bowden
2. Broken Bottles Broken Dreams, Charles Deutsch
3. Another Chance: Hope and Health for the Alcoholic Family, Sharon Wegscheider-Cruse
4. Repeat After Me, Claudia Black
5. It Will Never Happen to Me, Claudia Black
6. Adult Children: The Secrets of Dysfunctional Families, John and Linda Friel
7. An Adult Child's Guide to What's Normal, John and Linda Friel
8. Adult Children of Alcoholics, Janet Geringer Woititz.

## Anger Management

1. Act on Life Not on Anger, Eifert et al.
2. The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships, Harriet Goldhor Lerner, Ph.D
3. The Verbally Abusive Relationship: How to Recognize It and How to Respond, Patricia Evans
4. How Can I Forgive You? The Courage to Forgive, the Freedom Not To, Janis A. Spring

## Anxiety

1. Mastery of Your Anxiety and Worry – the Workbook, Craske & Barlow
2. Thoughts & Feelings: Taking Control of Your Moods & Life: A Workbook of CBT, McKay et al.
3. Freeing Your Child From Anxiety, Tamar Chansky
4. Quiet, Susan Cain
5. Dying of Embarrassment, Barbara G. Marway, PhD (et al)
6. The Introvert Advantage, Marti Olsen Laney
7. My Age of Anxiety, Scott Stossel
8. What to Do When You're Scared and Worried: A guide for kids, James J. Crist, Ph.D
9. The 10 Best-Ever Anxiety Management Techniques" by Margaret Wehrenberg
10. Buddha's Brain: The Practical Neuroscience of Happiness, Love and Wisdom, Rick Hanson and Richard Mendius
11. The Relaxation Response, Miriam Z. Klipper and Herbert Benson
12. Timeless Healing, Herbert Benson and Marg Stark
13. The Anxiety and Phobia Workbook, Edmund J Bourne, PhD

### Anxiety - Adolescents

1. My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic, Michael A Tompkins and Katherine A Martinez

### Anxiety - Panic Attacks

1. Don't Panic by Reid Wilson
2. Mastery of Your Anxiety and Panic – the Workbook, Barlow and Craske
3. Panic Attacks Workbook: A Guided Program for Beating the Panic Trick, David Carbonell, Ph.D

### Anxiety - Social Anxiety

1. <http://socialanxietydisorder.about.com/od/booksandmagazines/tp/selfhelpbooks.htm>
2. Managing Social Anxiety: A Cognitive Behavioral Therapy Approach, Hope, Heimberg, Juster & Turk
3. What You Must Think of Me: First Hand Account on One Teenager's Experience with Social Anxiety Disorder, Emily Ford

## ADD/ADHD

### ADD/ADHD - Children

1. The ADD & ADHD Answer Book: Answers to 275 of the Top Questions Parents Ask, Susan Ashley
2. ADHD In Girls, Kathleen Nadeau

### ADD/ADHD in Adults

1. Mastering Your Adult ADHD – The Workbook, Safren, et. al.
2. Adventures In Fast Forward & ADD In The Workplace, Kathleen Nadeau
3. Driven To Distraction & Delivered From Distraction, Hallowell & Ratey

## Affairs

1. After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful, Janis A. Spring
2. How Can I Forgive You? The Courage to Forgive, the Freedom Not To., Janis A. Spring

## Asperger's Syndrome

1. The Complete Guide to Asperger's Syndrome, Tony Attwood
2. Parenting a Child with Asperger Syndrome: 200 Tips and Strategies, Brenda Boyd

## Bipolar Disorder

1. The Bipolar Child, Papalos & Papalos
2. The Bipolar Disorder Survival Guide, Miklowitz

## Blended Families

1. Becoming A Stepfamily: Patterns of Development in Remarried Families, Patricia L. Papernow

2. Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't, Patricia Papernow
3. Wisdom for Separated Parents: Rearranging Around Children to Keep Kinship Strong, Judy Osborne

## Brain Science

1. Bouncing Back: Rewiring your brain for maximum resilience and well-being, Linda Graham
2. The Future of the Mind: The Scientific Quest to Understand, Enhance, and Empower the Mind, Michio Kaku
3. My Stroke of Insight: A Brain Scientist's Personal Journey, Jill Bolte Taylor, Ph.D

## Child-Adolescent Development

1. Your Three Year Old (Series For Each Age: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10-14), Ames & Ilg
2. Best Friends, Worst Enemies: Understanding The Social Lives Of Children, Michael Thompson
3. Raising Cain: Protecting The Emotional Lives Of Boys, Michael Thompson
4. How To Talk To Kids So Kids Will Listen & Listen So Kids Will Talk, Faber & Manglish
5. Girl In The Mirror: Mothers And Daughters In The Years Of Adolescence, Nancy L. Snyderman
6. Odd Girl Out, Rachel Simmons
7. How to Take the Grrrr Out of Anger" by Elizabeth Verdick
8. It's Not Your Fault, Koko Bear: A Read Together Book for Parents and Young Children During Divorce, Vicki Lansky
9. When My Worries Get Too Big! A Relaxation Book for Children Living with Anxiety, Kari Dunn Buron
10. Wilma Jean the Worry Machine, Julia Cook
11. Why Do They Act That Way?: A survival guide to the adolescent brain for you and your teen, David Walsh, Ph

## Chronic Fatigue & Fibromyalgia

1. Coping With Chronic Fatigue Syndrome: 9 Things You Can Do, Fred Friedberg

## Communication, Stress Management & Personal Growth

1. How We Choose to be Happy, Foster & Hicks
2. Crucial Conversations: Tools for Talking When Stakes are High, Paterson, et. al.
3. Who Moved My Cheese? An A-Mazing Way to Deal with Change, Spencer Johnson
4. The Healthy Mind, Healthy Body Handbook, Sobel & Ornstein
5. Do What You Are, Paul D. Tieger

## Clergy Abuse

1. An interview with Carl Russell, <http://safespaceradio.com/2013/05/child-abuse-by-a-priest/>
2. No Telling Aloud: Keeping Secrets that Hurt, by Carl A Russell Jr., and Asa N. Russell
3. Beyond Betrayal, Taking Charge of Your Life After Boyhood Sexual Abuse, Richard Gartner
4. Victims No Longer, the Classic Guide to Men Recovering for Childhood Sexual Abuse, Mike Lew
5. Victim to Survivor: Women Recovering from Clergy Sexual Abuse, Nancy Werking Poling
6. Understanding Clergy Misconduct in Religious Systems: Scapegoating, Family Secrets, and the Abuse of Power, Candace R Benyei, Harold G Koenig
7. Beyond Belief: Abused By His Priest. Betrayed By His Church. The Story of the Boy Who Sued the Pope, Colm O'Gorman
8. Broken Trust: Stories of Pain, Hope, and Healing from Clerical Abuse Survivors and Abusers, Patrick Fleming, Sue Lauber-Fleming, Mark T. Matousek

## Couples (also see Relationships)

1. Tell Me No Lies, Bader & Pearson
2. How Can I Get Through To You, Terrence Real
3. After The Affair & How Can I Forgive You?, Janis Spring

4. Too Good To Leave, Too Bad To Stay, Mira Kirshenbaum
5. Bring Yourself to Love, Mona Barbera, Ph.D
6. Intimacy from the Inside Out, Blank, Kerpelman and Sweezy
7. Bring Yourself to Love, Mona Barbera, Ph.D
8. Love Sense, Sue Johnson
9. Hold Me Tight, Sue Johnson

## Depression

1. I Don't Want To Talk About It – (For Men), Terrance Real
2. This Isn't What I Expected (Post-partum Depression), Kleiman & Raskin
3. Depressed & Anxious, Thomas Marra
4. Don't Let Emotions Run Your Life, Scott Spradlin
5. Get Out of Your Mind and Into Your Life, Hayes & Smith

## Divorce

1. The Good Divorce, Constance Ahrons
2. Spiritual Divorce, Debbie Ford
3. Coming Apart, Daphne Rose Kingman
4. When Things Fall Apart: Heart Advice for Difficult Times, Pema Chodron
5. How to Survive the Loss of a Love, Peter McWilliams, Harold H. Bloomfield and Melba Colgrove
6. Life, Paint, and Passion, Michele Cassou and Stewart Cubley
7. You Can Get Over Divorce, Pat Hudson
8. Still Friends: Living Happily Ever After... Even If Your Marriage Falls Apart, Barbara Quick
9. Kitchen Table Wisdom, Rachel Naomi Remen
10. Uncoupling: Turning Points in Intimate Relationships, Diane Vaughan
11. Crazy Time: Surviving Divorce and Building a New Life, Abigail Trafford
12. Care of the Soul, Thomas Moore
13. The Pro-Child Way: Parenting with an Ex, Ellen Kellner

## Divorce - For Children (also see Parenting and Divorce)

1. Changing Families: A Guide for Kids and Grown-ups, David Fassler
2. Divorce is Not the End of the World: Zoe and Evan's Coping Guide for Kids, Zoe and Evan Stern
3. Was it the Chocolate Pudding? Sandra Levins and Bryan Langdo (ages 3-6 ish)
4. I Don't Want to Talk About It, Jeanie Franz Ransom and Kathryn Kunz Finney (ages 5-8)
5. Dinosaurs Divorce : A Guide for Changing Families, Marc Brown, Laurence Brown. Reading (ages 4-8)
6. The Suitcase Kid, Jacqueline Wilson – Reading (ages 9-12)
7. Survive Loss Love, Peter MacWilliams

## Domestic Abuse

1. The Verbally Abusive Relationship, Patricia Evans
2. Too Good for Her Own Good: Searching for Self and Intimacy in Relationship, Claudia Bepko and Jo Ann Kreslan

## Eating Disorders and Body Image

1. The Body Image Workbook, Thomas Cash
2. Help Your Teenager Beat an Eating Disorder, Lock & LeGrange
3. Don't Diet, Live It Workbook, Lobue & Marcus
4. Bulimia: A Guide To Recovery, Hall & Cohn

5. It's Not about Food: End Your Obsession with Food and Weight, Carol Emery Normandi MFT and Laurelee Roark CCHT,
6. Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life, Jenni Schaefer
7. Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too, Jenni Schaefer
8. Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers, Nancy Amanda Redd
9. Holy Hunger: A Memoir of Desire, Margaret Bullitt-Jonas
10. Multi-service Eating Disorders Association (MEDA) is a good source of info. Among other things they have a resource list. [www.medainc.org](http://www.medainc.org)
11. Caring On Line – great online ED resource: <http://www.caringonline.com/>

## Forgiveness

1. How Can I Forgive You, Janis Spring
2. Forgive and Forget: Healing the Hurts We Don't Deserve (Plus), Lewis B. Smedes
3. Radical Self-Acceptance: A Buddhist Guide to Freeing Yourself from Shame, Tara Brach
4. The Four Agreements: A Practical Guide to Personal Freedom (A Toltec Wisdom Book), Don Miguel Ruiz
5. Disappointment With God: Three Questions No One Asks Aloud, Philip Yancey
6. When Bad Things Happen to Good People, Harold S. Kushner
7. Dare to Forgive, Ned Hallowell
8. Why Forgive?, Johann Christoph Arnold

## Grief/Bereavement and Dying

1. Living at the End of Life, A Hospice Nurse Addresses the most common questions, Karen Whitely Bell, RN  
Note: insights into emotional and spiritual issues, practical issues, physical changes, creating meaningful moments as things become less mobile for person, conflicting emotions about medicating loved ones.
2. Final Gifts, Maggie Callanan and Patrick Kelley  
Note: Understanding the Special awareness, needs and communication of the dying. Focused on anticipating grief, death, emotional and spiritual matters, psychological matters for grievors
3. On Grief and Grieving, David Kessler & Elisabeth Kubler-Ross
4. Finding the meaning of grief through the five stages of loss
5. Unlikely Event of a Water Landing: A Geography of Grief, Christopher Noel
6. A Path Through Grief: A Compassionate Guide, Evelyn Gladu and Marguarite Bouvard. (Covers traumatic loss (suicide and homicide) and loss of relationship (spouse, child, parent, etc)).
7. Someone To Talk To: Finding Peace Purpose and Joy After Tragedy and Loss, Samantha White. (A book about her own healing years after her teenage daughter was killed by a drunk driver.)
8. The Year of Magical Thinking, Joan Didion. (Traumatic death of spouse)
9. In the Midst of Winter: Selections from the Literature of Mourning, Mary Jane Moffat.
10. A Grief Observed, C.S. Lewis
11. Healing After Loss: Daily Meditations For Working Through Grief, Martha Whitmore Hickman
12. Handbook for Mortals: Guidance for People Facing Serious Illness, Joanne Lynn, Janice Lynch Schuster and Joan Harrold
13. Dying Well, Ira Byock
14. Caregiving The Spiritual Journey of Love, Loss, and Renewal, Beth W. McLeod
15. Helping Yourself Help Others, Rosalind Carter with Susan K Golant
16. Grieving a Suicide, Albert Y. Hsu
17. The Grief Recovery Handbook, John W. James and Russell Friedman
18. Night Falls Fast: Understanding Suicide, Kay Redfield
19. Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner, J. William Worden, Ph.D
20. I Wasn't Ready to Say Goodbye: Surviving, coping and healing after the sudden death of a loved one, Brook Noel and Pamela D. Blair, Ph.D
21. Being Mortal: Medicine and What Matters in the End, Atul Gawande

## Grief

### Grief-Links and Resources

1. Children's Room in Arlington – <http://childrensroom.org> An abundance of resources including books, etc.
2. Hospice of the North Shore and Greater Boston [www.hnsgb.org](http://www.hnsgb.org) have many different bereavement services available.
3. The Association for Pet Loss and Bereavement – with live chat room support: <http://apl.org/resources/books.html>
4. Compassionate Friends – peer led support groups for people whose children have died.  
<http://www.allianceofhope.org/?gclid=CNP2gl67qLwCFRAS7Aod7iMABw>
5. Samantha White <http://www.youtube.com/watch?v=WD8PGkQw6k8> (She wrote an award-winning book about her journey of recovery after having lost her 18yr old daughter to a drunk driving accident)
6. Safe Place – a support group for those whose loved one has committed suicide – sponsored by The Samaritans. Call The Samaritans for times and locations
7. The Hospice program at the Visiting Nurse and Community Health in Arlington 781-643-6090, ext. 1344
8. Workshops and Support Groups via Care Dimensions (formerly Hospice of the North Shore and Greater Boston)
9. <http://www.caredimensions.org/Portals/1/March%20calendar%20onlinev2.pdf>
10. [http://www.caredimensions.org/Grief\\_Support/Bereavement\\_Services\\_Outreach\\_Support.aspx](http://www.caredimensions.org/Grief_Support/Bereavement_Services_Outreach_Support.aspx)
11. [www.SurvivorsOfSuicide.com](http://www.SurvivorsOfSuicide.com) – online resources for survivors

### Grief - Adult Children

1. When a Parent Dies, Edward Myers  
(A guide for adults. Note: 10 chapters coping the many facets of the feelings of adults who loses a parent. Different complexities faced by sons vs daughters)
2. Losing a Parent, by Fiona Marshall ( Note: Practical help for you and other family members. Practical, gentle chapters covering all stages from Diagnosis of a terminal illness, being with your dying parent, anticipating loss, when death comes, after.)
3. Healing the Adult Childs Grieving Heart, Alan Wolfelt (100 practical ideas after your parent dies. Note: small, 100 page book pocket size book that address at least 100 difficult challenges, acts, preparations, stages, of losing a Father or Mother. Depending on the manner of the death (sudden or slow terminal), topics may match experiences. Some address the anticipation of death. Each page ends with a Carpe Diem statement.)
4. Grieving Mindfully; a compassionate and spiritual guide to coping with loss, Sameet Kumar
5. Grieving the Death of a Mother, Harold Ivan Smith

### Grief - Children

1. Lifetimes: The beautiful way to explain death to children, Bryan Mellonie and Robert Ingpen

### Grief - Pet Loss

1. Cat Heaven, Cynthia Rylant
2. The Tenth Good Thing about Barney, Judith Viorst
3. The Fall of Freddie the Leaf: A Story of Life for All Ages, Leo Buscaglia.

### Infidelity

1. After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful, 2nd Edition, Janis A. Spring
2. Not "Just Friends": Rebuilding Trust and Recovering Your Sanity After Infidelity, Shirley Glass
3. How Can I Forgive You?: The Courage to Forgive, the Freedom Not To, Janis A. Spring
4. Infidelity: A survivor's Guide, Don-David Lusterman, PhD
5. How to Help Your Spouse Heal from Your Affair: A Compact Manual for the Unfaithful, Linda MacDonald

### Internal Family Systems (IFS)

1. Introduction to the Internal Family Systems Model, Richard C. Schwartz, Ph.D
2. Internal Family Systems Therapy, Richard C. Schwartz
3. Resolving Inner Conflict: Working Through Polarizations Using IFS Therapy, Jay Early, Ph.D

4. Self-Therapy Workbook: An Exercise Book for the IFS Process, Bonnie J. Weiss, LCSW
5. Why Did I Do That?, Dorie Cameron, LICSW
6. Self Therapy for Your Inner Critic: Transforming Self-Criticism into Self-Confidence, Bonnie Weiss, LCSW
7. There is a Part of Me, Jon Schwartz and Bill Brennan
8. You Are The One You've Been Waiting For, Bringing Courageous Love To Intimate Relationships, Richard Schwartz
9. The Big Bright Ball Answers the Call, David. Cantor
10. Freedom from Your Inner Critic, Jay Earley, PhD
11. The Mosaic Mind: Empowering the Tormented Selves of Child Abuse Survivors, Goulding and Schwartz
12. Intimacy from the Inside Out, Toni Herbine-Blank with co-authors Donna Kerpelman and Martha Sweezy
13. Inner Dialogue in Daily Life, Charles Eigen
14. Parts Work: An Illustrated Guide to Your Inner Life, Tom Holmes
15. Illustrated Workbook: Freedom From Your Inner Critic, Bonnie Weiss
16. Bring Yourself to Love, Mona Barbera, Ph.D
17. Polly and Her Parts, Allison Biggs
18. Nathan Meets his Monsters, Joseph Kropp
19. Innovations and Elaborations In Internal Family Systems Therapy, Sweezy and Ziskind
20. IFS Internal Family Systems Therapy: New Dimensions, Sweezy and Ziskind
21. Working with Anger In Internal Family Systems Therapy, Jay Early, Ph.D
22. Negotiating for Self Leadership in IFS, Jay Early, Ph.D
23. Resolving Inner Conflict: Working Through Polarization Using Internal Family Systems Therapy, Jay Early, Ph.D

## Mindfulness

1. Vinegar Into Honey: Seven Steps to Understanding and Transforming Anger, Aggression and Violence, Ron Leifer, M.D.
2. Anger, Thich Nhat Hanh
3. The Miracle of Mindfulness, Thich Naht Hahn
4. Act on Life, Not on Anger. Based on ACT: Acceptance and Commitment Therapy, Georg H. Eifert, Matthew McKay, John P. Forsyth and Steven C. Hayes
5. Full Catastrophe Living, Jon Kabat-Zinn
6. Search Inside Yourself, by Chade-Meng Tan
7. The Mindful Path to Self-Compassion, Christopher Germer
8. The Mindfulness Solution to Pain, Dr. Jackie Gardner-Nix
9. How to Be Sick: A Buddhist-inspired Guide for the Chronically Ill and Their Caregivers, Toni Bernhard
10. Belleruth Neparstek has a website catalog loaded with Meditation, relaxation, healing tapes/CDs [www.healthjourneys.com](http://www.healthjourneys.com)
11. Kristin Neff has downloads on self-compassion <http://www.self-compassion.org/>
12. How to Train a Wild Elephant, Jan Chozen Bays, M.D.
13. Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life, Jon Kabat-Zinn
14. Peace is Every Step: The Path of Mindfulness in Everyday Life, Thich Nhat Hanh

## Narcissism

1. Why Is It Always About You?: The Seven Deadly Sins of Narcissism, Sandy Hotchkiss and James F. Masterson M.D.
2. Will I ever be Good Enough? Healing the daughters of Narcissistic Mothers, Karyl McBride
3. Children of the Self-Absorbed: A Grown-Up's Guide to Getting Over Narcissistic Parents, Nina Brown EdD LPC
4. The Drama of the Gifted Child: The Search for the True Self, Revised Edition, Alice Miller
5. People of the Lie: The Hope for Healing Human Evil, M. Scott Peck
6. Trapped in the Mirror: Adult Children of Narcissists in their Struggle for Self, Elan Golombis (a good one if someone had a narcissistic mom)
7. Help! I'm in Love with a Narcissist, Steven Carter and Julia Sokol

## Obsessive Compulsive Disorder (OCD)

1. Talking Back to OCD, March & Benton
2. Freeing Your Child from OCD, Tamar Chansky
3. Stop Obsessing! How to Overcome Your Obsessions and Compulsions, Foa & Wilson
4. More Than One Way To Be Okay, Gross, Ronit

## Pain

1. Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness, 2nd Ed., Paul Donoghue, Mary Elizabeth Siegel
2. The Mindfulness Solution to Pain, Dr. Jackie Gardner-Nix
3. How to Be Sick: A Buddhist-inspired Guide for the Chronically Ill and Their Caregivers, Toni Bernhard
4. When Someone You Love Has a Chronic Illness: Hope and Help for Those Providing Support, Tamara McClintock Greenberg
5. A Husband, A Wife & An Illness: Living Life Beyond Chronic Illness, Dr. William July and Jamey Lacy July
6. Just Fine: Unmasking Concealed Chronic Illness and Pain, Carol Sveilich (A large collection of short, shared tales and accounts of individuals who live with various chronic illness and pain)
7. Freedom from Pain: Discover your Body's Power to Overcome Physical Pain, Peter Levine and Maggie Phillips
8. Resolving Chronic Pain, Maggie Phillips
9. When the Body Says No: Exploring the Stress-Disease Connection, Gabor Mate
10. In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness, Peter A. Levine and Gabor Mate
11. Living with Chronic Pain: Complete Guide to Causes and Treatment, Jennifer Schneider

## Parenting

1. The Bully, The Bullied, & the Bystander, Barbara Coloroso
2. Helping Teens Who Cut, Michael Hollander
3. Parenting the Strong-Willed Child (re: 2-6 year olds), Forehand & Long
4. Getting to Calm: Cool-headed Strategies for Parenting Tweens & Teens, Kastner & Wyatt
5. Raising Your Spirited Child & Kids, Parents, & Power Struggles, Mary S. Kurcinka
6. The Explosive Child, Ross Greene
7. How To Keep Your Teenager Out Of Trouble & What To Do If You Can't, Neil Bernstein
8. 1-2-3 Magic: Effective Discipline for Children 2-12, Thomas W. Phelan
9. No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind, Daniel J. Siegel and Tina Payne Bryson
10. How to Unspoil Your Child Fast: A Speedy, Complete Guide to Contented Children and Happy Parents, Richard Bromfield
11. Parenting from Inside Out, Daniel Siegel
12. How to Raise Brainwise Kids, Daniel Siegel
13. Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager, Revised and Updated, Anthony E. Wolf
14. How to Talk so Kids Will Listen and Listen so Kids Will Talk, Faber and Mazlish
15. Confident Parents; Remarkable Kids, Bonnie Harris
16. When Your Kids Push Your Buttons, Bonnie Harris
17. Peoplemaking, Virginia Satir
18. Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias, Tamar E. Chansky, PhD
19. Raising a Thinking Child: Help Your Young Child to Resolve Everyday Conflicts and Get Along with Others, Myrna Shure and Theresa Foy DiGeronimo
20. Scream Free Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool, Hal Edward Runkel, LMFT
21. Playful Parenting, Larry Cohen
22. Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships, Rick Hanson and Jan Hanson
23. Your Body Belongs to You, Cornelia M. Spelman
24. I Said No! a kid to kid guide to keep your private parts private, Kimberly King
25. Positive Parenting with a Plan, Matthew Johnson
26. Becoming a Stepfamily, Patricia Pappernow
27. Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't, Patricia L. Pappernow

## Parenting & Divorce (also see Divorce for Children)

1. What About the Kids?: Raising Your Children Before, During & After Divorce, Judith Wallerstein
2. Mom's House, Dad's House, Isolina Ricci
3. Dinosaurs Divorce: A Guide For Changing Families, Laurene & Marc Brown

## Personal Growth



1. The Gifts of Imperfection, Brene Brown, Ph.D, LICSW
2. Do What You Are: Discover the Perfect Career For You Through the Secrets of Personality Type, Paul D. Tieger, Barbara Barron-Tieger

## Premature Children

1. Preemies: The Essential Guide For Parents Of Premature Babies, Linden, Paroli & Doron

## Relationships (also see Couples)

1. Getting the Love You Want, Harville Hendrix
2. Intimacy from the Inside Out, Blank, Kerpelman ad Sweezy
3. The Seven Principles for Making Marriage Work, John Gottman and Nan Silver
4. The 5 Love Languages: The Secret to Love that Lasts, Gary Chapman
5. Too Bad to Stay, Too Good to Leave: A Step by Step Guide to Help You Decide Whether to Stay In or Get Out of Your Relationship, Mira Kirshenbaum

## Self Esteem

1. The Self Esteem Workbook, Glenn R. Schiraldi, Ph.D
2. How To Permanently Erase Negative Self-Talk, Emily Filloramo

## Self Harm

1. Freedom From Self Harm: Overcoming Self Injury with Skills From DBT and Other Treatments, Kim L. Gratz, Ph.D, Alexander L. Chapman, Ph.D

## Sexual Abuse

### Child Sexual Abuse

The Children's Advocacy Center. <http://www.nationalcac.org/> They have sites in different places. They have clinicians and evaluators of kids so are a good resource to call before DCF. They will deal with abuse issues and then call DCF having done a more clinically-minded interview and evaluation.

### Female Sexual Abuse

1. Invisible Heroes, Belleruth Naparstek, also CDs for guided imagery to address trauma issues mind body spirit [www.healthjourneys.com](http://www.healthjourneys.com)
2. Healing Sex: A Mind-Body Approach to Healing Sexual Trauma, Staci Haine
3. Sexual Healing [Unabridged, Audiobook] [Audio CD], Peter A. Levine
4. The Courage to Heal: A guide to Women Survivors of Child Sexual Abuse, Ellen Bass and Laura Davis
5. Father-Daughter Incest, Judith Lewis Herman
6. The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (Rev Ed), by Wendy Maltz. By far the best book available that addressing issues of abuse and sexuality. It is helpful and hopeful both for survivors of sexual abuse and their partners. She also has two DVDs.
7. Pre-verbal sexual abuse: Recovery of Your Inner Child, Lucia Capacchione. Drawing and writing exercises using non-dominant hand

### Male Sexual Abuse

1. Victims No Longer: The Classic Guide for Men Recovering from Sexual Child Abuse, Mike Lew.
2. The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (Rev Ed), by Wendy Maltz. By far the best book available that addressing issues of abuse and sexuality. It is helpful and hopeful both for survivors of sexual abuse and their partners. She also has two DVDs.

### Partners of Sexual Abuse Survivors

1. Ghosts in the Bedroom: a guide for the partners of incest survivors, Ken Graber
2. Allies in Healing: When the Person You Love Was Sexually Abused as a Child, Laura Davis
3. The Sexual Healing Journey, Wendy Maltz

## Sexuality

### Female Sexuality

1. For Women Only: A Revolutionary Guide to Reclaiming Your Sex Life, Jennifer Berman, Laura Berman and Elisabeth Bumiller. (An excellent reference book that addresses many of the medical aspects of female sexuality.)
2. Becoming Orgasmic, A Sexual Growth Program for Women, Julia Heiman, Joseph Ph.D. LoPiccolo and David Palladini. (This is the book most women prefer for learning how to be orgasmic. Along with Betty Dodson's CD: Celebrating Orgasm, these two resources have helped many women reach orgasm for the first time.)
3. The Whole Lesbian Sex Book: A Passionate Guide for All of Us, Felice Newman. (Popular and comprehensive book that is both fun to read, helpful.)
4. Pleasures: Women Write Erotica, Lonnie Barbach. (Short, erotic and explicit true sexual stories that may be helpful to women who are interested in learning to masturbate or who wish to address concerns about their own sexual fantasies)

### Female Sexuality – Vaginismus

1. The V Book: A Doctor's Guide to Complete Vulvovaginal Health, Dr. Elizabeth Stewart (This book is a great resource for related medical information and the author has a great specialty clinic at the Burlington Harvard Vanguard.)

### Male Sexuality

1. The New Male Sexuality: The Truth about Men, Sex, and Pleasure, Bernie Zilbergeld. (This book for both straight and gay men is wonderful because it is informative, reassuring and has some excellent exercises dealing with sexual difficulties. Also good for female partners who want to better understand their male partner's attitudes towards sexuality and "sexual performance issues.")
2. Coping with Erectile Dysfunction, Barry W. McCarthy PhD and Michael E. Metz PhD
3. Coping with Premature Ejaculation, Barry W. McCarthy PhD and Michael E. Metz PhD. (This is the best book available on the treatment of PE. Extremely comprehensive and well thought out. Detailed exercises may seem overwhelming and therefore therapy is often indicated.)
4. The Ins and Outs of Gay Sex; A Medical Handbook for Men, Stephen E. Goldstone. (This book gives plain straightforward information and advice about all aspects of gay sex.)

### Sexuality - Medical Issues

1. Intimacy with Impotence: The Couple's Guide To Better Sex After Prostate Disease, Ralph Alterowitz and Barbara Alterowitz. (This book not only covers all of the mechanical and pharmaceutical approaches to erectile dysfunction, but more importantly addresses the social and psychological needs of the couple.)
2. Sexuality & Chronic Illness: A Comprehensive Approach, Leslie R. Schover Phd and Soren Buus Jensen. Very helpful for patients with medical or developmental issues that affect their sexuality. Also addresses how physicians can be helpful to patients struggling with sexual concerns related to chronic illnesses.)

### Sexuality and Relationship

1. The Sex-Starved Marriage: A Couple's Guide to Boosting Their Marriage Libido, Michele Weiner Davis. (A helpful, well-written book for couples struggling with low desire.)
2. Hot Monogamy: Essential Steps to More Passionate, Intimate Lovemaking, Patricia Love and Jo Robinson. (Both the higher desire and lower desire partners seem to really like this book and find it reassuring and helpful.)
3. Enduring Desire, Your Guide to Lifelong Intimacy, Barry W. McCarthy PhD and Michael E. Metz PhD. (An outstanding, compassionate and useful book for helping couples who are having almost any kind of sexual difficulty, but especially problems with desire.)
4. Mating in Captivity: Reconciling the Erotic and the Domestic, Esther Perel. (An extremely well written, thoughtful look at the problem of maintaining desire in a long-term relationships.)

## Shame

1. The Gifts of Imperfection: Let Go of Who You Think You are Supposed to be and Embrace Who You Are, Brene Brown
2. Healing the Shame That Binds You, John Bradshaw
3. Masters of Disguise, Shame and Guilt, Jane Middleton-Moz
4. Shame and Guilt, Tangney and Dearing

## Stress Reduction

1. The Stress Reduction Workbook for Teens: Mindfulness skills to help you deal with stress, Gina M. Biegel, MA, LMFT

## Trauma

1. Coping with Truma-Related Dissociation: Skills trianing for patients and therapists, Boon, Steele and Van Der Hart

2. Getting Through the Day: Strategies for Adults Hurt as Children, Nancy J. Napier

3. The Body Keeps the Score, Bessel Van Der Kolk, M.D.

4. The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse, Ellen Bass and Laura Davis

5. The Mosaic Mind, Regina Goulding and Richard Schwartz

6. Trauma and Recovery, Judith Herman, M.D.

7. Waking the Tiger: Healing Trauma, Peter Levine and Ann Frederick

8. Unkind Gifts, Ellen Ranney