

Books I Recommend Most Often

My favorite books are listed in bold.

Recovery

- **Beattie, Melody. Co-dependent No More. 1996. Hazelden Information Education.**
- Bianco, Margery Williams et al. The Velveteen Rabbit: Or, How Toys Become Real. 1997. Courage Books.
- Bradshaw, John. Healing the Shame that Binds You. 1988. Health Communications.
- **Carnes, Patrick J. Don't Call It Love: Recovery from Sexual Addiction. 1992. Bantam Books.**
- Carnes, Patrick J., A Gentle Path Through the Twelve Steps: The Classic Guide for All People in the Process of Recovery. 1994. Compcare.
- Carnes, Patrick J., Delmonico, David, Griffin, Elizabeth, & Moriarity, Joseph. In the Shadows of the Net : Breaking Free of Compulsive Online Sexual Behavior. 2001. Hazelden Information Education.
- **Carnes, Patrick J. and Moriarity, Joseph. Sexual Anorexia: Overcoming Sexual Self-Hatred. 1997. Hazelden Information Education.**
- **Carnes, Patrick J. The Betrayal Bond: Breaking Free of Exploitive Relationships. 1997. Health Communications.**
- De Saint-Exupery, Antoine. The Little Prince. 1943. Harcourt Brace.
- Hastings, Anne Stirling. Discovering Sexuality That Will Satisfy You Both: When Couples Want Differing Amounts & Kinds Of Sex. 2000. Wellness Institute.
- Krauss, Pesach. Why Me? Coping with Grief, Loss, and Change. 1990. Bantam Books.
- **Kurtz, Ernest and Ketcham, Katherine. The Spirituality of Imperfection. 1994. Bantam Books.**
- Mellody, Pia and Miller, J. Keith. Facing Codependence: What It Is, Where It Comes From, How It Sabotages Our Lives. 1989. Harper San Francisco.
- Mellody, Pia and Miller, Andrea Wells. Breaking Free: A Recovery Workbook for Facing Codependence. 1989. Harper San Francisco.
- **Mellody, Pia. Facing Love Addiction: Giving Yourself the Power to Change the Way You Love. 1992. Harper San Francisco.**
- Peck, Scott. The Road Less Traveled. 1997. Simon & Schuster.
- Schneider, Jennifer & Weiss, Robert. Cybersex Exposed : Simple Fantasy or Obsession? 2001. Hazelden Information Education.
- Silverman, Sue William. Love Sick: One Woman's Journey Through Sexual Addiction. 2001. New York: W. W. Norton & Company.
- **Whitfield, Charles. Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families. 1989. Health Comm.**

Books I Recommend Most Often

- Woititz, Janet Geringer. Adult Children of Alcoholics. 1990. Health Communications.

Relationships and Self Esteem

- **Alberti, Robert and Emmons, Michael. Your Perfect Right. 1995. Impact Publishers, Inc.** This book is about assertiveness...a real classic.
- Carnes, Patrick J., et al. Open Hearts: Renewing Relationships with Recovery, Romance, and Reality. 1999. Gentle Path Press.
- Driggs, John H. and Finn, Stephen E. Intimacy Between Men. 1991. Plume.
- Fisher, Bruce. Rebuilding When a Relationship Ends. 1999. Impact Publishers, Inc.
- **Hendrix, Harville. Getting the Love You Want: A Guide for Couples. 1990. Harperperennial Libry.**
- Hendrix, Harville. Keeping the Love You Find: A Guide for Singles. 1993. Pocket Books.
- **Kreisman, Jerold J., M.D. and Straus, Hal. I Hate You--Don't Leave Me. Understanding the Borderline Personality. 1991. Avon.**

ADD

- **Hallowell, Edward M. and Ratey, John J. Driven to Distraction: Recognizing and Coping With Attention Deficit Disorder from Childhood Through Adulthood. 1995. Simon & Schuster.**
- Kelly, Kate and Ramundo, Peggy. You Mean I'm Not Lazy, Stupid or Crazy?!: A Self-Help Book for Adults With ADD. 1996. Fireside.

Anxiety and Trauma

- **Bourne, Edmund J. The Anxiety & Phobia Workbook. 2001. New Harbinger Publications.**
- **Matsakis, Aphrodite. I Can't Get Over It. A Handbook for Trauma Survivors. 1992. New Harbinger Press, Inc.**

Career

- Bolles, Richard Nelson. What Color Is Your Parachute? 2001: A Practical Manual for Job-Hunters and Career-Changers. 2000. Ten Speed Press.

Divorce

- Trafford, Abigail. Crazy Time: Surviving Divorce and Building a New Life. 1993. Harperperennial Library.
- Woodhouse, Violet and Collins, Victoria. Divorce & Money: How to Make the Best Financial Decisions During Divorce. 2000. Nolo Press.