

Book List

Anxiety Related Topics

Feel the Fear and Do It Anyway
The Anxiety Disease

Depression Related Topics

I Don't Want to Talk About It
Telling Yourself the Truth

Marriage Enrichment/Related Topics

Grow Up
Divorce Busting
Living With the Passive-Aggressive Man - Wetzler, Ph.D.
Boundaries in Marriage by Cloud & Townsend
Love and Respect by Emerson Eggerichs
Seven Levels of Intimacy by Matthew Kelley

Parenting Related Topics

Parenting with Love and Logic by Cline and Fay
Parenting Teens with Love and Logic by Cline and Fay
Boundaries w/ children by Cloud & Townsend

General Personal Growth Topics

Codependent No More by Melodie Beattie
Boundaries (by Cloud & Townsend)
Boundaries (by Anna Katherine)
Love is a Choice by Minirith and Meir
The Four Agreements
Telling Yourself the Truth by Backus
Telling Others the Truth by Backus
Self Matters by Phil McGraw

Topics related to Sex/Sexuality

Sheet Music by Lehman
Turn up the Heat by Lehman
Out of the Shadows
Sexual Anorexia
Gift of Sex

Topics Related to Eating/Diet

Overcoming Binge Eating
Intuitive Eating
Surviving an Eating Disorder—Strategies for
Family and Friends
Beyond the Looking Glass

Topics Related to Affair Recovery

Private Lies
After the Affair by Janis Abrahms Springs, Ph.D.
Torn Asunder
Forgive & Forget/Healing the Hurts We Don't
Deserve by Smedes, Lewis
Forgiveness by Simon & Simon
Broken Vows by Carter

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Topics Related to Grief Recovery

The Grief Recovery Handbook by James & Friedman
Good Grief
A Grief Observed

Topics Related to Children/Adolescents

The Five Love Languages of Children
Driven to Distraction

Topics Related to Personality Disorders

I Hate You, Don't Leave Me
Stop Walking On Eggshells

Topics Related to Men's Issues

Wild at Heart by Ekridge
Awakening from Deep Sleep by Pasick

Topics Related to Abuse Recovery

The Courage to Heal by Laura Davis
The Courage to Heal Workbook by Laura Davis

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