Book List

**Anger**

·       When Anger Hurts: Quieting the Storm Within

**Anxiety**

·       The Subtle Art of not giving a F….

**Bipolar**

The Bipolar Disorder Survival Guide – David J Miklowitz

Any book by Kaye Redfield Jameison

**Children**

·          Growing Friendships:  A Kids’ Guide to Making & Keeping Friends

**Coparenting / Divorce**

·       Co-Parenting After Divorce: A GPS for Healthy Kids – Debra K. Carter

·       Learning from Divorce – Christine Coates and E. Robert LaCrosse

·       For Better or for Worse – Mavis Hetherington

·       Divorce Poison – Richard Warshak

·       Putting Children First – JoAnne Pedro-Carroll

·       Co-Parenting Handbook – Karen Bonnett

·       Parenting After Divorce – Phil Stahl

·       Parenting Apart:   How Separated and Divorced Parents Can Raise Happy and Secure Kids – Christina McGhee

·       Custody Chaos, Personal Peace – Jeff Wittmann

·       Joint Custody with a jerk, raising a child with an uncooperative Ex – Julie Ross and Judy Corcoran

·       How to avoid the divorce from hell – and dance together at your daughter’s wedding – M. Sue Talia

·       Vicki Lansky’s Divorce Book for Parents – Vicki Lansky

·       The Good Divorce – Constance Ahrons

·       101 Ways to be long-distance Super Dad or Mom – George Newman

·       Ex-Etiquette for Parents – Jann Blackstone-Ford and Sharyl Jupe

·       Your Divorce Advisor – Diana Mercer and Marsha Kline Pruett

·       Stepfamilies – James H. Bray and John Kelly

·       Through the Eyes of Children – Janet Johnston, Karen Breunig, Carla Garrity, and Mitchell Baris

·       Tug of War – Harvey Brownstone

·       The Smart Stepmom:   Practical Steps to Help You Thrive! – Ron Deal & Laura Petherbridge

·       Mom’s House, Dad’s House – Isolina Ricci

**Dating, Relationship, and Marriage**

·       The Relationship Cure - 5 Step Guide to Strengthen Your Marriage - John Gottman

·       The 5 Love Languages

·       Attached:  The New Science of Adult Attachment & How It Can Help You Find – Keep – Love

·       Smart Couples Finish Rich.  9 steps to creating a rich future for you and your spouse

·       The Magic 5 hours - The relationship cure - 5 step guide to strengthen your marriage - John Gottman

·       The Upside-Down Marriage: 12 Ways to Keep Your Marriage Right Side Up - by Jim Keller

·       Sacred Marriage - by Gary L. Thomas

·       Love and War:  Finding the Marriage You’ve Dreamed of - by John Eldredge, Stasi Eldredge

·       How We Love: Discover Your Love Style, Enhance Your Marriage - by Milan Yerkovich, Kay Yerkovich

·       The Emotionally Destructive Marriage - How to find your voice and reclaim your hope (Christian support)

·       Fierce Intimacy – Terry Real

·       Why Does He Do That? - Lundy Croftman

·       Rising Strong, The Reckoning, The Rumble, The Revolution

·       Boundaries by Dr. Henry Cloud and Dr. John Townsend

·       The Seven Levels of Intimacy by Matthew Kelly

·       Getting the Love you Want by Harville Hendrix and Hellen LaKelly Hunt

·       Marriage on the Rock: A Guide for discovering God’s design for your dream marriage

·       Adult Children of Emotionally Immature Parent

·       The Road Less Traveled: A New Psychology of Love, Traditional Values, and Spiritual Growth

·       Should I Stay or Should I Go? - Lundy Croftman

**Debt Free**

·       Debt Free Living - Larry Burkett

·       The Total Money Makeover: A Proven Plan for Financial Fitness - Dave Ramsey

·       The Total Money Makeover Workbook - Dave Ramsey

·       Margin:  Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives

·       Living Forward: A Proven Plan to Stop Drifting and Get the Life You Want

**Depression**

·       The Art of Happiness - Dalai Lama & Howard Cutler

·       The Secret

·       The How of Happiness: A New Approach to Getting the Life You Want

·       The Book of Joy: Lasting Happiness in a Changing World: Dalai Lama, Desmond Tutu

**Divorce Pre-School Age**

·        Dinosaurs Divorce – Laurie Krasny Brown & Marc Brown

·        Where is Daddy? – Beth Goff

·        My Mother’s House, My Father’s House – C.B. Christiansen

·        My Family’s Changing – Pat Thomas

·        Two Home by Claire Masurel

**Divorce Elementary Age**

·        At Daddy’s on Saturdays – Linda Girard

·        Why are we getting a divorce? Peter Mayle

·        When My Parents Forgot How to Be Friends – Jennifer Moore-Mallinos

·        A Smart Girl’s Guide to Her Parents’ Divorce:  How to Land on Your Feet When your World Turns Upside Down

·        Why did you have to get a divorce? And WHEN can I get a Hamster? – Anthony E. Wolf

·        Why Do Families Change?

·        Two Homes

**Divorce Teens and Pre-Teens**

·        It’s not the end of the world – Judy Blume

·        When Divorce hits home – Bath & Thea Joselow

·        What in the World Do You Do When Your Parent’s Divorce?   A Survival Guide for Kids – Kent Winchester & Roberta Beyer

·        Divorce is Not the End of the Word: Zoe ‘s & Evan’s Coping Guide for Kids – Zoe Stern

**Emotional Self-Help Books**

·        Emotional Agility, Susan David

·        The Gifts of Imperfections:  Let go of who you think you're supposed to be and embrace who you are, Brene Brown

·        Attached:  The New Science of Adult Attachment & How It Can Help You Find – Keep – Love

**Family Issues**

·       Adult Children of Emotionally Immature Parents - Lindsay C. Gibson, PhD

·       The Book of Joy: Lasting Happiness in a Changing World:  Dalai Lama, Desmond Tutu

·        Attached:  The New Science of Adult Attachment & How It Can Help You Find – Keep – Love

**Grief**

·       The Other Side of Sadness - George Bonanno

·       The Grief Recovery Handbook

·       When Bad Things Happen to Good People

·       How to go on living when someone you love dies

·       The Power of Now

·       The Wild Edge of Sorrow

**Grief - Christian Faith**

·       A Grace Disguised by Gerald Sittser

**Infertility**

·       Spiritual Fertility:  Integrative Practices for the Journey to Motherhood

·       Making Babies

·       The Impatient Woman's Guide to Getting Pregnant

·       The Ten-Year Club: A Decade of Infertility and Us

·       Inconceivable

·       The Underachieving Ovary

·       If at First You Don't Conceive: A Complete Guide to Infertility from One of the Nation's Leading Clinics

·       Yes, You Can Get Pregnant:  Natural ways to improve your fertility now and into your 40’s, Aimee Raupp

·       Body Belief:  How to heal autoimmune diseases, radically shift your health & learn to love your body more, Aimee Raupp

·       Chill out and get healthy:  Live clean to be strong and stay sexy, Aimee Raupp

**Intimacy**

·       Buddha’s Bedroom:  The Mindful Loving Path to Sexual Passion and Lifelong Intimacy - <https://drcherylfraser.com/>

 She has a Podcast – Sex, Love and Elephants

·        Attached:  The New Science of Adult Attachment & How It Can Help You Find – Keep – Love

**Leadership**

·      Dare to Lead, Brene Brown

·      Rising Strong, The Reckoning, The Rumble, The Revolution

·      The Miracle Morning:  The 6 Habits that will transform your life before 8 AM

**Life Planning**

·       Living Forward: A Proven Plan to Stop Drifting and Get the Life You Want

·       Rising Strong, The Reckoning, The Rumble, The Revolution

·        Attached:  The New Science of Adult Attachment & How It Can Help You Find – Keep – Love

**Male Health**

·       The Way of the Superior Man:  A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire

·       Buddha’s Bedroom:  The Mindful Loving Path to Sexual Passion and Lifelong Intimacy - <https://drcherylfraser.com/>

 She has a Podcast – Sex, Love and Elephants

**Narcissism**

·       Adult Children of Emotionally Immature Parent

·       The Wizard of Oz and Other Narcissists

·       Why Does He Do That?” By Lundy Croftman

·       Emotional Blackmail – Susan Forward, PhD

·       Disarming the Narcissist:  Surviving & Thriving with the self-absorbed

·       One Moms Battle Divorcing a Narcissist

·       Healing from Hidden Abuse

·       The Verbally Abusive Relationship

·       The Human Magnet Syndrome:  Why We Love People Who Hurt Us

·       Narcissistic Mothers: Theresa Shahida - How Being the Daughter or Son of a Narcissistic Mother Affect Your Feelings & Your Life.

·       Setting Boundaries will set you free: Ultimate guide to telling the truth, creating connection & finding freedom

·       Power:  Surviving and Thriving after narcissistic abuse: Essays on Malignant Narcissist & Recovery – Shahida Arabi

·       Psychopath Free:  Recovering from emotionally abusive relationships with Narcissist & Sociopaths & Other Toxic People

·       The Covert Passive Aggressive Narcissist - Debbie Mirza

·       The Safest Place Possible - Debbie Mirza

·       Becoming the Narcissist’s Nightmare - Shahida Arabi

·       Psychopath Free - Jackson MacKenzie

·       Should I Stay or Should I Go? - Lundy Croftman

·       Why Does He Do That? - Lundy Croftman

**Obsessive Compulsive Behaviors**

·       Overcoming Body Focused Repetitive Behaviors:   A Comprehensive Behavioral Treatment for Hair Pulling and Skin Picking

·       Brainlock for OCD

**Parenting**

·       Adult Children of Emotionally Immature Parents - Lindsay C. Gibson, PhD

·       Relational Parenting:  Going Beyond Your Child’s Behavior to Meet Their Deepest Needs

·       Positive Discipline for Toddlers - Jane Nelsen

**Self-Improvement**

·       Attached:  The New Science of Adult Attachment & How It Can Help You Find – Keep – Love

·       Adult Children of Emotionally Immature Parent

·       How to Win Friends and Influence People - Dale Carnegie

·       Raving Fans - Ken Blanchard

·       Women & Self Esteem

·       The 4 Agreements - Don Miguel Ruiz

·       The Power of Now - Eckart Tolle

·       Your best life now - Joel Osteen

·       Untethered Soul - Michael Singer

·       Reinventing Your Life:  The Breakthrough Program to End Negative Behavior and Feel Great Again

·       The Book of Joy: Lasting Happiness in a Changing World By Dalai Lama, Desmond Tutu

·       Living Forward: A Proven Plan to Stop Drifting and Get the Life You Want

**Spiritual Books**

·        Artist's Way: A Spiritual Path to Higher Creativity is a Self-Help

**Trauma and Healing**

·        Feel It Heal It Let It Go (Includes prompts to journal) – Nicole Musap

·        The Body Keeps the Score – Dr. Bessel van der Kolk

·        Toxic Parents, Susan Forward Ph.D

·        Complex PTSD:  From Surviving to Thriving – A Guide and Map for Recovering from Childhood Trauma