

# Recommended Reading

## Relationships

**The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert** by John M. Gottman

**After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful** by Janis Abrahms Spring and Michael Spring

**"When to Say Yes, and How to Say No to Take Control of Your Life"**- by Henry Cloud and John Townsend.

**"Boundaries and Relationships: Knowing, Protecting and Enjoying the Self"** - by Charles Whitfield

**"Setting Boundaries with Your Adult Children, Six Steps to Hope and Healing for Struggling Parents"**- by Allison Bottk

**Boundaries in Marriage** by Henry Cloud and John Townsend

**Safe People: How to Find Relationships That Are Good for You and Avoid Those That Aren't** by Henry Cloud and John

**Boundaries in Dating** by Henry Cloud and John Townsend

**Essentials of Premarital Counseling: Creating Compatible Couples (New Horizons in Therapy)** by Sandra L. Ceren

**When Good People Have Affairs: Inside the Hearts & Minds of People in Two Relationships** by Mira Kirshenbaum

**After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful** by Janis Abrahms Spring and Michael Spring

## Healing/Trauma /Recovery

**Healing The Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families** by Charles L. Whitfield M.D

**Homecoming: Reclaiming and Championing Your Inner Child** by John Bradshaw

**The Courage to Heal 4e: A Guide for Women Survivors of Child Sexual Abuse 20th Anniversary Edition** by Ellen Bass and Laura Davis

**The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (Revised Edition)** by Wendy Maltz

## Anxiety/Phobias

**The Anxiety & Phobia Workbook, Fourth Edition** by Edmund J. Bourne

**The Relaxation & Stress Reduction Workbook (New Harbinger Self-Help Workbook)** by Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay, and Patrick Fanning

**From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and Put You in Control of Your Life** by Lucinda Bassett

## **Anger/Forgiveness**

**Taking Charge of Anger: How to Resolve Conflict, Sustain Relationships, and Express Yourself without Losing Control** by PhD W. Robert Nay Phd

**Forgiveness Is a Choice: A Step-By-Step Process for Resolving Anger and Restoring Hope (Apa Lifetools)** by Robert D. Enright

## **PTSD/Trauma**

**The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms** by Mary Beth Williams and Soili Poijula

**Life After Trauma: A Workbook for Healing** by Dena Rosenbloom, Mary Beth Williams PhD, Barbara E. Watkins, and Mary Beth Williams

## **Loss/Grief**

**On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss** by Elisabeth Kubler-Ross and David Kessler

**When there Are No Words: Finding Your Way to Cope with Loss and Grief** by Charlie Walton

### **Performance Enhancement**

**The Mental Edge** by Kenneth Baum

**Mistakes Worth Making: How to Turn Sports Errors into Athletic Excellence** by Susan Halden-Brown