

## Reading Recommendations:

### **Self Help Books**

*Let that S\*\*\* Go!* (self help book) – Burn Nessif

*The Mindfulness & Acceptance Workbook for Anxiety* – Forsyth & Eifert

*The Happiness Project* – Gretchen Rubin

*Rising Strong: How the Ability to Reset Transforms the Way we Live, Love, Parent & Lead* – Brene Brown

*Untamed*- Glennon Doyle

*The Rested Child* – Why Your Tired, Wired, Irritable Child May Have a Sleep Disorder- & How to Help- Dr. W. Chris Winter

*The Sleep Solution* – Dr. W. Chris Winter

*The Daily Om: Separating with Grace and Respect*

*The Buy Nothing, Get Everything Plan: Discover the Joy of Spending Less, Sharing More, and Living Generously*- Liesl Clark, Rebecca Rockefeller, et al.

*The Way of Transition* – William Bridges

*Presence: Bringing Your Boldest Self to Your Biggest Challenges* – Amy Cuddy

*Best Self: Be You, Only Better*- Mike Bayer, Life Coach

*Help Me, I'm Stuck: 6 Proven Methods to Shift Your Mindset from Self Sabotage to Self Improvement*- Vaughn Carter

**Self Help Authors** – anything else by:

Brene Brown (a prolific self help author)

Gretchen Rubin

### **Parenting Books**

*123 Magic!*- Thomas Phelan – for parenting little ones

*Have a New Kid by Friday: How to Change Your Child's Attitude, Behavior & Character*

Kevin Lehman – easy to use w/ worksheets, very readable

*The Explosive Child*- Dr. Ross Greene, PhD.

### **Trauma Reading List**

*The Courage to Heal: A Guide to Women Survivors of Childhood Sexual Abuse*  
by Ellen Bass and Laura Davis

*Trauma Survivors' Strategies for Healing: a workbook, by Elena Welsh*

*The Tennis Partner, by Gail Honeymoon*

*The Body Keeps the Score, by Bessel Van der Kolk*

Dr. Ramani Durvasula's books for anyone struggling with abusive/unhealthy relationship/ & recovery

### **Books on Codependency:**

*Codependency for Dummies*- a great workbook that explains codependency and can really help you to recover and heal

Codependency No More- Melody Beattie, she also has a workbook by this title

### **Books for Grief & Loss:**

*Mindfulness in Grief* by Heather Strong- (she also has a website)-

books by Elisabeth Kugler-Ross and David Kessler:

*On Grief and Grieving: Finding Meaning of Grief through the 5 Stages of Loss*

*Life Lessons: 2 Experts on Death and Dying Teach Us about the Mysteries of Life and Living*

*The Needs of the Dying- A Guide for Bringing Hope, Comfort & Love to Life's Final Chapter*- David Kessler

### **Books for Couples (nonsecular):**

*The 5 Love Languages*- Gary Chapman

*Men are Like Waffles, Women are Like Spaghetti*- Bill & Pam Farrel

*Fireproof Your Marriage*- Outreach Publishing (also a movie)

### **Christian Books for Couples:**

*Night Light: A Devotional for Couples* by James & Shirley Dobson- He's a psychologist, they are Christian and this is a great book for couples that touches on most aspects of married life

*The Love Dare* by Stephen & Alex Kendrick- based on the scripture in 1 Corinthians about Love.

*The Marriage You've Always Wanted*- Gary Chapman

### **Christian Books:**

*God Will Carry You Through*- Max Lucado

## **General Therapy Reading List**

*It Didn't Start With You*- Mark Wolynn

*Man's Search for Meaning*- Victor Frankl

*Maybe You Should Talk to Someone*- Lou Gottlieb

*The Anxiety and Worry Workbook: The Cognitive Behavioral Solution*- David Clark

### **Novels:**

*Greenlights* by Matthew McConaughey – his Memoir, He has a great perspective on Life

*Speak* – inspirational book about a Peloton instructor

*Hector and the Search for Happiness* by Francis Leland- Fiction – Delightful & Inspiring

*The Boy Who was Raised as a Dog*, by

by [Bruce D Perry](#) and [Maia Szalavitz](#)

*Stealing Buddha's Dinner*- Bich Minh Nguyen

*And One More Thing Before You Go*- Maria Shriver, Great Book for High Schoolers!