

Books You Might Want to Read Recommendations from Therapists and Clients

Abrahms, J. and Spring, M. (1996) *After the affair* New York: Harper Collins Publishers.

Alberti, R. E. and Emmons, M. L. (1986) *Your Perfect Right : A Guide To Assertive Living* San Luis Obispo, CA: Impact Publishers.

Bass, E., Davis, L. (1988) *The Courage To Heal : A Guide For Women Survivors Of Child Sexual Abuse* New York: Perennial Library.

Boss, P. (1999) *Ambiguous Loss: Learning to Live with Unresolved Grief* Cambridge: Harvard Press.

Bireda, M. (1990) *Love Addiction: A Guide to Emotional Independence* Oakland, CA: New Harbinger Publications.

Burns, D. (1980) *Feeling Good : The New Mood Therapy*
by David D Burns New York: Morrow

Bloomfield, H. H.; Colgrove, M. and McWilliams, P. (2000). *How to Survive the Loss of a Love* Allen Park, Mi: MaryBooks .

Brown, Brene. (2007) *I Thought It Was Just Me: Women Reclaiming Power And Courage In A Culture Of Shame*. New York: Gotham Books.

Davis, L., (1990) *The Courage To Heal Workbook : For Women And Men Survivors Of Child Sexual Abuse* New York: Perennial Library

Emmons, Henry (2006) *The Chemistry of Joy: A Three-Step Program For Overcoming Depression Through Western Science And Eastern Wisdom*. New York: Fireside.

Epstein, M. (1998) *Going To Pieces Without Falling Apart : A Buddhist Perspective On Wholeness* New York: Broadway Books

Forward, S., and Frazier, D. (1997) *Emotional Blackmail : When The People In Your Life Use Fear, Obligation, And Guilt To Manipulate You* New York: Harper Collins Publishers.

Fossom, M., Mason, M. (1986). *Facing Shame : Families In Recovery* New York: W.W. Norton.

Goldhor Lerner, H. (1985). *The Dance of Anger: A Woman's Guide to Changing the Patterns in Intimate Relationships* New York: Harper and Row.

Goldhor Lerner, H. (1989) *The Dance Of Intimacy: A Woman's Guide To Courageous Acts Of Change In Key Relationships* New York: Harper and Row.

Gottman, J. M.; Gottman, J. S. and DeClaire, J. (2006) *Ten Lessons To Transform Your Marriage : America's Love Lab Experts Share Their Strategies For Strengthening Your Relationship* New York: Crown Publishers.

Gottman, J. Silver, N. (1999) *The Seven Principles For Making Marriage Work* New York: Crown Publishers.

Kirshenbaum, M. (1996). *Too Good To Leave, Too Bad To Stay : A Step-By-Step Guide To Help You Decide Whether To Stay In Or Get Out Of Your Relationship* New York:

Kreger, R. and Shirley, J. P. (2002) *The Stop Walking On Eggshells Workbook : Practical Strategies For Living With Someone Who Has Borderline Personality Disorder* Oakland CA: New Harbinger Publications.

Mason, P. T. and Kreger, R. (1998) *Stop Walking On Eggshells* New Harbinger: Distributed by Publishers Group West.

Mellody, P., Wells, A., Miller, K. (1992) *Facing Love Addiction: Giving Yourself The Power To Change The Way You Love : The Love Connection To Codependence.* New York: Harper.

Real, T. (1997). *I Don't Want To Talk About It : Overcoming The Secret Legacy Of Male Depression.* New York: Schribner.

Richo, D., (1991). *How To Be An Adult: A Handbook On Psychological And Spiritual Integration* New York: Paulist Press.

Richo, D. (2002) *How To Be An Adult In Relationships: The Five Keys To Mindful Loving* Boston: Shambala.

This List is taken From Kaiser, T.L. (2009) *A User's Guide to Therapy: What to Expect and How You Can Benefit* New York: Norton