RECOMMENDED READING LIST

The Disease of Chemical Dependency

- Pleasure Unwoven Movie by Dr. Kevin McCauley
- Memo to Self: Protecting Sobriety with the Science of Safety Movie by Dr. Kevin McCauley
- Under the Influence - A Guide to the Myths and Realities of Alcoholism by Dr. James Milam and Kathrine Ketcham
- Passages Through Recovery by Terence T. Gorski
- The Recovery Book by AlJ. Mooney, M.D., Arlene Eisenberg, and Howard Eisenberg
- Don’t Let the Bastards Grind You Down: 50 Things Every Alcoholic and Addict in Early Recovery Should Know by Georgia W.
- A Day Without Pain by Mel Pohl, MD, FASAM with Mike Donahue

Understanding Chemical Dependency

- Chasing the Scream by Johann Hari
- In the Realm of Hungry Ghosts by Dr. Gabor Mate
- Beautiful Boy by David Sheff
- Clean by David Sheff
- High by David Sheff
- American Fix by Ryan Hampton

Addiction as a Family Disease

- If You Loved Me, You’d Stop by Lisa Frederiksen
- Beautiful Boy by David Sheff
- Stay Close: A Mother’s Story of her Son’s Addiction by Libby Cataldi
- Beyond Codependency & Getting Better All The Time by Melody Beattie
- Codependent No More by Melody Beattie
- It Will Never Happen To Me by Claudia Black, Ph.D., MSW
- Struggle for Intimacy by Janet Woititz, Ed.D

- Family Recovery - Growing Beyond Addiction by Merlene Miller and Terence T. Gorski
- Grandchildren of Alcoholics – The Next Generation by Ann Smith
- Choice Making for Codependents, Adult Children and Spirituality Seekers by Sharon Wegscheider-Cruse
- Another Chance: Hope and Health for the Alcoholic Family by Sharon Wegscheider-Cruse

I Won’t Wait Up Tonight: What To Do To Take Care of Yourself When You’re Living With an Alcoholic or an Addict by Terence Williams
- The Family Recovery Guide: A Map for Healthy Growth by Stephanie Brown, Ph.D.
- Safe Passage: Recovery for Adult Children of Alcoholics by Stephanie Brown, Ph.D.
- Adult Children of Alcoholics by Janet Woititz, Ed.D.
- Everything Changes: Help for Families of Newly Recovering Addicts by Beverly Conyers
• Addict in the Family by Beverly Conyers
• Getting Them Sober – You Can Help by Toby Rice Drews
• Don’t Let Your Kids Kill You by Charles Rubin
• The Enabler: When Helping Hurts the Ones You Love by Angelyn Miller, M.A.
• Reclaim Your Family from Addiction: How Couples and Families Recover Love and Meaning by Craig Nakken
• The Family Recovery Guide: A Map for Healthy Growth by Cynthia Stephanie Brown and Virginia M. Lewis
• Perfect Daughters by Robert J. Ackerman, Ph.D.
• Silent Sons by Robert J. Ackerman, Ph.D.

Intervention

• It’s Not Okay To Be A Cannibal by Andrew T. Wainwright and Robert Poznanovich
• Love First: A Family’s Guide to Intervention by Jeff Jay and Debra Jay
• No More Letting Go by Debra Jay

Loss

How to Survive the Loss of a Love by Harold Bloomfield, M.D, Melba Colgrove, Ph.D., & Peter McWilliams

Trauma

• The Body Keeps the Score by Dr. Bessel van der Kolk
• The EMDR Revolution: Change Your Life One Memory at a Time by Tal Croitoru

Personal Growth

• The Language of Letting Go by Melody Beattie
• Feeling Good: The New Mood Therapy by David S. Burns, M.S.
• Eating Right to Live Sober by Katherine Ketcham and L. Ann Mueller, M.D.
• The Road Less Traveled by M. Scott Peck, M.D.
• Overcoming Perfectionism by Ann Smith
• Developing a Child’s Spiritual Growth Through Sight,

Sound, Taste, Touch & Smell by Judy Gattis Smith
• Lost in the Shuffle by Robert Subby
• The Relaxation and Stress Reduction Workbook by Martha Davis, Ph.D., Elizabeth Robbins Eshelman, MSW, and Matthew McKay, Ph.D.
• Ten Days to Self Esteem by David D. Burns, M.D.
• Who Moved My Cheese by Spencer Johnson, M.D.
• Emotional Sobriety by Tian Dayton, Ph.D.
• All We Are Saying by David Sheff

Growth in Relationships

• The 5 Love Languages by Gary Chapman
• In the Shelter of Each Other: Rebuilding Our Families by Mary Pipher, Ph.D.
• Why Am I Afraid to Tell You Who I Am? by John Powell, S.J.
• Getting Love Right - Learning the Choices of Healthy Intimacy by Terence T. Gorski
• The Seven Principles for Making Marriage Work by John M. Gottman, Ph.D. and Nan Silver
• Affairs: A Guide to Working Through the Repercussions of Infidelity by Emily M. Brown

Children Resources

• Think of Wind by Catherine Mercury
• Mommy’s Gone to Treatment by Denise Crosson, Ph.D.
• Mommy’s Coming Home from Treatment by Denise Crosson, Ph.D.
• Daddy’s Disease by Carolyn Hannan Bell
• My Dad Loves Me, My Dad Has A Disease by Claudia Black, Ph.D., MSW
• Timbi Talks about Addiction by Trish Healy Luna and Janet Healy Hellier

Parenting Resources

• Positive Discipline for Parenting in Recovery by Jane Nelsen, Ed.D, Riki Intner and Lynn Lott
• Just Say Know: Talking With Kids About Drugs and Alcohol by Cynthia Kuhn, Scott Swartzwelder, and Wilkie Wilson
• Straight Talk from Claudia Black: What Recovering Parents Should Tell Their Kids About Drugs and Alcohol by Claudia Black, Ph.D., MSW
• Raising Self Reliant Children in a Self Indulgent World by H. Stephen Glenn and Jane Nelsen
• Positive Discipline A-Z by Jane Nelsen, Lynn Lott, and H. Stephen Glenn
• Positive Discipline for Teenagers by Jane Nelsen and Lynn Lott
• 1-2-3 Magic by Thomas Phelan
• Parenting Your Out-Of-Conrol Teenager by Scott Sells, PH.D
• Parenting by Heart by Ron Taffel and Melinda Blau
• Daily Affirmations for Parents by Tian Dayton, PhD
• Modern Mothering: How to Teach Your Kids to Say What They Feel and Feel What They Say by Tian Dayton, PhD
• The 7 Worst Things Parents Do by John Friel, Ph.D., and Linda Friel, M.A.