

# 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
- **Staying Sober: A Guide for Relapse Prevention** by Terence T. Gorski and Merlene Miller
- **The Recovery Book** by Al J. 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.
- **Undrunk: A Skeptic's Guide to A.A.** by A.J. Adams
- **A Day Without Pain** by Mel Pohl, MD, FASAM with Mike Donahue
- **Drugs, Brain, and Behavior –The Science of Addiction** by NIDA, <http://www.drugabuse.gov/scienceofaddiction/>

- **Family Recovery - Growing Beyond Addiction** by Merlene Miller and Terence T. Gorski
- **The Joy of Being Sober - A Book for Recovering Alcoholics - and Those Who Love Them** by Jack Morney
- **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

## 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 Woititiz, Ed.D

- **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 Woititiz, 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-Control 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.