

Recommended Reading

Codependency and Boundaries

- Codependent No More by Melody Beattie
- Boundaries by Henry Cloud and John Townsend
- Where to Draw the Line by Anne Katherine
- The Disease to Please by Harriet Braiker
- Adult Children of Alcoholics by Janet Woititz
- Recovery: A Guide for Adult Children of Alcoholics by Herbert Gravitz and Julie Bowden

Dysfunctional Families

- Toxic Parents by Susan Forward
- If You Had Controlling Parents by Dan Neurharth
- Running on Empty by Jonice Webb
- The Emotionally Absent Mother by Jasmin Lee Cori

Relationships

- Who's Pulling Your Strings by Harriet Braiker
- The 5 Love Languages by Gary Chapman
- Attached: The New Science of Adult Attachment and How it Can Help You Find and Keep Love by Amir Levine and Rachel Heller
- After the Affair by Janis Abrahms Spring

Parenting

- The Whole Brain Child by Daniel Siegel

- Get Out of my Life, But First Could You Drive Me and Cheryl to the Mall? by Anthony Wolf
- Yes, Your Teen is Crazy! by Michael Bradley

Depression/Mental Health

- Feeling Good by David Burns
- Learned Optimism by Martin Seligman
- 8 Keys to Mental Health through Exercise by Christina Hibbert
- DARE: The New Way to End Anxiety and Stop Panic Attacks by Barry McDonagh

For Women

- Women Who Love Too Much by Robin Norwood
- Why Does He Do That? By Lundy Bancroft
- The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse by Ellen Bass and Laura Davis
- The Dance of Anger by Harriet Lerner
- Perfect Daughters by Robert Ackerman

For Men

- I Don't Want to Talk about It by Terrence Real
- Silent Sons by Robert Ackerman

Trauma and Healing

- Trauma and Recovery by Judith Herman
- The Body Keeps Score by Bessel Van der Kolk

- [You Can Heal Your Life](#) by Louise Hay
- [Waking the Tiger](#) by Peter Levine

Self-worth/Happiness/Other

- [The Gifts of Imperfection](#) by Brené Brown
- [Daring Greatly](#) by Brené Brown
- [Self-Compassion](#) by Kristin Neff
- [Forgive for Good](#) by Fred Luskin
- [The Happiness Project](#) by Gretchen Rubin
- [Mindset: The New Psychology of Success](#) by Carol Dweck
- [Emotional Freedom](#) by Judith Orloff
- [The Highly Sensitive Person](#) by Elaine Aron
- [The Power of Habit](#) by Charles Duhigg

Grief/Perinatal Loss

- [Empty Cradle, Broken Heart: Surviving the Death of Your Baby](#) by Deborah Davis
- [Bearing the Unbearable](#) by Joanne Cacciatore