



80 Self-Help Books Recommended by my Readers

Dysfunctional Families

1. [Toxic Parents](#) by Susan Forward
2. [If You Had Controlling Parents](#) by Dan Neurharth
3. [Another Chance: Hope and Health for the Alcoholic Family](#) by Sharon Wegscheider-Cruse
4. [The Emotionally Absent Mother](#) by Jasmin Lee Cori

Relationships

5. [Why Is it Always about You: The 7 Deadly Sins of Narcissism](#) by Sandy Hotchkiss
6. [The Verbally Abusive Relationship](#) by Patricia Evans
7. [Hold Me Tight](#) by Sue Johnson
8. [Who's Pulling Your Strings](#) by Harriet Braiker
9. [The 5 Love Languages](#) by Gary Chapman
10. [Running on Empty No More](#) by Jonice Webb
11. [How We Love: Discover Your Love Style, Enhance Your Marriage](#) by Milan and Kay Yerkovich
12. [Safe People: How to Find Relationships that are Good for You and Avoid Those that Aren't](#) by Henry Cloud and John Townsend
13. [Loving Him without Losing You: How to Stop Disappearing and Start Being Yourself](#) by Beverly Engel
14. [How to Break Your Addiction to a Person: When and Why Love Doesn't Work](#) by Howard Halpern
15. [Necessary Endings: The Employees, Businesses, and Relationships That All of Us Have to Give Up In Order to Move Forward](#) by Henry Cloud

16. *After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful* by Janis Abrahms Spring
17. *Getting the Love You Want* by Harville Hendrix

Parenting

18. [*The Awakened Family: How to Raise Empowered, Resilient, and Conscious Children*](#) by Shefali Tsabary

Codependency and Boundaries

19. [*Codependent No More*](#) by Melody Beattie
20. [*Boundaries*](#) by Henry Cloud and John Townsend
21. [*Take Control of Your Life: Escape the Grip of Codependency*](#) by James Richards
22. [*Don't Call it Love*](#) by Gregory Jantz and Tim Clinton
23. [*Let Go Now: Embracing Detachment*](#) by Karen Casey
24. [*The Disease to Please*](#) by Harriet Braiker
25. [*Adult Children of Alcoholics*](#) by Janet Woititz
26. [*Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You*](#) by Susan Forward
27. [*The Human Magnet Syndrome: The Codependent Narcissist Trap*](#) by Ross Rosenberg
28. [*Love is a Choice: The Definitive Book on Letting Go of Unhealthy Relationships*](#) by Robert Hemfelt, Frank Minirth, and Paul Meier
29. [*The Language of Letting Go: Daily Meditations for Codependents*](#) by Melody Beattie
30. [*Out of the Fog: Moving from Confusion to Clarity After Narcissistic Abuse*](#) by Dana Morningstar

For Women

31. [*Women Who Love Too Much*](#) by Robin Norwood

32. [Why Does He Do That?](#) By Lundy Bancroft
33. [Mothers Who Can't Love: A Healing Guide for Daughters](#) by Susan Forward
34. [The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse](#) by Ellen Bass and Laura Davis
35. [The Dance of Anger](#) by Harriet Lerner
36. [5 Habits of a Woman Who Doesn't Quit](#) by Nicki Koziarz
37. [Wild Women Who Run with the Wolves: Myths and Stories of the Wild Woman Archetype](#) by Clarissa Pinkola Estes
38. [Perfect Daughters: Adult Daughters of Alcoholics](#) by Robert Ackerman
39. [Will I Ever Be Good Enough?: Healing the Daughters of Narcissistic Mothers](#) by Karyl McBride

For Men

40. [I Don't Want to Talk about It](#) by Terrence Real
41. [Silent Sons](#) by Robert Ackerman

Trauma and Healing

42. [Trauma and Recovery](#) by Judith Herman
43. [The Body Keeps Score](#) by Bessel Van der Kolk
44. [You Can Heal Your Life](#) by Louise Hay
45. [Complex PTSD: From Surviving to Thriving](#) by Pete Walker
46. [Recovery of Your Inner Child](#) by Lucia Capacchione
47. [Healing the Shame that Binds You](#) by John Bradshaw

Spirituality and Personal Growth

48. [Hallelujah Anyway: Rediscovering Mercy](#) By Anne Lamott
49. [The Tao of Pooh](#) by Benjamin Hoff
50. [How to Be Here: A Guide to Creating a Life Worth Living](#) by Rob Bell
51. [A Course in Miracles](#) by Alan Cohen
52. [The Road Less Traveled](#) by M. Scott Peck
53. [The Purpose of Driven Life](#) by Rick Warren
54. [The Four Agreements](#) by Don Miguel Ruiz
55. [Present Over Perfect: Leaving Behind Frantic for a Simpler, More Soulful Way of Life](#) by Shauna Niequist
56. [When Things Fall Apart: Heart Advice for Difficult Times](#) by Pema Chodron
57. [The Power of Now](#) by Eckhart Tolle
58. [Peace Within: Clear Your Mind, Open Your Heart, Embrace Your Soul and Heal Your Life](#) by Michael Brant DeMaria
59. [Belonging: Remembering Ourselves Home](#) by Toko-pa Turner

Self-worth/Other

60. [The Gifts of Imperfection](#) by Brené Brown
61. [I Thought It Was Just Me \(But it Isn't\)](#) by Brené Brown
62. [You are a Badass](#) by Jen Sincero
63. [Love Warrior](#) by Glennon Melton Doyle
64. [Self-Compassion](#) by Kristin Neff
65. [Forgive for Good](#) by Fred Luskin
66. [The Happiness Project](#) by Gretchen Rubin
67. [Reinventing Your Life](#) by Jeffrey Young and Janet Klosko
68. [Feel the Fear and Do It Anyway](#) by Susan Jeffers
69. [The 7 Habits of Highly Effective People](#) by Steven Covey

70. [Feeling Good: The New Mood Therapy](#) by David Burns
71. [Constructive Wallowing: How to Beat Bad Feelings by Letting Yourself Have Them](#) by Tina Gilbertson
72. [On Becoming a Person](#) by Carl Rogers
73. [Mindset: The New Psychology of Success](#) by Carol Dweck
74. [It's Not Always Depression: Working the Change Triangle to Listen to the Body, Discover Core Emotions, and Connect to Your Authentic Self](#) by Hilary Jacobs Hendel
75. [The Highly Sensitive Person: How to Thrive When the World Overwhelms You](#) by Elaine Aron
76. [Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness](#) by Rick Hanson
77. [Meditation for Fidgety Skeptics](#) by Dan Harris
78. [The Mindful Day: Practical Ways to Find Focus, Calm, and Joy From Morning to Evening](#) by Laurie Cameron
79. [Dying to Be Me: My Journey from Cancer, to Near Death, to True Healing](#) by Anita Moorjani
80. [The Happiness Trap: How to Stop Struggling and Start Living](#) by Russ Harris