

Codependency/Adult Children of Alcoholics Recommended Reading

The Alcoholic or Dysfunctional Family and How it Affects You

1. Adult Children of Alcoholics by Janet Woititz
2. Recovery: A Guide for Adult Children of Alcoholics by Gravitz and Bowden
3. Another Chance: Hope and Health for the Alcoholic Family by Sharon Wegscheider-Cruse
4. Grandchildren of Alcoholics: Another Generation of Co-Dependency by Ann W. Smith
5. It Will Never Happen to Me by Claudia Black
6. Toxic Parents by Susan Forward
7. If You Had Controlling Parents by Dan Neuharth
8. Running on Empty No More by Jonice Webb

Codependency and Boundaries

1. Codependent No More by Melody Beattie
2. Boundaries by Henry Cloud and John Townsend
3. Take Control of Your Life: Escape the Grip of Codependency by James Richards
4. Don't Call it Love by Gregory Jantz and Tim Clinton
5. Let Go Now: Embracing Detachment by Karen Casey
6. The Disease to Please by Harriet Braiker
7. Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You by Susan Forward
8. The Human Magnet Syndrome: The Codependent Narcissist Trap by Ross Rosenberg
9. Love is a Choice: The Definitive Book on Letting Go of Unhealthy Relationships by Robert Hemfelt, Frank Minirth, and Paul Meier
10. The Language of Letting Go: Daily Meditations for Codependents by Melody Beattie

Relationships

11. Who's Pulling Your Strings by Harriet Braiker
12. The 5 Love Languages by Gary Chapman
13. Safe People: How to Find Relationships that are Good for You and Avoid Those that Aren't by Henry Cloud and John Townsend
14. Loving Him without Losing You: How to Stop Disappearing and Start Being Yourself by Beverly Engel
15. How to Break Your Addiction to a Person: When and Why Love Doesn't Work by Howard Halpern
16. Attached: The New Science of Adult Attachment and How It Can Help You Find and Keep Love by Amir Levine and Rachel Heller

For Women

17. Women Who Love Too Much by Robin Norwood
18. Why Does He Do That? By Lundy Bancroft
19. Mothers Who Can't Love: A Healing Guide for Daughters by Susan Forward
20. Perfect Daughters: Adult Daughters of Alcoholics by Robert Ackerman
21. Will I Ever Be Good Enough?: Healing the Daughters of Narcissistic Mothers by Karyl McBride

For Men

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

Trauma and Healing

24. Trauma and Recovery by Judith Herman
25. The Body Keeps Score by Bessel Van der Kolk
26. You Can Heal Your Life by Louise Hay
27. Complex PTSD: From Surviving to Thriving by Pete Walker
28. Recovery of Your Inner Child by Lucia Capacchione
29. Healing the Shame that Binds You by John Bradshaw
30. Changing Course: Healing from Loss, Abandonment, and Fear by Claudia Black

Other

31. The Gifts of Imperfection by Brené Brown
32. Self-Compassion by Kristin Neff
33. Forgive for Good by Fred Luskin