

Book List

Abuse

Healing Well and Living Free from an Abusive Relationship: from Victim to Survivor to Overcomer
Drramona.com : great resources and numbers

Physical Abuse

Broken & Battered: A Way Out for the Abused Woman
Refuge from Abuse: Healing & Hope for Abused Christian Women

Sexual Abuse

The Wounded Heart
Courage to Heal
The Atonement Child (woman chooses to have baby due to abortion after rape)
Wildflowers (childhood abuse)
Spirituality & Healing from Sexual Abuse
Hush (childhood abuse)
Soar (workbook to Hush)
Breathe (childhood abuse)
Iamonevoice.org

Emotional Abuse

-Nasty People (invalidating people & how to not become them)
-Healing for Damaged Emotions
-Healing Life's Hurts
-The Emotionally Abused Woman
-The Emotionally Abusive Relationship: How to stop being abused and how to stop abusing
-Healing the Scars of Emotional Abuse
-Encouragements for the Emotionally Abused Woman: Wisdom & hope for women at any stage of Emotional abuse recovery
-Emotional Abuse: the trauma & the tx
-Love Without Hurt: Turn your resentful, angry or emotionally abusive relationship into a compassionate, loving one
-Betrayal Bonds: Breaking Free of Exploitive Relationships
-Becoming a Better Man (xtian + for men)
-When Loving Him is Hurting You: Hope and Help for Women Dealing with Narcissism and Emotional Abuse

Author

Dr. Ramona Probasco

Muriel Canfield

Nancy Nason-Clark & Catherine Kroeger

Dan Allendar

Francine Rivers

Carol Riley
Nicole Braddock Bromley
Nicole Braddock Bromley
Nicole Braddock Bromley
Nicole Braddock Bromley

Jay Carter
David Seamands
Ed Smith
Beverly Engel

Beverly Engel
Dr. Gregory Jantz and Ann McMurray

Beverly Engel
Marti Tamm Loring

Steven Stosny

Patrick Carnes
Erik Matlock- erikmatlock.com

Dr. David Hawkins

-Whole Again: Healing Your Heart and Rediscovering Your True Self After Toxic Relationships and Emotional Abuse

by Jackson MacKenzie and Shannon Thomas

Spiritual Abuse

-The Subtle Power of Spiritual Abuse
-The Emotionally Healthy Church: a strategy for Discipleship that actually changes lives

Jeff VanVonderen

Peter Scazzero

Verbal Abuse

-You Can't Say that to Me: Stopping the pain of verbal abuse-
An 8 step program
-The Secret of Overcoming Verbal Abuse: Getting off the Emotional roller coaster & regaining control of your life
-The Verbally Abusive Relationship
-The Verbally Abusive Man
-Controlling People
-Why Does He Do That? Inside the Minds of Angry & Controlling Men

Suzette Haden Elgin

Albert Ellis & Marcia Grad Powers

Patricia Evans

Patricia Evans

Patricia Evans

Lundy Bancroft

Addiction

This Naked Mind: Control Alcohol, find freedom, discover happiness and change your life
30 Day Sobriety Book

Annie Grace

Jack Canfield and Dave Andrews

-Addiction to Love: Overcoming Obsession and Dependency in Relationships

Susan Peabody

- - Atomic Habits: An Easy & Proven Way
- to Build Good Habits & Break Bad Ones

James Clear

Adolescents

True Colors Series

Pitch Black: Color Me Lost
Burnt Orange: Color Me Wasted
Fool's Gold: Color Me Consumed
Dark Blue: Color Me Lonely
Deep Green: Color Me Jealous
Torch Red: Color Me Torn
Blade Silver: Color Me Scarred

Melody Carlson

suicide

drinking

jealousy/compare

loneliness

love triangle

virginity

cutting

Adoption

20 Things Adopted Kids Wish Their Adoptive Parents Knew

Sherrie Eldridge

ADHD

-Unquiet Mind
-Adventure in Fast Forward: Life, Love, and Work for the ADD Adult
-You Mean I'm not Lazy, Stupid, or Crazy?!
A Self-Help Book for Adults with ADD

Kay Jamenson

By Kathleen Nadeau, Ph.D

By Kate Kelly, and Peggy Ramundo

-Women with Attention Deficit Disorder: Embracing Disorganization at Home & Work	Sari Solden
-Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder:	Edward M. Hallowell & John J. Ratey
-Embracing Disorganization at Home and Work ADD Success Stories: A Guide to Fulfillment for Families with Attention Deficit Disorder	Thom Harmann
-Healing ADD: The Breakthrough Program that Allows You to See and Heal the 6 Types of ADD	Daniel G. Amen, MD
-What Does Everybody Else Know That I Don't? Social Skills Help for Adults with ADHD	Michele Novotni and Randy Petersen
-Driven to Distraction	Ed M Hallowell,MD & John J. RateyMD
-Change Your Brain Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, & Impulsiveness	Daniel G. Amen, MD
-ADD & Romance: Finding Fulfillment in Love, Sex, & Relationships	Jonathan Scott Halverstadt, MS
-Living With ADD: When You're Not the One Who Has It	Mimi Handlin, MSW

Affair

After the Affair	
Torn Asunder (workbook too)	Cloud & Townsend
Not Just Friends	
It's Not Supposed to Be This Way	Lisa Tourquest
Finding Love After Heartbreak	Stephen Labossiere

Anger

The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships	Harriet Lerner
Peace Train	Lynn Johnson

Asperger

-Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life	Lianne Holliday Willey, Ed.D
-The Complete Guide to Asperger's Syndrome	Tony Attwood (May 15, 2008)
-Asperger's & Girls (book of the year award)	Tony Attwood & Temple Grandin
-Pretending to be Normal	Tony Attwood
- The OASIS Guide to Asperger Syndrome: Completely Revised and Updated: Advice, Support, Insight, and Inspiration	Patricia Romanowski Bashe, Barbara L. Kirby, Simon Baron-Cohen and Tony Attwood (Mar 29, 2005)
-The New Social Story Book, Revised and Expanded 10th Anniversary Edition: Over 150 Social Stories that Teach Everyday Social Skills to Children with Autism or Asperger's Syndrome, and their Peers	Carol Gray & Tony Attwood (Jan 29, 2010)
-Asperger's in Love	Maxine

-Connecting with Your Asperger's
-Be Different: Adventures of a Free Range
Aspergerian

Louise Weston

John Elder Robinson

Attachment

-How We Love: Discover your love style,
enhance your marriage (couples)
-Hold Me Tight (couples)
-Hidden From Love
-Love Sense
-Attached: The New Science of Adult Attachment
and How it Can Help You Find and Keep Love

Milan & Kay Yerkovich

Sue Johnson

Cloud & Townsend

Sue Johnson

Amir Levine & Rachel Heller

Bipolar

An Unquiet Mind: a memoir of moods and madness

Kay Redfield Jamison

Blended Families

Two Home Families: Between Two Worlds
Blended Families

Brenda Dozier

Jimmy Evans

Borderline

-Stop Walking on Eggshells: Taking your Life Back
When Someone You Care About had BPD
-The Angry Heart (OCD/Borderline)
-Surviving a Borderline Parent
-Stop Caretaking the Borderline or Narcissist

Paul Mason & Randi Kreger

Kimberlee Roth

Margalis Fjelstad

Boundaries

-Boundaries
-Boundaries for Your Soul: How to Turn Your
Overwhelming Thoughts and Feelings into
Your Greatest Allies

Cloud and Townsend

Alison Cook and Kimberly Miller

Boys Issues

Boys Adrift: The 5 Factors Driving the Growing
Epidemic of Unmotivated Boys and Underachieving Men

Leonard Sax

Co-Dependent

Co-Dependent No More
Women Who Love Too Much (addicted to love)
The Language of Letting Go: daily read

Melody Beattie

Robin Norwood

Melody Beattie

Community

The Different Drum: Community Making and Peace
-Unpunishable

Scott Peck

by Danny Silk

Communication

Non-Violent Communication: a Language of Life
Never Split the Difference

Marshall Rosenberg, Ph.D

Chris Foss

Daily Readings/Devotionals

-52 Weeks of Conscious Contact with God, Self & Others
-The Language of Letting Go

Melody Beattie
Melody Beattie

Dating

Boundaries in Dating
The Naked Truth about Love, Sex, & Dating
If You Really Loved Me

Cloud & Townsend
Jason Illiad
Jason Evert

Death

-On Death and Dying: What the dying Have to Teach Doctors, Nurses, Clergy and Their Own Families
-On Grief and Grieving: finding the Meaning of Grief Through the 5 Stages of Loss

Elisabeth Kubler-Ross
Elisabeth Kubler-Ross & David Kessler

Depression

Natural Prozac: Learning to release your body's own anti-depressants
-Potatoes not Prozac
-Feeling Good
-The Noonday Demon
-The Depression Cure

Dr. Joel Robertson
David Burns
Andrew Solomen
Stephen Ilardi

Difficult People

Unsafe People
Controlling People
Nasty People
Foolproofing Your Life: How to Deal Effectively with the Impossible People in Your Life

Cloud and Townsend
Patricia Evans
Jay Carter
Jan Silvious

Divorce

Divorce Poison
For the Sake of the Children
Splitting: Protecting Yourself While Divorcing Someone with BPD or NPD
Rebuilding: When Your Relationship Ends

Brenda Dozier
Bill Eddy & Randi Kreger, LCSW
Drs. Bruce Fisher & Robert Albright

Eating Disorders

Reviving Ophelia
Love Hunger

Obesity

Winning After Losing(image issues after bypass)
Spark people: eating plan
Obesity Code: fasting intermittedly

on Oprah
www.sparkpeople.com
Jason Fung

Emotional Manipulation

In Sheep's Clothing
Emotional Blackmail: When the people in your life use fear, obligation, and guilt to manipulate you

Susan Forward & Donna Frazier

-Life With ED

EQ Development

How to Be an Adult in a Relationship: The 5 Keys to Mindful Loving

David Richo

Emotionally, Spiritually Healthy

Peter Z

Family

-The Grace-Filled Family

Jeff VanVonderen

-Forgiving Your Parents

Robert Freeman Bent

-Life with My Idiot Family: A True Story of Survival, Courage and Justice over Childhood Sexual Abuse

by Kathy Picard, Gary Picard, et al.

Forgiveness

Forgiving the Dead Man Walking (survivor of rape, torture, kidnapping)

Debbie Morris

Gifted Children

-Making Great Kids Greater

Dorothy Sisk

-Guiding the Gifted Child

Webb, Meckstroth, Tolan

Gifted Women

-I Know I'm In There Somewhere

Helene Brenner

-Supporting the emotional needs of the gifted.

Webb, J.T. from <http://www.sengifted.org>

Girl Issues

Color Me Series (Loneliness, virginity, drinking, grief, jealousy, partying) -a

Melody Carlson

Diaries Are a Girl's Best Friend series -k

Melody Carlson

-Gifted Kids

Sisk & Webb

-Girls on the Edge: The 4 Factors Driving the New Crises for Girls

Leonard Sax

Grief

Bereaved Children and Teens: A Support Guide for Parents/Professionals

Edited by Earl Grottman

A Passage Through Grief: a recovery guide

Barbara Baumgardner

Letting Go of Disappointment & Painful Losses

Pam Vredevelt

-Understanding Your Grief: Hospice

Alan Wolfelt, Psy.D

-Nurturing the gifted female: A guide for educators and parents. *Thousand Oaks, CA: Corwin Press.*

Navan, J. (2008)

Health

The China Study

T. Colin Campbell, Ph.D & son

Homosexuality

Love is a Choice

Hurt/Pain

-Glittering Images (n-Catholic priest deals w/pain from past)

Susan Holwitz

Inner Child

-Homecoming Reclaiming: Championing for Your Inner Child

John Bradshaw

“Adult Chair” Podcast

Michelle

-Inner Bonding: Becoming a Loving Adult to Your Inner Child

Dr. Margaret Paul

-Healing The Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families

Charles L. Whitfield M.D

Inspirational

The Life You've Always Wanted

John Ortberg/Bill Hybell

Authentic Happiness

Martin Siegleman

I Will Give You Rest

Edward Kurath

What Should I Do With my Life?

Po Bronson

The Purpose Driven Life

Rick Warren

The Seven Seasons of the Man in the Mirror

Healing Grace: Finding Freedom from the Performance Trap

David Seamands

Eat, Pray, Love

Elizabeth Gilbert

Leadership

-Critical Thinking Skills

Linda Elder

-Code of Trust: An American Counterintelligence

Expert's Five Rules to Lead and Succeed

Robin Dreeke

Love

Love Code

Alexander Loyd

Loveable

Kelly Flanagan

Marriage

-7 Principles of Marriage

John Gottman

-Getting Ready for Marriage Workbook

Hardin & Sloan

-His Needs, Her Needs

-Equal to the Task

Ruth Haley Barton

-The Five Love Languages

Chapman

-More Than Married

David & Theresa Fergusen

-Love Must Be Tough

James Dobson

-What Happy Couples Do: Belly button fuzz & bare-chested hugs-the loving little rituals of romance

Carol Bruess & Anna Kudak

-What Happy Couples Do: 93% and a little Humpty

-Dumpty-the loving little rituals of a child-proof marriage

Carol Bruess & Anna Kudak

-You are the One You've Been Waiting For: Finding intimacy in your relationships

Richard Swartz

-Saving your Marriage Before it Starts(workbook too)

Les & Leslie Parrots

-Love Sense

Sue Johnson

-Hold Me Tight

Sue Johnson

-Becoming a Better Man (xtian + for men)
-Sexy Marriage
-Naked Marriage
-How to Heal Your Marriage and Nurture Lasting Love
-Sacred Marriage: What if God designed Marriage to Make Us Holy More Than to Make us Happy?
-Boundaries in Marriage
- Real Love: The Truth About Finding Unconditional Love & Fulfilling Relationships

Erik Matlock- erikmatlock.com
PODCAST
PODCAST
Greg Popcak

Gary Thomas
Cloud & Townsend

by Greg Baer

Sexuality

-Lovology: God. Love. Marriage. Sex.
And the Never-Ending Story of Male and Female
-The Redemption of Love: Rescuing marriage & sexuality from the economics of a fallen world
-Red Hot Monogamy

John Mark Comer

Carrie Miles
Bill & Pam Farrel

Neuro-Diverse Marriages

-Marriage and Lasting Relationships
-<http://www.maxineaston.co.uk/cassandra/AfDD.shtml>
Affective Deprivation Disorder
<http://www.aspergerpartner.com/the-burden-on-nt-spouses-and-children-otrs.html>
-The 7 Levels of Intimacy: the art of Loving and the joy of being loved
-Marriage Without a License
MarriageWithoutaLicense.com
-What is Marriage License Fraud?
Marriagelicensefraud.com
-Rock Solid: Strengthening Personal Relationships with wisdom from the Scriptures
-Is It You or Me or Adult ADHD?

Eva Mendes
Maxine Easton

NT Partners

Matthew Kelly

Laura Sands
Joshua Paul

Wendy Watson Nelson, PH,d
Gina Pera

Separation

Hope for the Separated
Conscious Uncoupling: 5 Steps to Living Happily Ever After
Should I Stay or Should I Go?

Gary Chapman

Katherine Woodward Thomas
David Steele

Men's Issues

How to Win Your Wife Back Before it's Too Late
Wild at Heart
5 Respect Needs of a Man Shaunti Feldhahn <http://www.imom.com/the-five-respect-needs-of-men/>
-Becoming a Better Man (xtian + for men)

Gary Smalley
John Eldridge
Erik Matlock- erikmatlock.com

Sexual Addiction

Every Man's Battle

Fire in the Belly

Sam King

Websites:

www.iProdigals.com

ransomedhearts.com

resources

Mental Illness

I'm Not Sick I Don't Need Help

Xavier Amador

Mindfulness

-Practicing Mindfulness: 75 Essential
Meditations to Reduce Stress, Improve
Mental Health, and Find Peace in the Everyday

Matthew Sockolov

- - The Daily Gratitude Journal for Men: 90 Days of
Mindfulness and Reflection

Dean Bokhari

OCD

The OCD Workbook
Talking Back to OCD: the program that helps kids
and teens say "No Way" and parents say "Way to Go"

Hyman Pedrick

John March, MD

Parenting

-Coaching Your Kids to be Leaders
-Raising Your Child's Social IQ
-Raising Emotional Intelligent Children
-Tender Road Home (c-Reba McIntire's sister,
how to help their kids)
-Parenting With Intimacy
-Raising an Emotionally Intelligent Child:
The Heart of Parenting
-Love & Logic: Life saver kit (teen kit & younger
kids kit)
-Back in Control
-When your Teen Goes Astray
-Relief for Hurting Parents
-New Skills for Frazzled Parents
-I Refuse to Raise a Brat
-The 7 Worst Things Parents Do
-Transforming the Difficult Child
-Beyond Consequences Logic and Control: a loving
approach to helping children with severe behaviors
-Stop Parenting, Start Coaching
-Positive Parenting with a Plan: Family Rules
-How We Love Our Kids
-The 8 Great Smarts: Discover and Nurture your
Child's Intelligence
-No Drama Parenting: The Whole Brain Way to

Pat Williams

Kathie Kohen

John Gottman

Paul & Suzie Luchssinger
David & Theresa Ferguson

John Gottman

Jim Fae

Bodenhimer

Jeanette Gardner Littleton

Buddy Scott

Daniel Amen

Marilee Henner & Ruth Sharon

John & Linda Friel

Howard Glasser & Jennifer Easley

Heather T. Forbes

Joe Martin (motivational speaker too)

Dr. Matthew Johnson

Milan & Kay Yerkovich

Kathy Koch, PhD

Calm Chaos and Nurture Your Child's Developing Mind Dan Siegel and Tina Payne Bryson
-The Collapse of Parenting Dr. Leonard Sax
-Grace Based Parenting Dr. Tim Kimmel
-"Greenlight" Parenting App

Conflicting Parenting

ourfamilywizard.com

Substance Abuse & Parenting:

Don't Let Your Kids Kill You

Charles Rubin

Websites:

Freeprintablebehaviorcharts.com

Family-rules.com

Dr. Matthew Johnson

Personal Growth

-The Noticer: Sometimes, all a person needs is a little perspective

By Andy Andrews

-The Noticer: Sometimes you find perspective, and sometimes perspective finds you

By Andy Andrews

Personality

The Birth Order Book: Why You Are
the Way You Are

Dr. Kevin Leman

Please Understand Me II

One Mind at a Time (indiv. learning & disability styles)

Highly Sensitive Person: How to Thrive
when the World Overwhelms You

Dr. Elaine Aron

-The Road Back to You: an Enneogram Journey to
Self-Discovery

Ian Morgan Cron

-The Path Between Us: an Enneogram Journey to
Healthy Relationships

Ian Morgan Cron

-It's Just My Nature

Carol Tuttle

-Gift of the Burden Bearer

James Wood

Personality Disorders

Narcissistic

-Trapped in the Mirror

Elan Golomb

Out of the Fog.net

-Rethinking Narcissism: The Secret to Recognizing
Stop Caretaking the Borderline or Narcissist

Dr. Craig Malkin
Margalis Fjelstad

-Healing from a Narcissistic Relationship: a
Caretaker's Guide to Recovery, Empowerment,
and Transformation

Margalis Fjelstad

Porn Recovery for Marriages

Worthy of her Trust: What you need to do to rebuild
sexual integrity and win her back

Stephen Arterburn & Jason Martinkus

Love You, Hate the Porn: Healing a relationship

damaged by virtual infidelity
Wired for Intimacy: How Pornography Hijacks
the Male Brain
Porn Addict's Wife: Surviving Betrayal and Taking
Back your Life
Your Brain on Porn: Internet Pornography and
the Emerging Science of Addiction

Mark Chamberlain & Geoff Steurer

Dr. William Struthers, Phd

Sandy Brown

Gary Wilson

Positive Growth

This is Where You Belong: The Art and Science of
Loving the Place you Live
-The Four Agreements: A Practical Guide to Personal
Freedom

Melody Warnick

Dan Miguel Ruiz

PTSD

Invisible Heroes: Survivors of Trauma &
How they Heal (Invisible Heroes website)
In An UnSpoken Voice: How the body release trauma
& restores goodness
Walking the Tiger: Healing Trauma
Healing Trauma: A Pioneering Program for
restoring the wisdom of your body
The Body Keeps the Score: Brain, Mind & Body
In the Healing of Trauma
-30: A Journey of Unspoken Words (30' for 30 days)

Belle Ruth Naparster

Peter A. Levine, Ph.D

Peter A. Levine

Peter Levine

Bessel VanderKolk, MD

Dr. Michelle Maize-Abrams

Relationships

-Never Go Back: 10 Things you'll never do again
-Rustproof Relationships: A Guide to Healthy
Relationships and Effective Coping Skills
-Science of Trust: Emotional Attunement
For Couples
-I Hear You: The Surprisingly Simple
-Skill Behind Extraordinary Relationships
-Do I Have to Give Up Me To Be Loved by You?

Dr. Henry Cloud

Diana Lee, MeD

Jon Gottman

Michael Sorenson

Dr. Paul Jordan & Margaret Paul

Build Trust: Attune http://greatergood.berkeley.edu/article/item/john_gottman_on_trust_and_betrayal

Self- Esteem

Self- Esteem: A proven program of cognitive techniques
for assessing, improving & maintaining your self-esteem
-Uninvited: Living Loved When You Feel Less Than,
Left Out and Lonely

Mathew McKay, Ph.d & Patrick Fanning

Lysa TerKeurst

Self- Growth

-The H Factor of Personality: Why Some People are
Manipulative, Self-Entitled, Materialistic, and Exploitive
—And Why It Matters for Everyone
- The Gifts of Imperfection: Let Go of Who You

Kibeon Lee & Michael Ashton

- Think You're Supposed to Be and Embrace Who You Are Brene Brown
- Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead Brene Brown
- Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone Brene Brown
- Take Your Life Back: How to Stop Letting the Past and Other People Control You Stephen Arterburn
- - Grit: The Power of Passion and Perseverance Angela Duckworth
- - Mindset: The New Psychology of Success Carol S. Dweck

Self- Harm

for cutting [To Write Love on Her Arms](https://twloha.com) <https://twloha.com>

Sex Education

- What's the Big Deal? - k Stan & Brenna Jones
- Facing the Facts - a Dr. Douglas Rosenau
- Celebration for Sex for Newlyweds
- What God Says About Sex
- Intended for Pleasure Ed Wheat
- Intimate Issues: Women to Women on Sexual Issues Lorraine
- What's the Big Deal? – a Stan & Brenna Jones
- Facing the Facts – a
- Sheet Music Dr. Kevin Leeman
- Undressed: the Naked Truth about Love, Sex, & Dating Jason Illian
- Sexplanations Utube
- Getting Your Sex Life off to a Great Start Penner & Penner
- The Gift of Sex: A Guide to Sexual Fulfillment Penner & Penner
- Enjoy!: The Gift of Sexual for Women Penner & Penner
- Come As You Are: Revised and Updated: The Surprising New Science That Will Transform Your Sex Life by Emily Nagoski Ph.D.

Sexual Addictions

- No Stones: Women redeemed from sexual shame Marnie Ferree
- Out of the Shadows (men/women) Patrick Carnes, Ph-D
- Pure Desires (men) with workbook
- Every Heart Restored: A wife's guide to healing in the wake of husband's sexual sin Fred & Brenda Stoeber
- Hope After Betrayal: Healing when sexual Addiction invades your marriage Meg Wilson
- Intimacy Anorexia Doug Weiss, Ph.d
- Intimacyanorexia.com (*workshop too*)
- Fight the New Drug Movement Against Porn website
- Laci Green – sex instructor for adolescent girls lacigreen.tv
- Love You, Hate the Porn: Healing a Relationship Damaged by Virtual Infidelity Mark Chamberlain, PHd and George Steurer

Shame

-Gifts of Imperfection
-Daring Greatly
-Rising Strong

Dr. Brene Brown
Dr. Brene Brown
Dr. Brene Brown

Spiritual

The Bible Jesus Read
Soul Survivor
Sacred Romance
Glittering Images - n
Ruthless Trust
The Ragamuffin Gospel
Redeeming Love (prostitute finds God)
Unstoppable Force
The Bible Jesus Read
Soul Survivor
Disappointed With God
Classic Christianity
Sacred Romance
Waking the Dead
Walking With God
Jesus
-The Colors of Hope: Becoming People of
Mercy, Justice, & Love
-Traveling Light: 23rd Psalm study
-When Things Fall Apart: Heart Advice for
Difficult Times
-Dark Night of the Soul: A guide to finding your
way through life's ordeals
-6 Hours one Friday
-You Can Get Through This
-What's so Amazing About Grace?
-The Shack
-Battlefield of the Mind

Phillip Yancy
Phillip Yancy
John Eldridge
Susan Holtwitz
Brennan Manning
Brennan Manning
Francine Rivers
Ed McMannus
Phillip Yancy
Phillip Yancy
Phillip Yancy

John Eldridge
John Eldridge
John Eldridge
Andrew Greeley

Richard Dahlstrom (Seattle Pastor)
Max Lucado

Pema Chodron

Thomas Moore
Max Lucado
Max Lucado
Phillip Yancy
Paul Young
Joyce Meyer

Stress

- -You Can Handle It: 10 Steps to Shift Stress from
Problem to Possibility
- - 12 Rules for Life: An Antidote to Chaos

Margaret Wehrenberg
Jordan B. Peterson

Trauma

Healing from Trauma: A Survivor's Guide to Understanding
Your Symptoms and Reclaiming Your Life
Thriving in the Wake of Trauma: A Multicultural Guide

Jasmin Lee Cori
Thema Bryant-Davis

Women

Female Intelligence

Jane Heller

Health

Before the Change

Ann Louise Gittleman

The Sexy Years
Ageless: The Naked Truth about Bioidentical
Hormones
Inspirational
The Dance of the Dissident Daughter
Catherine – n
Captivating
Longing for More: A Woman's Path to
Transformation in Christ
Women Who Love Too Much
I thought It was Just Me
Love Warrior
Goddess Warrior: Becoming the Woman You're
Meant to be
You are Free: Be Who You Already Are
Wild & Free: A Hope-Filled Anthem for the Who
Feels is Both Too Much and Never Enough
Women Who Love Too Much

Church

Why Not Women?
What Happy Women Do: Nail night & The unicorn
dance-a salute to sisterhood and the rituals that sustain us

Suzanne Sommers
Suzanne Sommers

Sue Monk Kidd

John & Stacie Eldridge

Ruth Haley Barton

Brene Brown
Glennon Doyle Melton

HeatherAsh Amara
Rebekah Lyons

Hayley Morgan & Jess Connolly

Loren Cunningham & David Hamilton

Carol Bruess & Anna Kudak

Other Resources:

Spy Ware

Flexispy (spy ware for phone and tracks texts)

Flexispy.com