

Booklist

❖ *Especially recommended*

Holistic/spiritual work and personal growth:

- ❖ *A New Earth: Awakening to Your Life's Purpose*, by Eckhart Tolle
- ❖ *Creative Visualization*, by Shakti Gawain
- ❖ *You Can Heal Your Life*, by Louise L. Hay
- ✓ *The Seat of the Soul*, by Gary Zukav
- ✓ *Essential Reiki: A Complete Guide To An Ancient Healing Art*, by Diane Stein
- ✓ *Inner Work: Using Dreams And Active Imagination For Personal Growth*, by Robert A. Johnson
- ✓ *Seth Speaks*, by Jane Roberts
- ✓ *Succulent Wild Woman*, by Sark
- ❖ *When Things Fall Apart: Heart Advice for Difficult Times*, by Pema Chodron
- ✓ *There Is Nothing Wrong With You*, by Cheri Huber
- ✓ *Loving What Is: Four Questions That Can Change Your Life*, by Byron Katie and Stephen Mitchell
- ✓ *Animal Speak: The Spiritual & Magical Powers of Creatures Great & Small*, by Ted Andrews
- ✓ *Mysticism and the New Physics*, by Michael Talbot

The Enneagram:

- ❖ *The Wisdom of the Enneagram: The Complete Guide To Psychological and Spiritual Growth for the Nine Personality Types*, by Don Richard Riso and Russ Hudson
- ✓ *The Enneagram Made Easy: Discover the 9 Types of People*, by Renee Baron and Elizabeth Wagele
- ✓ *The 9 Ways of Working: How To Use the Enneagram To Discover Your Natural Strengths and Work More Effectively*, by Michael J. Goldberg
- ✓ *My Best Self: Using the Enneagram to Free the Soul*, by Kathleen Hurley and Theodore Dobson
- ✓ *The Enneagram For the Spirit*, by Mary Horsley

Family dynamics

- ✓ *You Can Go Home Again: Reconnecting With Your Family*, by Monica McGoldrick
- ✓ *The New Peoplemaking*, by Virginia Satir
- ✓ *The Ancestor Syndrome: Transgenerational Psychotherapy and the Hidden Links in the Family Tree*, by Anne Ancelin Schutzenberger, translated by Anne Trager

Relationships:

- ✓ *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*, by Gary Chapman
- ❖ *The Seven Principles For Making Marriage Work*, by John M. Gottman and Nan Silver
- ✓ *Getting the Love You Want: A Guide for Couples*, by Harville Hendricks
- ✓ *Can Your Relationship Be Saved? How to Know Whether to Stay or Go*, by Michael S. Broder
- ✓ *The New Rules of Marriage: What You Need to Know to Make Love Work*, by Terrence Real

Addiction and Codependence

- ✓ *A Gentle Path through the Twelve Steps: The Classic Guide for All People in the Process of Recovery*, by Patrick Carnes
- ✓ *12 Step Workbook: Recovery From Many Addictions*, by Milton V. Peterson
- ✓ *Facing Codependence*, by Pia Mellody
- ✓ *Breaking Free: A Recovery Workbook for Facing Codependence*, by Pia Mellody
- ✓ *The Thinking Person's Guide to Sobriety*, by Bert Pluyman
- ✓ *Many Roads, One Journey: Moving Beyond the 12 Steps*, by Charlotte Davis Kasl
- ✓ *No Need for Weed: Understanding and Breaking Cannabis Dependency*, by James Langton
- ✓ *Sexual Anorexia: Overcoming Sexual Self-Hatred*, by Patrick Carnes, with Joseph M. Moriarty

Sexual abuse:

- ❖ *The Courage to Heal Workbook: For Women and Men Survivors of Child Sexual Abuse*, by Laura Davis

Eating disorders:

- ✓ *The Secret Language of Eating Disorders: How You Can Understand and Work to Cure Anorexia and Bulimia*, by Peggy Claude-Pierre
- ✓ *Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling*, by Anita A. Johnston

Childrearing:

- ❖ *Your Growing Child*, by Penelope Leach
- ✓ *Self-Esteem: A Family Affair*, by Jean Illsley Clarke
- ✓ *How To Talk So Kids Will Listen and Listen So Kids Will Talk, and Siblings Without Rivalry*, by Adele Faber and Elaine Mazlish
- ✓ *Between Parent and Child*, by Haim G. Ginott
- ✓ *Parent Effectiveness Training*, by Thomas Gordon
- ✓ *Growing Up Again: Parenting Ourselves, Parenting Our Children*, by Jean Illsley Clarke and Connie Dawson
- ✓ *Hold On To Your Kids: Why Parents Need To Matter More Than Peers*, by Gordon Neufeld & Gabor Md Mate
- ✓ *Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, Energetic*, by Mary Sheedy Kurcinka
- ✓ *Parenting With Dignity*, by Mac Bledsoe
- ✓ *Living with the Active Alert Child*, by Linda S. Budd
- ✓ *All Kinds of Minds: A Young Student's Book About Learning Abilities and Learning Disorders*, by Melvin Levine
- ❖ *The Second Family: How Adolescent Power Is Challenging the American Family*, by Ron Taffel
- ✓ *Thou Shalt Not Be Aware: Society's Betrayal of the Child*, by Alice Miller
- ✓ *For Your Own Good: Hidden Cruelty in Child-Rearing and the Roots of Violence*, by Alice Miller

Past Life Regression:

- ✓ *Many Lives, Many Masters*, and other books by Brian Weiss

Mind/body/mental health:

- ✓ *I Don't Want to Talk About It: Overcoming the Secret Legacy Of Male Depression*, by Terence Real
- ✓ *Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control*, by Scott E. Spradlin
- ✓ *Change Your Brain Change Your Life*, by Daniel G. Amen
- ✓ *Molecules of Emotion: The Science Behind Mind-Body Medicine*, by Candace B. Pert
- ✓ *Depression-Free Naturally: 7 Weeks to Eliminating Anxiety, Fear, Fatigue and Anger from Your Life*, by Joan Mathews Larson
- ✓ *The Gift of Fear*, by Gavin de Becker
- ✓ *The Man Who Mistook His Wife for a Hat*, by Oliver Sacks
- ✓ *Anthropologist on Mars*, by Oliver Sacks

Personal accounts of mental illness, therapy or suicide:

- ✓ *An Unquiet Mind*, by Kay Redfield Jamison
- ✓ *The Eden Express*, by Mark Vonnegut
- ✓ *Girl, Interrupted*, by Susanna Kaysen
- ✓ *The Tender Land: A Family Love Story*, by Kathleen Finneran
- ✓ *Darkness Visible: A Memoir of Madness*, by William Styron
- ✓ *The Loony-Bin Trip*, by Kate Millett
- ✓ *Fight Against Fears*, by Lucy Freeman
- ✓ *Love's Executioner and Other Tales of Psychotherapy*, by Irvin Yalom