

Adult Category	Title	Author	Link
Anger	The Dance of Anger	Harriet Lerner	Dance
Anger	When Anger Hurts	Matthew McKay	Anger
Anger	Anger: The Misunderstood Emotion	Carol Tavris	Misunderstood
Anxiety/Stress	Managing Expectations & Comparisons	Athmo	Expectations
Anxiety/Stress	The Many Faces of Anxiety	Susan Stocker	Many Faces
Addiction	Alcoholics Anonymous Big Book	Anonymous	AA Big Book
Addiction	Out of the Shadows	Patrick Carnes, PhD	Shadows
Addiction	Get Your Loved One Sober	Robert J. Meyers	Sober
Addiction	Learning to Live Again	Merlene Miller	Live
Bipolar Disorder	A Brilliant Madness	Patty Duke	Brilliant Madness
Bipolar Disorder	Touched with Fire	Kay Redfield Jamison	Touched with Fire
Bipolar Disorder	An Unquiet Mind	Kay Redfield Jamison	An Unquiet Mind
Borderline	I Hate You - Don't Leave Me	Jerold J. Kreisman	I Hate You
Borderline	Stop Walking on Eggshells	Paul T. Mason MS	Eggshells
Borderline	Lost in the Mirror	Richard Moskowitz	Lost
Codependency	Codependent No More	Melody Beattie	No More
Codependency	Beyond Codependency	Melody Beattie	Beyond
Codependency	Codependent No More Workbook	Melody Beattie	No More Workbook
Codependency	The Language of Letting Go	Melody Beattie	Language
Codependency	Gentle Reminders for Codependents	Mitzi Chandler	Gentle
Codependency	Boundaries: When to Say Yes, When to Say No	Dr. Henry Cloud	Boundaries
Codependency	Boundaries: Where You and I Begin	Anne Katherine	You End I Begin
Codependency	Facing Codependence	Pia Mellody	Facing Copdence
Codependency	Breaking Free: A Recovery Workbook	Pia Mellody	Facing Workbook
Codependency	The Enabler	Angelyn Miller	The Enabler
Codependency	Lost in the Shuffle	Robert Subby	Lost

Depression	I Don't Want to Talk About It	Terrence Real	Talk About It
Divorce	Infidelity: A Survival Guide	Don-David Lusterman PhD	Infidelity
Divorce	Getting Divorced without Ruining Your Life	Sam Maruilies, PhD, JD	Getting Divorced
Divorce	Practical Divorce Solutions	Charles Ed Sherman	Practical
Divorce	Getting Past the Affair	Donald H. Baucom	Affair
Divorce	After the Affair	Janis Spring	After the Affair
Eating Disorders	Eating Mindfully	Susan Albers	Eating Mindfully
Eating Disorders	Sick Enough	Jennifer Gaudiani	Sick Enough
Eating Disorders	Anorexia Nervosa: The Wish to Change	A.H. Crisp	Anorexia
Eating Disorders	Overcoming Binge Eating	Christopher Fairburn	Overcoming
Eating Disorders	When Food's a Foe	Nancy Kolodny	Foe
Eating Disorders	When Love is Food	Geneen Roth	Food is Love
Eating Disorders	Feeding the Hungry Heart	Geneen Roth	Hungry Heart
EMDR	Getting Past Your Past	Francine Shapiro	EMDR
Grief	The Grief Recovery Handbook	John W. James	Grief
Grief	The Bereaved Parent	Harriet Sarnoff Schiff	Bereaved
IFS	No Bad Parts	Richard Schwartz	No Bad Parts
LGBTQ	My Life in Transition: A Super Late Bloomer Collection	Julia Kaye	Transition
LGBTQ	Becoming Nicole	Amy Ellis Nutt	Becoming Nicole
LGBTQ	I Promised Not to Tell	Cheryl B. Evans	Promised
LGBTQ	Positively Gay	Betty Berzon	Positively Gay
Narcissism	Trapped in the Mirror	Elan Golomb	Trapped
Narcissism	The Wizard of Oz and Other Narcissists	Eleanor Payson	Wizard of Oz
OCD	The Imp of the Mind	Lee Baer	The Imp
OCD	Overcoming Obsessive Thoughts	David A. Clark	Overcoming
OCD	What to Do When Your Child has OCD	Aureen Pinto Wagner	Child OCD
Parenting	Assertive Discipline	Lee Canter	Assertive Discipline

Parenting	Raising a Responsible Child	Dr. Gary McKay	Responsible
Parenting	Parenting with Love and Logic	Foster Cline & Jim Fay	Love and Logic
Parenting	How to Talk so Kids Will Listen	Adele Faber	Listen
Parenting	Parenting the Hurt Child	Gregory Keck	Hurt Child
Parenting	Adoptive Parent/Intentional Parent	Stacy Manning	Adoptive Parent
Parenting	The Connected Child	Karyn B. Purvis	Connected Child
Parenting	When Your Child is Cutting	Sony Khemlani-Patel PhD	Self-Harm
Parenting	How to Win as a Step-Family	Emily B. Visher	Step-Family
Personal Growth	Finding Your Own North Star	Martha Beck	North Star
Personal Growth	Minding the Body, Mending the Mind	Joan Borysenko	Minding
Personal Growth	Radical Acceptance	Tara Brach Ph.D.	Radical Acceptance
Personal Growth	Homecoming	John Bradshaw	Homecoming
Personal Growth	Simple Abundance	Sarah Ban Breathnach	Simple Abundance
Personal Growth	Daring Greatly	Brene Brown	Daring Greatly
Personal Growth	Toxic Parents	Susan Forward	Toxic Parents
Personal Growth	Man's Search for Meaning	Viktor E. Frankl	Meaning
Personal Growth	An Adult Child's Guide to What's Normal	John Friel Ph.D	Normal
Personal Growth	The Happiness Trap	Russ Harris	Happiness Trap
Personal Growth	On Becoming A Person	Carl Rogers	Becoming
Personal Growth	The Power of Patience	M.J. Ryan	Patience
Personal Growth	Wherever You Go, There You Are	Jon Kabat-Zinn	Wherever
Personal Growth	The Normal One: Life with a Difficult Sibling	Jeanne Safer	Normal One
PTSD	The Untethered Soul	Michael A. Singer	Untethered
PTSD	Healing the Child Within	Charles L. Whitfield M.D.	Healing
PTSD	The Body Keeps the Score	Bessel van der Kolk	Body Keeps the Score
PTSD	It Didn't Start with You	Mark Wolynn	Didn't Start with You
PTSD	Waking the Tiger	Peter Levine	Waking the Tiger

PTSD	The Many Faces of PTSD	Susan Stocker	Faces of PTSD
Relationships	Men Who Can't Love	Steven Carter	Can't Love
Relationships	He's Scared, She's Scared	Steven Carter	He's Scared
Relationships	Attached	Amir Levine	Attached
Relationships	The 5 Love Languages	Gary Chapman	Love Languages
Relationships	The Verbally Abusive Relationship	Patricia Evans	Verbally
Relationships	The 7 Principles to Making a Marriage Work	John Gottman	Seven Principles
Relationships	Love is a Choice	Thomas Hemfelt	Choice
Relationships	Conscious Loving	Gay Hendricks	Conscious
Relationships	Love is Letting Go of Fear	Gerald G. Jampolsky	Fear
Relationships	Dare to Connect	Susan Jeffers	Dare
Relationships	Too Good to Leave, Too Bad to Stay	Mira Kirschenbaum	Too Good
Relationships	Hold Me Tight	Sue Johnson	Hold Me Tight
Relationships	Transformation Through Intimacy	Robert Augustus Masters	Transformation
Relationships	Facing Love Addiction	Pia Mellody	Facing Love Addiction
Relationships	The Intimacy Factor	Pia Mellody	Intimacy
Relationships	Compelled to Control	J. Keith Miller	Compelled
Relationships	You Just Don't Understand	Deborah Tannen	Don't Understand
Sexual Abuse	The Courage to Heal	Ellen Bass	Courage
Sexual Abuse	Victims No Longer: Men Recovering from Sexual Child Abuse	Mike Lew	No Longer
Sports Psychology	Focused for Soccer	Bill Beswick	Focused
Sports Psychology	The Mental Game of Baseball	H.A. Dorfman	Mental Game
Sports Psychology	Heads-Up: Baseball	Tom Hanson	Heads Up
Sports Psychology	Winning the Mental Way	Karlene Sugarman	Winning
TBI	Brain Injury Survival Kit	Dr. Cheryle Sullivan	Survival Kit
Women's Issues	The Dance of Intimacy	Harriet Lerner	Dance of Intimacy
Women's Issues	Women Who Run with the Wolves	Clarissa Pinkola Estes	Women