



BOOKS THAT HAVE HELPED MY CLIENTS

Topic	Title	Author	Published By	Date
adults abused as children	Outgrowing the Pain	E. Gil	Dell Books	1988
alcoholic spouse	The Little Book	Alcoholics Anon	Alcoholics Anon	
anxiety	Coping with Trauma	J. G. Allen	American Psychiatric Press	1995
anxiety-panic	An End to Panic	E. Zuercher-White	New Harbinger Publications	1998
attention-deficit disorder/adults	Driven to Distraction	R. Hallowell	Simon Schuster	1995
bi-polar disorder	Touched with Fire	K. R. Jamison	Free Press	1996
borderline personality (partner of)	I Hate You - Don't Leave Me	J. Kreisman	Avon	1991
communication	Parent Effectiveness Training	T. Gordon	New American	1990
communication	Why Am I Afraid to Tell You Who I am?	J. Powell	Tabor Publishing	1995
crisis	When Things Fall Apart	P. Chodron	Shambala	1997
depression	Darkness Visible	W. Styron	Vintage Books	1992
depression	Good News About Depression	M. S. Gold	Random House	1987
depression	The Depression Book	Huber, Cheri	Keep It Simple Books	1999
depression	The Truth About Depression	C. Whitfield	Health Communications	2003
divorce	Rebuilding: When Your Relationships End	B. Fisher	Impact Publications	1999
divorce	Uncoupling	D. Vaughan	Vintage Books	1995
drug abuse	Do It Now Foundation	pamphlets	http://www.doitnow.org	
drug abuse	From Chocolate to Morphine	A. Weil	Houghton Mifflin	1998
emotions	Emotional Intelligence	D. Goleman	Bantum	1997
incest	The Courage to Heal	E. Bass	Harperperennial	1994
infidelity	Infidelity: A Survival Guide	D. Lusteran	New Harbinger	1998
intimacy	Getting Love Right	T. Gorski	Fireside	1993
marriage	Getting the Love You Want: Guide for Couples	H. Hendrix	Harperperennial	1992
marriage	The Good Marriage: How and Why Love Lasts	J. Wallerstein	Warner	1996
marriage as spiritual practice	Journey of the Heart	J. Welwood	Harperperennial	1996

M O R E B O O K S ...

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marriage/passion	Passionate Marriage	D. Schnarch	Henry Holt	1997
personal development	The Drama of the Gifted Child	A. Miller	Basic Books	1996
relationships, exploitive	The Betrayal Bond	P. Carnes	Health Communications	1997
meditation	Living the Mindful Life	C. Tart	Shambala	1994
meditation	The Miracle of Mindfulness	T. N. Hahn	Beacon Press	1992
men	Rag and Bone Shop of the Heart	Bly, Hillman, Meade	HarperCollins	1992
men and women, differences	Men Are From Mars, Women Are From Venus	J. Gray	HarperCollins	1992
men's groups	A Circle of Men	B.Kauth	St. Martin's Press	1992
men's sexuality	The New Male Sexuality	B. Zilbergeld	Bantam Books	1992
mood swings	Moodswing	R. Fieve	Bantam Books	1997
mysticism	Perennial Philosophy	A. Huxley	HarperCollins	1943
narcissism	Why Is It Always About You	S. Hotchkiss	Free Press	2002
parents, narcissistic	The Other Side of the Mirror	J. Marshall	out of print	
parenting	Parent Effectiveness Training	T. Gordon	New American	1990
post-traumatic stress	Coping with Trauma	J. G. Allen	American Psychiatric Press	1995
sexual abuse	Sexual Healing Journey	W. Maltz	Harperperennial	1992
sexual abuse of men	Victims No Longer	M. Lew	Nevraumont	1988
self-esteem	Six Pillars of Self-Esteem	N. Branden	Bantam	1995
soul	Care of the Soul	T. Moore	Harperperennial	1994
spiritual development	Learning How to Learn	I. Shah	Octagon Press	1978
spiritual life	A Perfumed Scorpion	I. Shah	Octagon Press	1982
suicide	Night Falls Fast	K. R. Jamison	Knopf	1999
women	You Just Don't Understand	D. Tannen	Ballentine	1991
work	What Color is Your Parachute	R. Bolles	Ten Speed Press	2003
work	Zen and the Art of Making a Living	L. G. Boldt	Penguin Books	1999

