



RESOURCES

Homecoming: John Bradshaw

Boundaries: Ann Katherine

Boundaries: When to Say Yes, How to Say No To Take Control of Your Life
Henry Cloud

Unspoken Legacy: Addressing the Impact of Trauma and Addiction within the Family: Claudia Black

Understanding Co-Dependency: Sharon Wegscheider-Cruse and Joseph Cruse, M.D.

Women Who Love Too Much: When You Keep Wishing and Hoping He'll Change: Robin Norwood

Getting Them Sober: You Can Help: Toby Rice Drews

Why People Don't Heal and How They Can: Caroline Myss

The Elephant in the Living Room: Jill Hastings

Wishful Drinking: Carrie Fisher

Broken- My Story of Addiction and Redemption: William Cope Moyers

When Your Partner Has an Addiction: How Compassion Can Transform Your Relationship (and Heal You Both in the Process): Christopher Kennedy Lawford

The Verbally Abusive Relationship: How to Recognize it and How to Respond:
Patricia Evans

Struggle for Intimacy: Janet Geringer Woititz

The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships:
Harriet Lerner

You Can Heal Your Life: Louise Hay

When Bad Things Happen to Good People: Harold S. Kushner

When Things Fall Apart: Heart Advice for Difficult Times: Pema Chodron

Loving What Is: Four Questions That Can Change Your Life: Bryon Katie

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

Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder: Mason Kreger

Adult Children Books

Adult Children of Alcoholics: Janet Geringer Woititz

Life Skills for Adult Children: Janet Geringer Woititz and Alan Garner

Self-Sabotage Syndrome: Adult Children in the Workplace: Janet Geringer Woititz

Adult Children: The Secrets of Dysfunctional Families: John and Linda Friel

An Adult Child's Guide to What's 'Normal': John and Linda Friel

Healing the Child Within: Charles Whitfield

My Dad Loves Me, My Dad Has a Disease A Child's View: Living with Addiction: Claudia Black

Understanding Addiction and Recovery Through a Child's Eyes: Jerry Moe

Love First: A Family's Guide to Intervention: Jeff and Debra Jay

How Al-Anon Works for Families & Friends of Alcoholics: Al-Anon Family Groups

Parents of Addicts

Beautiful Boy: A Father's Journey Through His Son's Addiction: David Sheff

Without Shame: The Addict's Mom and her Family Share their Stories of Pain and Healing: Barabra Theodosiou

Soothe Your Soul Books

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life: Jon Kabat-Zinn

The Language of Letting Go: Daily Meditations for Codependents: Melody Beatty

Breathing Under Water: Spirituality and the Twelve Steps: Richard Rohr O.F.M.

Daily Affirmations for Adult Children of Alcoholics: Rokelle Lerner

Chicken Soup for the Soul: Jack Canfield

12 STEP MEETINGS FOR FAMILY MEMBERS AND FRIENDS OF SOMEONE WITH AN ADDICTION:

Al-Anon/Alateen – <http://www.al-anon.alateen.org/>

Adult Children of Alcoholics – <http://www.adultchildren.org/>

Nar-Anon – <http://nar-anon.org/>

Families Anonymous – <http://www.familiesanonymous.org/>

Parents Anonymous – <http://www.parentsanonymous.org/>

Co-Anon/ Cocaine Anonymous – <http://www.co-anon.org/>

Co-Dependents Anonymous – <http://www.codependents.org/>