

Recommended Reading

Codependency and Boundaries

- [Codependent No More](#) by Melody Beattie
- [The Better Boundaries Workbook](#) by Sharon Martin
- [The Disease to Please](#) by Harriet Braiker
- [Adult Children of Alcoholics](#) by Janet Woititz
- [Recovery: A Guide for Adult Children of Alcoholics](#) by Herbert Gravitz and Julie Bowden

Dysfunctional Families

- [Toxic Parents](#) by Susan Forward
- [If You Had Controlling Parents](#) by Dan Neurharth
- [Running on Empty](#) by Jonice Webb
- [The Emotionally Absent Mother](#) by Jasmin Lee Cori

Relationships

- [Who's Pulling Your Strings](#) by Harriet Braiker
- [The 5 Love Languages](#) by Gary Chapman
- [Attached: The New Science of Adult Attachment and How it Can Help You Find and Keep Love](#) by Amir Levine and Rachel Heller
- [After the Affair](#) by Janis Abrahms Spring
- [The Better Boundaries Workbook](#) by Sharon Martin

Parenting

- [The Whole Brain Child](#) by Daniel Siegel
- [Get Out of my Life, But First Could You Drive Me and Cheryl to the Mall?](#) by Anthony Wolf
- [Yes, Your Teen is Crazy!](#) by Michael Bradley

Depression/Mental Health

- [Feeling Good](#) by David Burns
- [Learned Optimism](#) by Martin Seligman
- [8 Keys to Mental Health through Exercise](#) by Christina Hibbert
- [DARE: The New Way to End Anxiety and Stop Panic Attacks](#) by Barry McDonagh

For Women

- [Women Who Love Too Much](#) by Robin Norwood
- [Why Does He Do That?](#) By Lundy Bancroft
- [The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse](#) by Ellen Bass and Laura Davis
- [The Dance of Anger](#) by Harriet Lerner
- [Perfect Daughters](#) by Robert Ackerman

For Men

- [I Don't Want to Talk about It](#) by Terrence Real
- [Silent Sons](#) by Robert Ackerman

Trauma and Healing

- [Trauma and Recovery](#) by Judith Herman
- [The Body Keeps Score](#) by Bessel Van der Kolk
- [You Can Heal Your Life](#) by Louise Hay
- [Waking the Tiger](#) by Peter Levine

Self-worth/Happiness/Other

- [The Gifts of Imperfection](#) by Brene Brown
- [Daring Greatly](#) by Brene Brown
- [Self-Compassion](#) by Kristin Neff
- [Forgive for Good](#) by Fred Luskin
- [The Happiness Project](#) by Gretchen Rubin
- [Mindset: The New Psychology of Success](#) by Carol Dweck
- [Emotional Freedom](#) by Judith Orloff
- [The Highly Sensitive Person](#) by Elaine Aron

Habit/Behavior Change

- [The Power of Habit](#) by Charles Duhigg
- [Better Than Before](#) by Gretchen Rubin
- [Small Move, Big Change](#) by Caroline Arnold

Grief/Perinatal Loss

- [Empty Cradle, Broken Heart: Surviving the Death of Your Baby](#) by Deborah Davis
- [Bearing the Unbearable](#) by Joanne Cacciatore