

## Codependency/Adult Children of Alcoholics Reading List

### Growing Up in an Alcoholic or Dysfunctional Family and How it Affects You

- **Adult Children of Alcoholics** by Janet Woititz
- **Recovery: A Guide for Adult Children of Alcoholics** by Gravitz and Bowden
- **Grandchildren of Alcoholics: Another Generation of Codependency** by Ann W. Smith
- **Another Chance: Hope and Health for the Alcoholic Family** by Sharon Wegscheider Cruse
- **It Will Never Happen to Me** by Claudia Black
- **Toxic Parents** by Susan Forward
- **If You Had Controlling Parents** by Dan Neuharth
- **Adult Children of Emotionally Immature Parents** by Lindsay Gibson
- **Running on Empty** by Jonice Webb

### Codependency and Boundaries

- **The Better Boundaries Workbook** by Sharon Martin
- **Codependent No More** by Melody Beattie
- **The Self-Love Workbook for Women** by Megan Logan
- **Let Go Now: Embracing Detachment** by Karen Casey
- **The Disease to Please** by Harriet Braiker
- **Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You** by Susan Forward
- **The Human Magnet Syndrome: The Codependent Narcissist Trap** by Ross Rosenberg
- **The Language of Letting Go: Daily Meditations for Codependents** by Melody Beattie

## For Parents of Addicts/Alcoholics

- **Addict in the House** by Robin Barnett
- **Beyond Addiction** by Jeffrey Foote
- **Setting Boundaries with Your Adult Children** by Allison Bottke

## Relationships

- **Getting the Love You Want**, Harville Hendrix
- **Attached** by Amir Levine and Rachel Heller
- **The 5 Love Languages** by Gary Chapman
- **Who's Pulling Your Strings** by Harriet Braiker
- **Loving Him without Losing You: How to Stop Disappearing and Start Being Yourself** by Beverly Engel
- **How to Break Your Addiction to a Person: When and Why Love Doesn't Work** by Howard Halpern

## For Women

- **The Assertiveness Guide for Women** by Julie Hanks
- **Women Who Love Too Much** by Robin Norwood
- **Why Does He Do That?** By Lundy Bancroft
- **Mothers Who Can't Love: A Healing Guide for Daughters** by Susan Forward
- **Perfect Daughters: Adult Daughters of Alcoholics** by Robert Ackerman
- **Will I Ever Be Good Enough? Healing the Daughters of Narcissistic Mothers** by Karyl McBride

## For Men

- **I Don't Want to Talk about It** by Terrence Real
- **Silent Sons** by Robert Ackerman

## Trauma and Healing

- **The Body Keeps Score** by Bessel Van Der Kolk
- **Waking the Tiger: Healing Trauma** by Peter Levine
- **Complex PTSD: From Surviving to Thriving** by Pete Walker
- **Trauma and Recovery** by Judith Herman
- **The Post-Traumatic Growth Guidebook** by Arielle Schwartz
- **Complex PTSD: From Surviving to Thriving** by Pete Walker
- **Recovery of Your Inner Child** by Lucia Capacchione
- **Healing the Shame that Binds You** by John Bradshaw
- **Changing Course: Healing from Loss, Abandonment, and Fear** by Claudia Black

## Self-Acceptance/Other

- **The Gifts of Imperfection** by Brene Brown
- **Self-Compassion: The Proven Power of Being Kind to Yourself** by Kristin Neff
- **Forgive for Good** by Fred Luskin