

BOOK RECOMMENDATIONS

Learning about therapy

*The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients by Irvin Yalom

Relationships

*Getting the Love you want by

*The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family and Friendships by John Gottman

*Controlling People: How to Recognize, Understand and Deal with People who try to Control you by Patricia Evans

*Co-dependent No More by Melody Beattie

Grief and Loss

*Motherless Daughters: The Legacy of Loss by Hope Edelman

*Transitions: Making Sense of Life's Changes by William Bridges

*On Grief and Grieving: Finding the Meaning of Grieving Through the Five Stages of Loss by E. Kubler-Ross and David Kessler

*Healing after Loss: Daily Meditations for Working Through Grief
by Martha Hickman

Depression and Life Challenges

*What Matters Most: Living a More Considered Life by James Hollis

*Swampland of the Soul by James Hollis

*Transitions: Making Sense of Life's Changes by William Bridges

*Get out of your Mind and Into Your Life: The New Acceptance and Commitment Therapy by Steven c. Hayes

*Inner Peace for Busy People by Joan Borysenko

Trauma and Addiction Issues

*Adult Children of Alcoholics by Janet G. Woititz

*Trauma and Recovery by Judith Herman

*Healing the Child within: Discovery and Recovery of Adult Children of Dysfunctional Families by Charles Whitfield

Parenting

*Just tell me what to say by Betsy Brown Braun

*The Blessing of the Skinned Knee by Wendy Mogel

*Magic 1 2 3 by

Design Psychology

*Some Place Like Home: Using Design Psychology to Create Ideal Places
by Toby Israel

*Home Therapy by Lauri Ward

*The Emotional House by Kathryn Robyn and Dawn Ritchie