



# TherapyWithJanelle

## Recommended Reading List

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### TITLE

A Gift to Myself  
After the Affair  
An Unquiet Mind  
Beautiful Boy  
Between Therapist and Client  
Beyond Codependency  
Brain Lock  
Co-dependence  
Codependent No More  
Conscious Loving  
DBT for Suicidal Adolescents  
Divorce and New Beginnings  
Driven to Distraction  
Emotionally Focused Therapy for Couples  
Facing Codependence  
Fishing by Moonlight  
Free Your Mind  
Getting Love Right  
Giving the Love that Heals  
He's Scared She's Scared  
Healing the Child Within  
Healing the Shame that Binds You  
Hold Me Tight  
Intimate Words  
Its Not About The Food

### AUTHOR

Charles L Whitfield  
J Abrahms Spring  
Kay Redfield Jamison  
David Sheff  
Michael Kahn  
Melody Beattie  
Jeffrey Schwartz  
Charles L Whitfield  
Melody Beattie  
Gay Hendrieks  
Linehan  
Genevieve Clapp  
E Hallowell, Jratey  
Sue Johnson  
Pia Mellody  
Colene Sawyer  
E Bass, K Kaufman  
Terence T Gorski  
Harville Hendrix  
S Carter J Sokof  
Charles L Whitfield  
John Bradshaw  
Sue Johnson  
Maggie Scarf  
C Emery Normandi

### TYPE

Recovery  
Infidelity  
Bipolar  
Drug Abuse  
Therapy  
Codependency  
OCD  
Codependency  
Codependency  
Relationships  
Treatment  
Divorce  
ADD  
Relationships  
Codependency  
Relationships  
GLBY  
Relationships  
Recovery  
Relationships  
Recovery  
Recovery  
Relationships  
Relationships  
Eating DX

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## Recommended Reading List (cont'd)

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<b>TITLE</b>	<b>AUTHOR</b>	<b>TYPE</b>
Manic	Terri Cheney	Bipolar
NOT "Just Friends"	Shirley P Glass	Infidelity
PTSD Workbook	David Schnarch	Marriage
Passionate Marriage	Matthew A Johnson	Parenting
Positive Parenting With a Plan	Jane Nelson	Parenting/Child Dev
Positive Discipline	M Williams	PTSD
Raising an Emotionally Intelligent Child	John Gottman	Parenting/Child Dev
Reviving Ophelia	Mary Pipher	Teens
Rewind, Replay, Repeat	Jeff Bell	OCD
Sometimes I Act Crazy	Jerold J Kreisman	Bipolar
The 7 Habits of Highly Effective People	Steven Covey	Personal Change
The Broken Mirror	K Phillips	Body Image
The Courage to Heal	E Bass , L Davis	Recovery
The Courage to Heal	Laura Davis	Recovery
The Female Brain	L. Brizendine	Health
The Five Love Languages	Gary Chapman	Relationships
The Gift of Therapy	Irvin D Yalom	Therapy
The Good Divorce	Constance Ahrons	Divorce
The Good Marriage	J Wallerstein	Marriage
The Male Brain	L Brizendine	Health
The Mindfulness & Acceptance Workbook for Anxiety	Kirk D Strosahl	Anxiety
The Mindfulness & Acceptance Workbook for Depression	Kirk D Strosahl	Depression
The New Menopause Book	M Tagliaferri, various	Health
The Seven Principles for Making Marriage Work	John M Gottman	Marriage
The Verbally Abusive Relationship	Patricia Evans	Relationships
Theory-Based Tx Planning for MFTS	Gehart and Tuttle	Therapy
Treating Difficult Personality Disorders	M Rosenbluth	Personality DX
Tweak	Nic Sheff	Drug Abuse
When Painkillers Become Dangerous	Drew Pinsky	Drug Abuse
When You Eat at the Refrigerator, Pull Up a Chair	Geneen Roth	Eating DX