

Recommended Therapeutic Readings (EAP)

Abuse

Domestic Violence

- Battered into Submission James & Phyllis Alsdurf
- Why Does He Do That Lundy Bancroft
- The Gift of Fear Gavin de Becker
- The Verbally Abusive Relationship Patricia Evans
- Keeping the Faith: Guidance for Christian Women Facing Abuse Marie Fortune
- Getting Free: A Handbook for Women in Abusive Relationships Ginny NicCarthy

Sexual Abuse

Children

- The Me Nobody Knows Barbara Bean & Shari Bennett
- A Very Touching Book Jan Hindman
- No More Secrets for Me Oralee Walker
- Red Flag Green Flag Joy Williams

Adults

- The Wounded Heart Don Allender
- Courage to Heal Bass & Davis
- It Happened to Me: A Teens Guide to Overcoming Sexual Abuse William Lee Carter
- Courage to Heal Workbook Laura Davis
- Families in Recovery: Healing the Damage Of Childhood Sexual Abuse Beverly Engel
- Partners in Recovery Beverly Engel
- Outgrowing the Pain Eliana Gil
- Outgrowing the Pain Together Eliana Gil
- When Your Child Has Been Molested Hagans & Case
- The Survivors Guide Sharice Lee
- Victims No Longer: Men Recovering From Sexual Abuse Mike Law

Addictions

- Addicted To Love Stephen Arterburn
- When Sex Becomes An Addiction Steve Arterburn
- It Will Never Happen To Me Claudia Black
- In the Shadows of the Net Patrick Carnes
- Out of the Shadows Patrick Carnes

- How to Quit Drugs for Good (A Self Help Guide)
- Passages through Recovery
- How to Break Your Addiction to a Person
- Addiction and Grace
- Learning to Live Again(Alcohol)
- Love Hunger (Food Addictions)
- The Addictive Personality
- Willpower's Not Enough
- Women Who Love Sex Addicts
- Adult Children of Alcoholics

Jerry Dorsman
 Terence Gorski
 Dr Richard Halpern
 Gerald May
 Marlene Miller
 Minirth
 Craig Nakken
 Washton & Bundy
 Douglas Weiss
 Janet Woititz

Aging

Children

- Grandma Didn't Wave Back
- How Does it Feel To Be Old
- The Hundred Penny Box

Rose Blue
 Norma Faber
 Sharon Bell Mathis

Adults

- Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive
- Caring For Your Aging Parents: A Planning & Action Guide
- The Loss of Self: A Family Resource for Care of Alzheimer's Disease & Related Disorders
- The 36-Hour Day
- The Caregiver's Book: Caring for Another, Caring for Yourself
- Wisdom: Finding Meaning in Life's Later Years
- How Can I Help
- When Aging Parents Can't Live Alone A Practical Family Guide

Claire Berman Autumn
 Donna Cohen PhD & Carl Eisdorfer, Phd, MD
 Cohen & Eisdorfer
 Nancy L Mace MA & Peter V Rabins, MD, M.PH
 James E Miller
 James E Miller
 James E Miller
 Ellen F Rubenson, MSW

Anger Management

- The Anger Workbook
- Telling Yourself the Truth
- Beyond Anger: A Guide for Men
- 60 Second Anger Management: Quick Tips To handle Explosive Feelings
- It's Not Personal! A Guide to Anger Management
- When Anger Hurts: Quieting The Storm Within

Lorraine Bilodeau
 Backus & Chapian
 Thomas J Harbin
 Michael Hershorn
 Alice Katz
 Matthew McKay

- How I Learned to Control My Temper
Debbie Pincus
- Angry All the Time: An Emergency Guide To Anger Control
Ron Potter-Efron
- Guide to Anger Control
Ron Potter-Efron
- How to Control Your Anger(Before it Controls You) A Guide for Teens
Ron Potter-Efron
- Letting Go of Anger
Ron & Pat Potter Efron
- Hot Stuff to Help Kids Chill Out
Jerry Wilde

Anxiety

- Telling Yourself the Truth
Backus & Chapien
- The Anxiety and Phobia Workbook
Edward Bourne, PhD
- Ten Days to Self Esteem
David Burns, MD
- Freeing Your Child from Obsessive Compulsive Disorder
Tamar E Chansky
- SOS Help For Emotions
Lynn Clark
- The Anxiety Cure
Archibald Hart
- Stress Proofing Your Child
Sheldon Lewis
- How You Feel is Up To You
McKay & Dinkmeyer
- The Boy Who Couldn't Stop Washing His Hands
Judith Rapoport
- Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder & Its Treatment
Aureen Pinto Wagner
- Things That Go Bump in the Night
Warren & Minirth
- Stress and Your Child
Bettie Youngs

Attention Deficit Disorder

- Eagle Eyes
Jeanne Gehert
- Driven to Distraction
Edward Hallowell & John Ratey
- Survival Strategies for Parenting Your ADD Child
George T Lynn
- The ADD Hyperactivity Workbook
Harvey Parker
- All About Attention Deficit Disorder
Dr Thomas Phelan
- Helping Your Hyperactive Attention Deficit Child
John Taylor
- Women with Attention Deficit Disorder
Sari Solden

Blended Families

- Blended Families
Maxine Marsolini
- Stepliving for Teens: Getting Along with Stepparents, Parents and Siblings
Joel Block & Susan Bartell

- The Smart Step-Family
Seven Steps to a Healthy Family Ron Deal
- Stepfamily Problems: How to Solve Them Tom & Adrian Frydenger
- Everything You Need to Know About
Step-Families Bruce Glassman
- When We Married Gary Anna Hines
- Help! A Girls Guide to Divorce & Stepfamilies N Holyoke & S Nash
- Coping with Stepfamilies Leslie Kaplan
- Developing Healthy Stepfamilies Patrick Kelley
- Living In a Step Family Without Getting
Stepped On Kevin Leman
- Blended Families Maxine Marsolini
- There's a New Family in My House! Laura Walters
- What I'll Remember When I'm a Grownup Gina Willner-Pardo
- 7 Steps to Bonding with Your Stepchild Suzen J Ziegahn

Children/Adolescents/Parenting

- Parents Teens Boundaries Jane Bluestein, PhD
- Boys Into Men: Raising Our African
American Teenage Sons Nancy Boyd-Franklin
- SOS Help for Parents Lynn Clark
- Boundaries with Kids Cloud & Townsend
- Bringing Up Boys Dr James Dobson
- Love Must Be Tough Dr James Dobson
- How To Talk So Your Kids Will Listen &
Listen So Your Kids Will Talk Faber & Mazlish
- Parents Under Siege James Garbarino &
Claire Bedard
- Don't Take It Out on Your Kids: A Parent's
Guide to Positive Discipline Katharine Kersey
- Redirecting Children Kovals & Hall
- 1-2-3 Magic Dr Thomas Phelan
- Surviving Your Adolescents Dr Thomas Phelan
- Reviving Ophelia Mary Pifer
- Different & Wonderful: Raising Black Children
In a Race-Conscious Society Darlene Powell
- The Parents Book on Bullying William Voors
- Awakening the Natural Genius of Black Children Amos Wilson
- Stress & Your Child Dr Bettie Youngs

Children & Grief

- The Fall of Freddy the Leaf Leo Buscaglia
- Blow Me a Kiss, Miss Lilly Nancy White Carlstrom

- I Had a Friend Named Peter Janice Cohn, DSW
- Let's Talk About When a Parent Dies Janice Cohn
- Nana Upstairs & Nana Downstairs Tomie DePaola
- Part of Me Died, Too Virginia Lynn Fry
- When Someone Very Special Dies(Workbook) Marge Heegaard
- How it Feels When a Parent Dies Jill Kremenz
- A Summer to Die Lois Lowry
- Annie and the Old Ones Miska Miles
- Emma Says Goodbye Carolyn Nystrom
- Kids Book About Death and Dying Eric Rofes
- I Heard Your Daddy Died Mark Scrivani
- I Heard Your Mommy Died Mark Scrivani
- Help Me Say Goodbye James Silverman
- The Empty Place Roberta Temes
- Saying Goodbye to Daddy Judith Vigna
- How I Feel: A Coloring Book for Grieving Children Alan Wolfelt

Co-Dependency

- Co-Dependent No More Melody Beattie
- Beyond Co-Dependency Melody Beattie
- Boundaries Cloud & Townsend
- The Mom Factor Cloud & Townsend
- I Love is a Choice Hemfelt, Minirth, Meier
- Don't Have to Make Everything All Better Gary & Joy Lundberg
- Men Who Hate Women and the Women That Love Them Robin Norwood
- Women Who Love Too Much Robin Norwood
- The Giving Tree Shel Silverstein
- I'm Dying to Take Care of You Candace Shaw, RN
- Adult Children of Alcoholics Janet Wolowitz

Depression

- Telling Yourself The Truth Backus & Chapien
- 10 Days to Self Esteem David Burns, MD
- SOS Help for Emotions Lynn Clark
- Unmasking Male Depression Archibold Hart
- An Unquiet Mind Kay Redfield Jamison
- How You Feel Is Up To You McKay & Dinkmeyer
- Why You Feel Down and What You Can Do About It (Teenage Depression) Irma & Arthur Myers

Divorce

Children

- Dinosaurs Divorce
Laurence Brown
- Dear Mr. Henshaw
Beverly Cleary
- Where is Daddy? The Story of Divorce
Beth Goff
- The Divorce Helpbook for Kids
Cynthia McGregor
- Mommy and Daddy are Divorced
Patricia Perry &
Marietta Lynch
- Divorce Happens to the Nicest Kids
M Prokop
- Kid's Divorce Workbook
M Prokop
- Grandma Without Me
Judith Vigna

Adults

- Surviving Divorce
John Bradshaw
- Mars and Venus: Starting Over
John Gray
- Adult Children of Divorce Workbook
Mary Hirshfield, JD
- Too Good to Leave, Too Bad to Stay
M Kishenbaum
- Ending Marriage, Keeping Faith
J Randall Nichols
- Mom's House, Dad's House
Isolina Ricci
- Joint Custody with a Jerk: Raising a Child
With an Uncooperative Ex, A Hands on
Practical Guide
J Ross & J Corcoran
- Learning to Leave – A Woman's Guide
L Triere & R Peacock
- Parenting After Divorce: A Guide to Resolving
Conflicts and Meeting Your Childs Needs
Philip M Stahl
- Crazy Time: Surviving Divorce and
Building a New Life
Abigail Trafford

Financial Resources

- Smart Women Finish Rich: 7 Steps to
Achieving Financial Security and Funding
Your Dreams
David Bach
- Your Money or Your Life
Joe Domingues &
Vicki Robin
- Earn What you Deserve: How to Stop Under
Earning and Start Thriving
Jerrold Mundis
- How to Get Out of Debt, Stay Out of Debt
and Live Prosperously
Jerrold Mundis
- Making Peace with Money
Jerrold Mundis
- The Courage to Be Rich
Suze Orman
- 9 Steps to Financial Freedom
Suze Orman
- The Road to Wealth: A Comprehensive guide
to your money; everything you need to know in
good and bad times
Suze Orman

- The Millionaire Next Door

Thomas Stanley PhD &
William Danko

Grief and Loss

- Tuesdays with Morrie
- Fall of Freddy the Leaf
- When a Man Faces Grief
- Unspeakable Losses
- When Bad Things Happen to Good People
- Her Choice to Heal: Finding Spiritual and Emotional Peace After Abortion
- How Will I Get Through the Holidays
- A Pilgrimage Through Grief: Healing the Soul's Hurt After Loss
- Seasons of Grief and Healing
- Welcoming Change: Discovering Hope in Life's Transitions
- How To Go On Living When Someone You Love Dies
- Living Through Mourning
- How Can It Be All Right When Everything is Wrong
- Good Grief

Mitch Albom
Leo Buscaglia
Thomas Golden &
James Miller
Kim kluger-Bell
Harold Kushner

Sydna Masse
James E Miller

James E Miller
James E Miller

James E Miller

Therese Rando
Harriet Sarnoff Schiff

Lewis Smedes
Granger Westberg

Death of a Pet

- The Accident
- Mrs Huggins & Her Hen Hanna
- Where the Red Fern Grows
- The Tenth Good Thing About Barney
- I'll Always Love You

Carol Carrick
Lydia Dabovich
Wilson Rawls
Judith Viorst
Hans Wilhelm

Homosexuality

- Positively Gay: New Approaches to Gay & Lesbian Life
- Homophobia: How We All Pay the Price
- Intimacy between Men: How to Find and Keep Gay Love
- Love between Men: Enhancing Intimacy and Keeping Your Relationship Alive
- For Lesbian Parents: Your Guide to Helping Your Family Grow Up Happy, Healthy & Proud

Betty Berzon
Warren Blumenfeld

John Driggs

Rik Isensee

Suzan Johnson &
Elez O'Conner

- Is It a Choice? Answers to 300 of the Most Frequently Asked Questions About Gays and Lesbians. Eric Marcus
- Now That I'm Out, What Do I do? Brian McNaught
- Taking a Chance on God: Liberating Theology For Gays, Lesbians and Their Lovers, Families and Friends John McNeill
- Building Bridges: Gay and Lesbian Reality and The Catholic Church Robert Nugent & Jeannine Gramick
- Is the Homosexual My Neighbor? Another L & M Scanzoni & Christian View Virginia Ramey Mollenkott

Management

- The One Minute Manager Ken Blanchard & Spencer Johnson
- What Color is Your Parachute? Richard Nelson Bolles
- Coping With Difficult Bosses Robert Bramson
- Managing Violence in the Workplace Capozzoli & McVey
- Freeing the Corporate Mind A Cornwell
- Principle Centered Leadership Steven Covey
- 7 Habits of Highly Effective People Steven Covey
- Debono's Thinking Course E DeBono
- Self-Assessment Tool for Nonprofit Organizations P F Drucker
- Play Like a Man, Win Like a Woman Gail Evans
- Mars and Venus in the Workplace John Gray
- How to Say It at Work Jack Griffith
- Getting Employees to Fall in Love With Your Company Jim Harris, PhD
- Who Moved My Cheese Spencer Johnson
- The Wisdom of Teams Jon Katzenbach & Douglas Smith
- Dealing with Difficult People Charles Keating
- The Five Dysfunctions of a Team Patrick Lencioni
- Orbiting the Giant Hariball G Mackenzie
- Healing the Wounds: Overcoming the Trauma of Layoffs and Revitalizing Downsized Organizations D M Noer
- The Fifth Discipline Field Book Peter Senge
- Talking from 9 to 5: Women and Men in the Workplace: Language, Sex and Power. Deborah Tannen
- A Whack on the Side of the Head R Von Oech

- Seventy-Five Cage Rattling Questions

D Whitney &
M Giovagnoli

Marriage

- After the Affair
- Renew Your Marriage at Midlife
- Toward a Growing Marriage
- Hope for the Separated
- What Wives Wish Their Husbands Knew About Women
- Making it as a Couple: Prescription for a Quality Relationship
- Mars and Venus in the Bedroom
- Fighting for Your Marriage
- Fighting for Your African-American Marriage
- Divorce Busting
- The Divorce Remedy

Janis Abrams Spring
Steve & Kathy Brody
Gary Chapman
Gary Chapman

John Dobson

Allen Fay
John Gray, PhD
Markman, Blumberg, Stanley
Keith Whitfield
Michele Wiener-Davis
Michele Wiener-Davis

Relationships

- Making Peace with Your Parents
- The Verbally Abusive Relationship
- Toxic Parents
- Mars & Venus in Touch
- Men Are From Mars and Women Are From Venus
- Will Our Love Last? A Couple's Roadmap
- Getting the Love You Want
- Too Good to Leave, Too Bad to Stay
- Understanding the Borderline Mother
- Dance of Anger
- Dance of Connections
- Dance of Deception
- Dance of Intimacy
- Life Preservers – Staying Afloat in Love and Life
- Truth About Love
- Addiction to Love: Overcoming Obsession & Dependency in Relationships
- Learning to Leave – A Woman's Guide
- Why Am I Afraid to Tell You Who I Am?
- The Language of Love
- Love is a Decision
- Forgive & Forget

Harold Bloomfield
Patricia Evans
Susan Forward
John Gray, PhD

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Sam R Hamburg
Harville Hendrix, PhD
Mira Kirshenbaum
Christine Anne Lawson
Harriet Goldhor Lerner
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Harriet Goldhor Lerner
Patricia Love

Susan Peabody
Peacock-Trier
John J Powell
Smalley & Trent
Smalley & Trent
Lewis Smedes

- You Just Don't Understand:
Women and Men in Conversation Deborah Tannen
- Coupleship Wegscheider – Cruse

Self Development

- Simple Abundance Sarah Ban Breathnach
- The Artists Way Julia Cameron
- The Vein of Gold Julia Cameron
- I Never Knew I Had a Choice Corey & Carey
- The Gift of Fear Gavin De Becker
- Dancing Backwards In High Heels Patricia O’Gorman
- Stand Up For Your Life Cheryl Richardson

Self Esteem

- One to One: Self Understanding
Through Journal Writing Christina Baldwin
- Healing the Shame That Binds You Bradshaw
- 10 Days to Self Esteem David Burns, MD
- Artists Way Julia Cameron
- Creative Visualization Shakti Gwain
- Sister to Sister: Devotions For and From
The African American Woman Susan Johnson
- Self Matters Phillip McGraw
- Maximum Self Esteem Jerry Minchinton
- Dancing Backwards in High Heels Patricia O’Gorman
- Further Along the Road Less Traveled M Scott Peck, MD
- The Road Less Traveled M Scott Peck, MD
- One Day My Soul Just Opened Up Iyanla Vanzant
- Learning to Love Yourself Wegscheider-Cruise

Spirituality

- Life's Companion: Journal Writing as a
Spiritual Guest Christina Baldwin
- Between the Dreaming and the Coming True Robert Benson
- There's a Spiritual Solution to Every Problem W Dyer
- Living Buddha, Living Christ Thichnhat hanh
- Sister to Sister: Devotions For and From
The African American Woman Susan Johnson
- New Seeds of Contemplation T Merton
- Care of the Soul T Moore
- The Soul of Sex T Moore
- Anatomy of the Spirit C Myss

- Sacred Contracts
- Further Along the Road Less Traveled
- One Day My Soul Just Opened Up

C Myss
M Scott Peck, MD
Iyanla Vanzant

Stress Management

- Adrenaline & Stress
- Helping Your Child Handle Stress
- Every Time I Blow My Top, I Lose My Head

- The Wellness Workbook
- Stress and Your Child

Archibald Hart
Katherine Kersey
Lawrence Shapiro &
Laura Slap-Shelton
John Travis
Dr Bettie Youngs