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

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
- 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)  Jerry Dorsman
• Passages through Recovery  Terence Gorski
• How to Break Your Addiction to a Person  Dr Richard Halpern
• Addiction and Grace  Gerald May
• Learning to Live Again (Alcohol)  Marlene Miller
• Love Hunger (Food Addictions)  Minirth
• The Addictive Personality  Craig Nakken
• Willpower’s Not Enough  Washton & Bundy
• Women Who Love Sex Addicts  Douglas Weiss
• Adult Children of Alcoholics  Janet Woititz

Aging

Children
• Grandma Didn’t Wave Back  Rose Blue
• How Does it Feel To Be Old  Norma Faber
• The Hundred Penny Box  Sharon Bell Mathis

Adults
• Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive  Claire Berman Autumn
• Caring For Your Aging Parents: A Planning & Action Guide  Donna Cohen PhD & Carl Eisdorfer, Phd, MD
• The Loss of Self: A Family Resource for Care of Alzheimer’s Disease & Related Disorders  Cohen & Eisdorfer
• The 36-Hour Day  Nancy L Mace MA & Peter V Rabins, MD, M.PH
• The Caregiver’s Book: Caring for Another, Caring for Yourself  James E Miller
• Wisdom: Finding Meaning in Life’s Later Years  James E Miller
• How Can I Help  James E Miller
• When Aging Parents Can’t Live Alone A Practical Family Guide  Ellen F Rubenson, MSW

Anger Management

• The Anger Workbook  Lorrainne Bilodeau
• Telling Yourself the Truth  Backus & Chapian
• Beyond Anger: A Guide for Men  Thomas J Harbin
• 60 Second Anger Management: Quick Tips To handle Explosive Feelings  Michael Hershorn
• It’s Not Personal! A Guide to Anger Management  Alice Katz
• When Anger Hurts: Quieting The Storm Within  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 & Chapian
• 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
**Children/Adolescents/Parenting**

- 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 & 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 Krementz
• 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      Alan Wolfelt
  Grieving Children

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    Robin Norwood
  That Love Them
• 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 & Chapian
• 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      Irma & Arthur Myers
  Can Do About It (Teenage Depression)
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    Mitch Albom
• Fall of Freddy the Leaf    Leo Buscaglia
• When a Man Faces Grief    Thomas Golden & James Miller
• Unspeakable Losses    Kim kluger-Bell
• When Bad Things Happen to Good People    Harold Kushner
• Her Choice to Heal: Finding Spiritual and Emotional Peace After Abortion    Sydna Masse
• How Will I Get Through the Holidays    James E Miller
• A Pilgrimage Through Grief: Healing the Soul’s Hurt After Loss    James E Miller
• Seasons of Grief and Healing    James E Miller
• Welcoming Change: Discovering Hope in Life’s Transitions    James E Miller
• How To Go On Living When Someone You Love Dies    Therese Rando
• Living Through Mourning    Harriet Sarnoff Schiff
• How Can It Be All Right When Everything is Wrong    Lewis Smedes
• Good Grief    Granger Westberg

Death of a Pet

• The Accident    Carol Carrick
• Mrs Huggins & Her Hen Hanna    Lydia Dabcovich
• Where the Red Fern Grows    Wilson Rawls
• The Tenth Good Thing About Barney    Judith Viorst
• I’ll Always Love You    Hans Wilhelm

Homosexuality

• Positively Gay: New Approaches to Gay & Lesbian Life    Betty Berzon
• Homophobia: How We All Pay the Price    Warren Blumenfeld
• Intimacy between Men: How to Find and Keep Gay Love    John Driggs
• Love between Men: Enhancing Intimacy and Keeping Your Relationship Alive    Rik Isensee
• For Lesbian Parents: Your Guide to Helping Your Family Grow Up Happy, Healthy & Proud    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 Med 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 Janis Abrams Spring
• Renew Your Marriage at Midlife Steve & Kathy Brody
• Toward a Growing Marriage Gary Chapman
• Hope for the Separated Gary Chapman
• What Wives Wish Their Husbands Knew About Women John Dobson
• Making it as a Couple: Prescription for a Quality Relationship Allen Fay
• Mars and Venus in the Bedroom John Gray, PhD
• Fighting for Your Marriage Markman, Blumberg, Stanley
• Fighting for Your African-American Marriage Keith Whitfield
• Divorce Busting Michele Wiener-Davis
• The Divorce Remedy Michele Wiener-Davis

Relationships
• Making Peace with Your Parents Harold Bloomfield
• The Verbally Abusive Relationship Patricia Evans
• Toxic Parents Susan Forward
• Mars & Venus in Touch John Gray, PhD
• Men Are From Mars and Women Are From Venus John Gray, PhD
• Will Our Love Last? A Couple’s Roadmap Sam R Hamburg
• Getting the Love You Want Harville Hendrix, PhD
• Too Good to Leave, Too Bad to Stay Mira Kirshenbaum
• Understanding the Borderline Mother Christine Anne Lawson
• Dance of Anger Harriet Goldhor Lerner
• Dance of Connections Harriet Goldhor Lerner
• Dance of Deception Harriet Goldhor Lerner
• Dance of Intimacy Harriet Goldhor Lerner
• Life Preservers – Staying Afloat in Love and Life Harriet Goldhor Lerner
• Truth About Love Patricia Love
• Addiction to Love: Overcoming Obsession & Dependency in Relationships Susan Peabody
• Learning to Leave – A Woman’s Guide Peacock-Trier
• Why Am I Afraid to Tell You Who I Am? John J Powell
• The Language of Love Smalley & Trent
• Love is a Decision Smalley & Trent
• Forgive & Forget Lewis Smedes
• You Just Don’t Understand: Women and Men in Conversation Deborah Tannen
• Coupleship Wegsheider – 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 C Myss
• Further Along the Road Less Traveled M Scott Peck, MD
• One Day My Soul Just Opened Up Iyanla Vanzant

**Stress Management**

• Adrenaline & Stress Archibald Hart
• Helping Your Child Handle Stress Katherine Kersey
• Every Time I Blow My Top, I Lose My Head Lawrence Shapiro & Laura Slap-Shelton
• The Wellness Workbook John Travis
• Stress and Your Child Dr Bettie Youngs