

Addiction / Parenting / Self-help

The Addicted Brain: Why We Abuse Drugs, Alcohol, and Nicotine

Michael Kuhar

Brain in Balance: Understanding the Genetics and Neurochemistry behind Addiction and Sobriety

Fredrick Von Stieff

Addict in the Family: Stories of Loss, Hope and Recovery

Beverly Conyers

Beyond Addiction: How Science and Kindness Help People Change

Jeffery Foote

The Center For Motivation and Change – The Parent’s 20 Minute Guide to change When Our Grown Kids Disappoint Us: Letting Go of Their Problems, Loving Them Anyway, and Getting on with Our Lives

Jane Adams

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself

Melody Beattie

Codependents’ Guide to the Twelve Steps

Melody Beattie

The Language of Letting Go

Melody Beattie

Boundaries: When to Say Yes, When to Say No to Take Control of Your Life

Henry Cloud and John Townsend

Don’t Let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children

Charles Rubin

The Enabler: When Helping Harms the Ones You Love

Angelyn Miller

Addictive Thinking: Understanding Self-Deception

Abraham Twerski

Clean: Overcoming Addiction and Ending America’s Greatest Tragedy

David Sheff

7 Tools to Beat Addiction

Stanton Peele

A Gentle Path Through the Twelve Steps: The Classic Guide for All People in the Process of Recovery

Patrick Carnes

Prayers for the Twelve Steps: A Spiritual Journey

Bill Pittman and Jerry Seiden

In the Realm of Hungry Ghosts

Gabor Mate, MD

It Will Never Happen to Me

Claudia Black

Addiction / Parenting / Self-help (cont.)

Everything Changes: Help for Families of Newly Recovering Addicts

Beverly Conyers

Why Don't They Just Quit? : What Families and Friends Need to Know about Addiction and Recovery

Joe Herzanek

Recovering My Kid: Parenting Young Adults in Treatment and Beyond

Joseph Lee

Not My Child: A Progressive and Proactive Approach for Healing Addicted Teenagers and Their Families

Frank Lawlis

Reclaim Your Family from Addiction: How Couples and Families Recover Love and Meaning

Craig Nakken

It's Not Okay to Be a Cannibal: How to Keep Addiction from Eating Your Family Alive

Andrew Wainwright and Robert Poznanovich

Reclaim Your Life: You and the Alcoholic/Addict

Carole Bennett

Yes Your Teen is Crazy! : Loving Your Kid without Losing Your Mind

Michael Bradley

Staying Sober: A Guide for Relapse Prevention

Terence Gorski and Merlene Miller

Healing the Shame That Binds You

John Bradshaw

Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction

Candace Plattor

The Gifts of Imperfection: Let Go of Who You Think You're Suppose to Be and Embrace Who You Are

Brené Brown

The Price of Privilege: How Parental Pressure and Material Advantages Are Creating a Generation of Disconnected and Unhappy Kids

Madeline Levine

Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men

Leonard Sax

Nonviolent Communication: A Language of Life

Marshall Rosenberg

Celebrating Small Victories: A Counselor's Manual for Treating Chronic Mental Illness and Substance Abuse

Ken Montrose

Personal Stories

Stay Close: A Mother's Story of Her Son's Addiction

Libby Cataldi

The Joey Song: A Mother's Story of Her Son's Addiction

Sandra Swenson

Beautiful Boy: A Father's Journey Through His Son's Addiction

David Sheff

Saving Jake: When Addiction Hits Home

D'Anne Burwell

Lost Boys and the Moms Who Love Them: Encouragement and Hope for Dealing with Your Wayward Son

Melody Carlson

The Lost Years: Surviving a Mother and Daughter's Worst Nightmare

Kristina Wandzilak and Constance Curry

Basketball Junkie: A Memoir

Chris Herren

Guts: The Endless Follies and Tiny Triumphs of a Giant Disaster

Kristen Johnston

Inspirations / Reflections / Devotions

A Daybook of Positive Thinking: Daily Affirmations of Gratitude and Happiness

Patricia Wayant

Courage to Change

Al-Anon Family Groups

Today a Better Way

Families Anonymous

Flight to Heaven: A Pilot's True Story

Dale Black and Ken Gire

Jesus Calling

Sarah Young

When Bad Things Happen to Good People

Harold Kushner