

## **DR. WASHTON'S RECOMMENDED READING LIST**

*Most of these books can be purchased on [www.Amazon.com](http://www.Amazon.com)*

### **ADDICTION and RECOVERY**

- Staying Sober: A Guide for Relapse Prevention. T. Gorski.
- Changing for Good. Prochaska, Norcross, and DiClemente
- Willpower's Not Enough. A. Washton.
- Cocaine Addiction: Treatment, Recovery, and Relapse Prevention. A. Washton.

### **SEX and LOVE ADDICTION**

- In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior, Patrick Carnes
- Lonely All the Time: Recognizing, Understanding and Overcoming Sex Addiction. Earle and Crowe.
- Out of the Shadows. Patrick Carnes
- Don't Call It Love. Patrick Carnes
- Facing the Shadow: Starting Sexual and Relationship Recovery. Patrick Carnes.
- The Sex Addiction Workbook. Sbraga and Donohoe
- Is it Love or is it Addiction? Brenda Shaeffer
- Finally Getting It Right: From Addictive Love to the Real Thing. Howard Halpern

### **MARRIAGE and RELATIONSHIPS**

- Rebuilding Relationships in Recovery: A Guide to Healing Relationships Impacted by Addiction. Catherine Patterson-Sterling.
- Beyond Sobriety: Relationships 101, Daniel Linder
- The Art of Staying Together: A Couple's Guide to Building a Strong Relationship. M. Broder.
- Marriage on the Rocks: Learning to Live with Yourself and an Alcoholic. Janet Woititz
- Why Marriages Succeed or Fail and How You Can Make Yours Last. John Gottman
- Seven Principles for Making Marriage Work, John Gottman.
- Getting the Love You Want: A Guide for Couples. Harville Hendrix
- Time for a Better Marriage. Carlson and Dinkmeyer
- Reconcilable Differences. Christensen and Jacobsen.
- The Great Marriage Tune-Up Book. Jeffrey Larson.
- Stop Blaming, Start Loving: A Solution-Oriented Approach to Improving Your Relationship. O'Hanlon & Hudson
- The Intimate Enemy: How to Fight Fair in Love and Marriage. George Bach.
- Open Hearts: Renewing Relationships with Recovery, Romance, & Reality. Carnes, Laaser, & Laaser
- True Partners: A Workbook for Building Lasting Relationships. Tessina & Smith
- Take Back Your Marriage. William Doherty
- Can Your Relationship Be Saved? How to Know Whether to Stay or Go. Michael Broder
- Finally Getting It Right: From Addictive Love to the Real Thing. Howard Halpern

### **ANGER MANAGEMENT and ASSERTIVENESS**

- Your Perfect Right: A Guide to Assertive Living. Alberti and Emmons
- Beyond Anger: A Guide for Men. Thomas Harbin

### **PARENTING**

- You and Your Grown Up Child: Nurturing a Better Relationship. Howard Halpern
- Children: The Challenge. Rudolph Dreikurs.
- The New Peoplemaking. Virginia Satir.
- Parent Effectiveness Training in Action. Thomas Gordon
- Your Defiant Child: 8 Steps to Better Behavior. Barkley and Benton.
- Stop Arguing with Your Kids. Michael Nichols, Ph.D. (Guilford)

### **BREAKUP and DIVORCE**

- Crazy Time: Surviving Divorce and Building a New Life. Abigail Trafford
- Uncoupling: How Relationships Come Apart. Diane Vaughn, Vintage, 1986
- Coming Apart: Why Relationships End and How to Live Through the Ending of Yours. Daphne Rose Kingma
- How to Break Your Addiction to a Person. Howard Halpern

### **ACHIEVING EMOTIONAL AUTONOMY FROM YOUR PARENTS**

- Cutting Loose. An Adult's Guide to Coming to Terms with Your Parents. Howard Halpern.
- When Parents Who Love Too Much: Freeing Parents and Children to Live Their Own Lives. Ashner & Meyerson
- If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World. Dan Neuharth.
- Children of the Self-Absorbed: A Grownup's Guide to Getting Over Narcissistic Parents. Nina Brown.
- Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life. Susan Forward.
- Prisoners of Childhood Alice Miller

### **MENS' ISSUES**

- I Don't Want to Talk About It: Overcoming the Legacy of Male Depression. Terrence Real
- Finding Our Fathers: How a Man's Life is Shaped by His Relationship with His Father. Samuel Osherson.

### **HOW FAMILY MEMBERS CAN HELP**

- Get your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening. Meyer and Wolfe (Hazelden.org)
- Freeing Someone You Love From alcohol and Drugs. Rodgers & McMillin

### **CODEPENDENCY**

- Codependent No More. Melodie Beattie.
- Beyond Codependency. Melodie Beattie
- Facing Codependence. Pia Mellody.

### **ADULT CHILDREN of ALCOHOLICS**

- Adult Children of Alcoholics. Janet Woititz. .
- "It Will Never Happen to Me": Children of Alcoholics. Claudia Black

### **RECOVERING from CHILDHOOD TRAUMA**

- Addiction and Trauma Recovery: Healing the Body, Mind, & Spirit. Miller & Guidry
- Trauma and Addiction: Ending the Cycle of Pain Through Emotional Literacy. Tiana Dayton.
- I Don't Want to Talk About It: Overcoming the Legacy of Male Depression. Terrence Real
- The Betrayal Bond: Breaking Free of Exploitive Relationships. Patrick Carnes.
- Healing the Child Within. Charles Whitfield