

# THERAPIST'S TOP RECOMMENDED BOOKS FOR TREATING DEPRESSION, ANXIETY, AND MORE

## RELATIONSHIPS

- Hold Me Tight: Seven Conversations for a Lifetime of Love** by Sue Johnson
- Attached: The New Science of Adult Attachment and How It Can Help you Find and Keep Love** by Amir Levine
- Extraordinary Relationships: A New Way of Thinking About Human Interactions** by Roberta Gilbert
- The 7 Principles for Making Marriage Work** by John Gottman
- Lost Art of Listening: How Learning to Listen can Improve Relationships** by Michael Nichols
- The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships** by Harriet Lerner
- Love Sense: The Revolutionary New Science of Romantic Relationships** by Sue Johnson
- The 5 Love Languages: The Secret to Love that Lasts** by Gary Chapman
- Passionate Marriage: Keeping Love Alive and Intimacy Alive in Committed Relationships** by David Schnarch
- Rewire your Brain for Love: Creating Vibrant Relationships Using the Science of Mindfulness** by Marsha Lucas
- Too Good to Leave, Too Bad to Stay: A Guide to Help You Decide Whether to Stay in or Get Out** by Mira Kirshenbaum
- Living with a Passive Aggressive Man: Coping with Hidden Aggression from the Bedroom to the Boardroom** by Scott Wetzler
- Screamfree Marriage: Calming Down, Growing Up, and Getting Closer** by Hal Edward Runkel
- Getting the Love You Want: A Guide for Couples** by Harville Hendrix
- The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships** by Harriet Lerner
- Keeping the Love you Find: A Personal Guide**
- Divorce Busting: A Step by Step Approach to Making Your Marriage Loving Again** by Michele Weiner-Davis
- How to Be an Adult in Relationships: The Five Keys to Mindful Loving** by David Richo
- The Mars and Venus Diet and Exercise Solution: Create the Brain Chemistry of Health, Happiness, and Lasting Romance** by John Gray
- Mating in Captivity: Unlocking Erotic Intelligence** by Esther Perel

## ANXIETY, MOOD, SUBSTANCE DISORDERS

- Feeling Good: The New Mood Therapy** by David Burns
- The DBT Therapy Skills Workbook** by Matthew McKay
- The Anger Solution: The Proven Method for Achieving Calm and Developing Healthy, Long-Lasting Relationships** by John Herald Lee
- The Worry Cure: Seven Steps to Stop Worry from Stopping You** by Robert Leahy
- Full Catastrophe Living: Using the Wisdom of Your Body & Mind to Face Stress, Pain, and Illness** by Jon Kabat-Zinn
- The Chemistry of Joy: A 3 Step Program for Overcoming Depression Through Western Science and Eastern Wisdom** by M.D. Henry Emmons
- The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions** by Christopher Germer
- When the Body Says No: Exploring the Stress-Disease Connection** by Gabor Mate
- The Center Cannot Hold** by Elyn Saks
- In the Realm of Hungry Ghosts: Close Encounters with Addiction** by Gabor Mate
- The Divided Self: An Existential Study in Sanity and Madness** by R.D. Laing
- Loving What Is: Four Questions that Can Change Your Life** by Byron Katie
- Trauma and The Soul: A Psycho-spiritual approach to Human Development and its Interruption** by Donald Kalsched
- The Inner World of Trauma: Archetypal Defences of the Personal Spirit** by Donald Kalsched
- I Don't Want to Talk About It: Overcoming the Legacy of Male Depression** by Terrence Real
- The Mindfulness & Acceptance Workbook for Depression** by Patricia Robinson
- The Mindfulness & Acceptance Workbook for Anxiety** by John Forsyth
- Uncovering Happiness: Overcoming Depression with Mindfulness and Self-Compassion** by Elisha Goldstein

## PERSONALITY DISORDERS

**Surviving a Borderline Parent: How to Heal Your Childhood Wounds and Build Trust, Boundaries, and Self-Esteem**

by Kimberlee Roth

**The DBT Therapy Skills Workbook** by Matthew McKay

**Trapped in the Mirror: Adult Children of Narcissists in Their Struggle for Self** by Elan Golomb

**I Hate you Don't Leave Me: Understanding the Borderline Personality Disorder** by Jerold Kreisman

**Co-Dependent No More: How to Stop Controlling Others and Start Caring for Yourself** by Melody Beattie

**The Essential Family Guide to Borderline Personality Disorder: Tools and Techniques to Stop Walking on Eggshells** by Randi Kregger

**People of the Lie: The Hope of Healing Human Evil** by M. Scott Peck

**The Highly Sensitive Person** by Elaine Aron

**The Divided Mind** by John E. Sarno

**Madness: A Bipolar Life** by Harriet Brown

## PERSONAL GROWTH & INSPIRATION

**Mans Search for Meaning** by Viktor Frankl

**Daring Greatly** by Brene Brown

**Neurosis and Human Growth: The Struggle Towards Self-Realization** by Karen Horney

**The Gifts of Imperfection** by Brene Brown

**Surviving Survival: The Art and Science of Resilience** by Laurence Gonzales

**The Drama of the Gifted Child** by Alice Miller

**Quiet: The Power of Introverts in a World that Can't Stop Talking** by Susan Cain

**If You Meet the Buddha on The Road: Kill Him: The Pilgrimage of Psychotherapy Patients** by Sheldon Kopp

**Self-Parenting: The Complete Guide to Your Inner Conversations** by John Pollard

**My Stroke of Insight** by Jill Bolte Taylor

**Homecoming: Reclaiming and Healing Your Inner Child** by John Bradshaw

**Healing the Shame that Binds You** by John Bradshaw

**Boundaries: When to Say Yes How to Say No** by Henry Cloud

**Women, Food, and God** by Geenan Roth

**Why Am I Afraid to Tell You Who I Am?** by John Powell

**Aging Well: Surprising Guideposts to a Happier Life** by George Valliant

**The Four Agreements** by Don Miguel Ruiz

**Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment** by Tal Ben-Shahar

**Healing Your Emotional Self** by Beverly Engel

**The Road Less Traveled** by M. Scott Peck

**Self Observation: The Awakening of Conscience** by Red Hawl

**A Return to Love: Reflections on the Principles of A Course in Miracles** by Marianne Williamson

**The Red Book** by Carl Jung

**The Gift of Therapy** by Yalom

**The Now Effect: How a Mindful Moment Can Change the Rest of Your Life** by Elisha Goldstein

**The Artists Way: Recovering your Creative Self** by Julia Cameron

## PARENTING

**Raising an Emotionally Intelligent Child** by John Gottman

**Smart but Scattered** by Peg Dawson

**Bradshaw On: The Family: A New Way of Building Self-Esteem** by John Bradshaw

**Screamfree Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool** by Hal Edward Runkel

**The Blessing of a Skinned Knee** by Wendy Mogel

**Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason** by Alfie Kohn  
**The Conscious Parent** by Dr. Shefali Tsabary  
**The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated Children** by Ross Greene  
**Brainstorm: The Power and Purpose of the Teen Brain** by Dan Siegel  
**Parenting from the Inside Out** by Dan Siegel  
**How to Deal with Your Acting-Up Teenager** by Robert & Jean Bayard  
**Everyday Blessings: The Inner Work of Mindful Parenting** by Myla Kabat-Zinn  
**Raising Our Children, Raising Ourselves** by Naomi Aldert  
**Fire Child, Water Child: How Understanding the 5 Types of ADHD Can Help You Improve Your Child's Self-Esteem** by Stephen Cowan  
**Parenting Without Power Struggles** by Susan Stiffelman  
**The Childhood Roots of Adult Happiness** by Edward Hallowell

## **FOLLOWING YOUR PASSION**

**The E-Myth** by Michael Gerber  
**Essentialism: The Disciplined Pursuit of Less** by Greg McKeown  
**Zero to One: Notes on Startups, or How to Build the Future** by Peter Theil  
**Drive: The Surprising Truth About What Motivates Us** by Daniel Pink  
**4-Hour Work Week** by Tim Ferriss  
**The \$100 Startup** by Chris Gillebeau  
**Thrive** by Arrianna Huffington  
**Iconoclast: A Neuroscientist Reveals How to Think Differently** by Gregory Berns  
**Practice of the Practice-Sanok**  
**Jab Jab Right Hook: How to Tell Your Story in a Noisy Social World** by Gary Vaynurchuk  
**Firestarter Sessions** by Danielle LaPorte  
**The Obstacle is the Way: The Timeless Art of Turning Trials into Triumph** by Ryan Holiday  
**Great Leads: The Six Easiest Ways to Start Any Sales Message** by Michael Masteson  
**The Millionaire Messenger** by Brenden Burchard  
**Launch** by Jeff Walker

## **GRIEF AND LOSS**

**The Grief Recovery Handbook** by John James and Russell Friedman  
**Letting Go: The Pathway of Surrender** by David Hawkins  
**When Things Fall Apart: Heart Advice for Difficult Times** by Pema Chodron  
**You Can Heal Your Heart** by Louis Hays  
**The Top 5 Regrets of the Dying** by Bronnie Ware  
**When Children Grieve** by John James and Russell Friedman  
**On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss** by Elisabeth Kubler-Ross