



Recommended Reading for Couples Therapists **Compiled by Lauren Ostrowski, MA, LPC, NCC**

Updates of this list are posted three or four times per year. Most recently added books are at the end of each section. If there is a book that you would like to see listed here, just post it in a comment in the Handouts section of the website or wherever you are commenting.

Updated: April 2025

The vast majority of these books are mentioned somewhere within the Couples Institute lesson materials, calls, or conversations on the site. Some of the books listed here have been compiled through research. The categories are meant to be helpful when trying to find resources quickly, although some of the decisions for categories are based upon book titles or summaries. The “find” function can also speed up your search: press CTRL+F if you use Windows or CMD+F if you use a Mac.

A lot of these books could be listed under more than one category.

Also, I have not read every book on this list, so some of the category choices are from the title and the Amazon description and/or where they were mentioned in the course.

The General category is for books that don't fit easily into other categories or simply sound useful. Also, Daniel J. Siegel's books are all listed in the Neuroscience/Neurobiology section even though some could be listed under parenting and other categories.

To use the table of contents to navigate the document, do the following:

- **If you are using Windows**, press control and click on the name of the section.
- **If you are using a Mac**, just click on the name of the section.



Contents

General	3
Love	12
Sex, Intimacy, Sex Addiction.....	13
Pornography	15
BDSM, Kink.....	15
Polyamory, Open Marriages.....	16
Gender Identities.....	17
LGBTQ+ Identities.....	18
Neuroscience, Neurobiology.....	19
Parenting, Coparenting, Stepparenting, Stepfamilies.....	22
Divorce, Separation, Discernment, Estrangement.....	25
Affairs, Infidelity, Lying.....	28
Trust, Truth.....	29
Energy Psychology, Emotional Freedom Technique, Tapping.....	30
Vulnerability, Shame, Guilt, Self-Empowerment	31
Attachment.....	32
Trauma, Dissociation, Resilience	33
2-Chair Work, Intrapsychic Splits, Gestalt, Transactional Analysis, Internal Family Systems (IFS), Inner Child Work.....	37
Abuse, Violence	39
Addiction.....	40
Autism Spectrum Disorder, Asperger's Disorder, Neurodiversity.....	42
Specific Physical Symptoms, Traumatic Brain Injury	42
Premarital Counseling.....	42
ADHD, Neurodiverse Partnerships	43
Pathological Demand Avoidance (PDA).....	45
Grief, Loss, Death by Suicide, Aging, Empty Nesting.....	45

General

- Brigid Schulte – *Overwhelmed: How to Work, Love, and Play When No One Has the Time* (2014)
- Sue Johnson – *Hold Me Tight: Seven Conversations for a Lifetime of Love* (2008)
- Lindsay Gibson – *Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents* (2015)
- Matthew McKay – *Couple Skills: Making Your Relationship Work* (2006)
- Milan and Kay Yerkovich – *How We Love: Discover Your Love Style, Enhance Your Marriage* (2009)
- John Gottman – *Seven Principles for Making Marriage Work* (2015)
- Jonice Webb – *Running on Empty: Overcome Your Childhood Emotional Neglect* (2019)
- Karl McBride – *Will I Ever Be Good Enough? Healing the Daughters of Narcissistic Mothers* (2008)
- Harriet Lerner – *The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate* (2009)
- Harriet Lerner – *The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships* (2014)
- Harriet Lerner – *The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self* (2005)
- Harriet Lerner – *The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships* (2009)
- Harriet Lerner – *Marriage Rules: A Manual for the Married and the Coupled Up* (2012)
- Harville Hendrix – *Getting the Love You Want: A Guide for Couples* (2019)
- Gary Chapman – *101 Conversation Starters for Couples* (2017)
- Gary Chapman – *The 5 Love Languages: The Secret to Love That Lasts* (2014)



- Gary Chapman – *The 5 Languages of Apology: The Secret to Healthy Relationships* (2022)
- Ellyn Bader and Peter Pearson – *In Quest of the Mythical Mate: A Developmental Approach to Diagnosis and Treatment in Couples Therapy* (1988)
- David Richo – *How to Be an Adult in Relationships: The Five Keys to Mindful Loving* (2021)
- Casey Truffo – *Be a Wealthy Therapist: Finally, You Can Make a Living Making a Difference* (2007)
- Carl Hindy – *If This Is Love, Why Do I Feel So Insecure?: Learn How to Deal With Anxiety, Jealousy, and Depression in Romance – and Get the Love You Deserve* (1990)
- Bryn Collins – *Emotional Unavailability: Recognizing It, Understanding It, and Avoiding Its Trap* (2008)
- Ayala Malach Pines – *Romantic Jealousy: Causes, Symptoms, Cures* (2016)
- John Gottman – *Why Marriages Succeed or Fail: And How You Can Make Yours Last* (2012)
- Daniel B. Wile – *Couples Therapy: A Nontraditional Approach* (1993)
- Barry Duncan and Scott Miller – *The Heart and Soul of Change: Delivering What Works in Therapy* (2022)
- The Arbinger Institute – *The Anatomy of Peace: Resolving the Heart of Conflict* (2022)
- Brian Weiss – *Many Lives, Many Masters: The True Story of a Prominent Psychiatrist, His Young Patient, and the Past-Life Therapy That Changed Both Their Lives* (2012 – covers hypnosis, spirituality, many other things)
- Chana Levitan – *I Only Want to Get Married Once: The 10 Essential Questions for Getting It Right the First Time* (2013)
- Chana Levitan – *That’s Why I Married You: How to Dance with Personality Differences* (2016)
- Stephen Nowicki and Marshall Duke – *Will I Ever Fit in? How to Master the Tools of Adult Social Relationships* (2011)



- Itzhak Bentov – *Stalking the Wild Pendulum: On the Mechanics of Consciousness* (1988)
- Marti Olsen Laney – *The Introvert Advantage: How Quiet People Can Thrive in an Extrovert World* (2002)
- Winifred Reilly – *It Takes One to Tango: How I Rescued My Marriage with (Almost) No Help from My Spouse – and How You Can, Too* (2017)
- Joan Borysenko – *Minding the Body, Mending the Mind* (2007)
- Peter Levine – *Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain* (2012)
- Sue Parker Hall – *Anger, Rage, and Relationship: An Empathic Approach to Anger Management* (2009)
- Alexandra Solomon and Mona Fishbane – *Loving Bravely: Twenty Lessons of Self-Discovery to Help You Get the Love You Want* (2017)
- Lisa Ferentz – *Finding Your Ruby Slippers – Transformative Life Lessons from the Therapist's Couch* (2016)
- Dalai Lama and Desmond Tutu – *Book of Joy: Lasting Happiness in a Changing World* (2016)
- Betty Friedan – *The Feminine Mystique* (2013)
- John Stevens – *Awareness: Exploring, Experimenting, Experiencing* (1971)
- Judith Brown – *Back to the Beanstalk: Enchantment and Reality for Couples* (1980)
- Deborah Hecker – *Torn Between Two Loves: How Entrepreneurs Can Successfully Commit to Both Business and Significant Others* (2016)
- William Ury – *The Power of a Positive No: How to Say No and Still Get to Yes* (2007)
- Julien Smith – *The Flinch* (2011)
- Ellen Wachtel – *The Heart of Couple Therapy: Knowing What to Do and How to Do It* (2019)
- Adrienne Brodeur – *Wild Game: My Mother, Her Lover, and Me* (2019 – book about Borderline Personality Disorder)
- Kelly McGonigal – *The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It* (2015)
- David Emerald – *The Power of TED: The Empowerment Dynamic* (2016)



- Kristin Neff – *Self-Compassion: The Proven Power of Being Kind to Yourself* (2011)
- Kristin Neff – *Fierce Self-Compassion: How Women Can Harness Kindness to Speak Up, Claim Their Power, and Thrive* (2021)
- Philip Bromberg – *The Shadow of the Tsunami: and the Growth of the Relational Mind* (2021)
- Polly Young-Eisendrath – *Love between Equals: Relationship as a Spiritual Path* (2019)
- Po Bronson and Ashley Merryman – *Top Dog: The Science of Winning and Losing* (2013)
- Susan Heitler – *The Power of Two: Secrets to a Strong and Loving Marriage* (1997)
- Jerrold Lee Shapiro – *Finding Meaning, Facing Fears: Living Fully Twixt Midlife and Retirement* (2021)
- Jerrold Lee Shapiro – *When She's Pregnant: The Essential Guide for Expectant Fathers* (2014)
- Jerrold Lee Shapiro and Terrence Patterson – *Real-World Couple Counseling and Therapy: An Introductory Guide* (2019)
- Jerrold Lee Shapiro – *Pragmatic Existential Counseling and Psychotherapy: Intimacy, Intuition, and the Search for Meaning* (2015)
- William McNeill – *Dance and Drill in Human History* (2008)
- Joe Hyams – *Zen in the Martial Arts* (2010)
- Jim Afremow – *Lengthen Your Line: The 5 Cs for Exceptional Performance in the Game of Life* (2005)
- Karen Hand – *Magic Words and Language Patterns: The Hypnotist's Essential Guide to Crafting Irresistible Suggestions* (2017)
- Karen Hand – *Trance Dance: The Hypnotic Art of Leading and Following: The Hypnotist's Essential Guide to Choreographing Successful Outcomes* (2021)
- Brene Brown – *Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience* (2021)
- Eileen Kennedy-Moore and Natalie Madorsky Elman – *The Unwritten Rules of Friendship: Simple Strategies to Help Your Child Make Friends* (2008 –



while the title discusses children, adults have found this book useful as well)

Nedra Glover Tawwab – *Drama Free: A Guide to Managing Unhealthy Family Relationships* (2023)

Pooja Lakshmin – *Real Self-Care: A Transformative Program for Redefining Wellness (Crystals, Cleanses, and Bubble Baths Not Included)* (2023)

Dennis Greenberger and Christine A. Padesky – *Mind Over Mood: Change How You Feel by Changing the Way You Think* (2015)

Melody Beattie – *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself* (2022)

Eve Rodsky – *Fair Play: A Game-Changing Solution for When You Have Too Much to Do (and More Life to Live)* (2019)

Benjamin Labatut – *When We Cease to Understand the World* (2021)

Vann Joines and Ian Stewart – *Personality Adaptations: A New Guide to Human Understanding in Psychotherapy and Counseling* (2002)

Alan E. Fruzzetti – *The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation* (2006)

Robert A. Emmons – *Thanks!: How the New Science of Gratitude Can Make You Happier* (2007)

Robert A. Emmons – *Thanks!: How Practicing Gratitude Can Make You Happier* (2008)

Stephanie Cacioppo – *Wired for Love: A Neuroscientist's Journey Through Romance, Loss, and the Essence of Human Connection* (2022)

Arthur C. Nielsen – *A Roadmap for Couple Therapy: Integrating Systemic, Psychodynamic, and Behavioral Approaches* (2016)

Sonja Lyubomirsky – *The How of Happiness: A New Approach to Getting the Life You Want* (2007)

John and Julie Gottman – *10 Principles for Doing Effective Couples Therapy* (2015)

John and Julie Gottman and Joan Declaire – *Ten Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for Strengthening Your Relationship* (2006)



- Michael Vincent Miller – *Intimate Terrorism: The Crisis of Love in an Age of Disillusion* (1996)
- Alan L. Grey – *Man, Woman, and Marriage: Small Group Processes in the Family* (2007)
- Irvin Yalom – *The Theory and Practice of Group Therapy* (2020)
- Scharff and Scharff – *Object Relations Family Therapy* (1987)
- Murray Bowen – *Family Therapy in Clinical Practice* (1993)
- James Clear – *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones* (2018)
- Paul Watzlawick – *The Situation Is Hopeless But Not Serious (The Pursuit of Unhappiness)* (1993)
- Judith Wallerstein and Sandra Blakeslee – *The Good Marriage: How and Why Love Lasts* (2017)
- James Pennebaker – *The Secret Life of Pronouns: What Our Words Say About Us* (2011)
- Raeann Dumont – *The Sky Is Falling: Understanding and Coping with Phobias, Panic, and Obsessive-Compulsive Disorders* (1996)
- Maggie Scarf – *Unfinished Business: Pressure Points in the Lives of Women* (1995)
- Helene Deutsch – *The Psychology of Women: A Psychoanalytic Interpretation, Volume 1* (2013)
- Karen Horney – *Feminine Psychology* (1993)
- David Shapiro – *Psychotherapy of the Neurotic Character* (1989)
- David Shapiro – *Neurotic Styles* (1973)
- Clara Thompson – *Psychoanalysis: Evolution and Development* (2018)
- Daniel Kahneman – *Thinking, Fast and Slow* (2011)
- Norman Goldwasser – *Breaking the Mirror – Overcoming Narcissism: How to Conquer Self-Centeredness and Achieve Successful Relationships* (2021)
- Wendy Behary and Jeffrey Young – *Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed* (2021)
- John Fiscalini and Alan Grey – *Narcissism and the Interpersonal Self* (1993)



- Nancy McWilliams – *Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process* (2020)
- Donald Meichenbaum – *Stress Inoculation Training* (1985)
- Thich Nhat Hanh – *Fear: Essential Wisdom for Getting Through the Storm* (2012)
- Jessica Myers-Adams – *What to Do When You Do Give a F*ck: A Roadmap to a Happy Relationship* (2023)
- Sue Wintgens – *Stepping into the Circle of Life: Guiding couples to connection and truth* (2022)
- C. Otto Scharmer – *The Essentials of Theory U: Core Principles and Applications* (2018)
- Martin Buber and Walter Kaufmann – *I and Thou* (2021)
- Harville Hendrix and Helen LaKelly Hunt – *The Space Between: The Point of Connection* (2017)
- Toni Herbine-Blank, Donna Kerpelman, Martha Sweezy – *Intimacy from the Inside Out: Courage and Compassion in Couple Therapy* (2015)
- Tracy Dalglish – *I Didn't Sign Up for This: A Couples Therapist Shares Real-Life Stories of Breaking Patterns and Finding Joy in Relationships... Including Her Own* (2023)
- Adam Alter – *Anatomy of a Breakthrough: How to Get Unstuck When It Matters Most* (2023)
- Bruce Feiler – *Life Is in the Transitions: Mastering Change at Any Age* (2020)
- Robert Martel – *I Am Sleeping Now: How to Fall Asleep, Stay Asleep and Wake Up Refreshed* (2021)
- Betty Martin – *The Art of Giving and Receiving: The Wheel of Consent* (2021)
- David Rosemarin – *Thriving with Anxiety: 9 Tools to Make Your Anxiety Work for You* (2023)
- Sheri Van Dijk and others – *Distress Tolerance Made Easy: Dialectical Behavior Therapy Skills for Dealing with Intense Emotions in Difficult Times* (2023)
- Hadley Vlahos – *The In-Between: Unforgettable Encounters During Life's Final Moments* (2023)
- John and Julie Gottman – *Fight Right: How Successful Couples Turn Conflict Into Connection* (2024)
- Charles Duhigg – *Supercommunicators: How to Unlock the Secret Language of Connection* (2024)



- David Richo – *Shadow Dance: Liberating the Power & Creativity of Your Dark Side* (1999)
- David Richo – *Triggers: How We Can Stop Reacting and Start Healing* (2019)
- David Richo – *The Five Things We Cannot Change: and the Happiness We Find by Embracing Them* (2006)
- David Richo – *Take Heart: The Ways of Love, Free of Fear and Ego* (2024)
- Jamshid Gharajedaghi – *Systems Thinking: Managing Chaos and Complexity: A Platform for Designing Business Architecture* (2011)
- Kevin Gilmartin – *Emotional Survival for Law Enforcement: A Guide for Officers and Their Families, Revised Edition* (2021)
- Steven Pressfield – *The War of Art: Break through the Blocks and Win Your Inner Creative Battles* (2011)
- Allan J. Hamilton – *Zen Mind, Zen Horse: The Science and Spirituality of Working with Horses* (2011)
- Harry Barry – *Anxiety and Panic: How to Reshape Your Anxious Mind and Brain* (2017)
- Martin Dugard – *The Explorers: A Story of Fearless Outcasts, Blundering Geniuses, and Impossible Success* (2014)
- Matt Gutman – *No Time to Panic: How I Curbed My Anxiety and Conquered a Lifetime of Panic Attacks* (2023)
- Ellen Vora – *The Anatomy of Anxiety: Understanding and Overcoming the Body's Fear Response* (2022)
- Sherry Reiter and David Read Johnson – *Writing Away the Demons: Stories of Creative Coping Through Transformative Writing* (2009)
- J. Allen Boone – *Kinship with All Life* (1976)
- Mo Willems – *Don't Let the Pigeon Drive the Bus* (2003)
- Carolyn Daitch – *Anxiety Disorders: The Go-To Guide for Clients and Therapists* (2011)
- Carolyn Daitch and Lissah Lorberbaum – *Anxious in Love: How to Manage Your Anxiety, Reduce Conflict, and Reconnect with Your Partner* (2012)
- Carolyn Daitch and Lissah Lorberbaum – *The Road to Calm Workbook: Life-Changing Tools to Stop Runaway Emotions* (2016)
- Carolyn Daitch – *Affect Regulation Toolbox: Practical and Effective Hypnotic Interventions for the Over-Reactive Client* (2007)
- Terri Cole – *Too Much: A Guide to Breaking the Cycle of High-Functioning Codependency* (2024)



Dene Logan – *Sovereign Love: A Guide to Healing Relationships by Reclaiming the Masculine and Feminine Within* (2024)

Monica Guzman – *I Never Thought of It That Way: How to Have Fearlessly Curious Conversations in Dangerously Divided Times* (2022)

Love

Helen Fisher – *Anatomy of Love: A Natural History of Mating, Marriage, and Why We Stray* (2016)

Helen Fisher – *Why Him? Why Her?: How to Find and Keep Lasting Love* (2009)

Helen Fisher – *Why We Love: The Nature and Chemistry of Romantic Love* (2005)

Helen Fisher – *The First Sex: The Natural Talents of Women and How They Are Changing the World* (1999)

Esther Perel – *Mating in Captivity: Unlocking Erotic Intelligence* (2009)

Barbara Fredrickson – *Love 2.0: Finding Happiness and Health in Moments of Connection* (2013)

Bruce Feiler – *The First Love Story: Adam, Eve, and Us* (2017 – with study guide by Ellyn Bader and Peter Pearson)

John Gottman and Nan Silver – *What Makes Love Last?: How to Build Trust and Avoid Betrayal* (2012)

Stephen Mitchell – *Can Love Last?: The Fate of Romance over Time* (2003)

Sara Nasserzadeh – *Love by Design: 6 Ingredients to Build a Lifetime of Love* (2024)

Alexandra Solomon – *Love Every Day: 365 Relational Self-Awareness Practices to Help Your Relationship Heal, Grow, and Thrive* (2023)

Alexandra Solomon – *Loving Bravely: Twenty Lessons of Self-Discovery to Help You Get the Love You Want* (2017)



Sex, Intimacy, Sex Addiction

- Emily Nagoski – *Come As You Are: Revised and Updated: The Surprising New Science That Will Transform Your Sex Life* (2021)
- Tammy Nelson – *Getting the Sex You Want: Shed Your Inhibitions and Reach New Heights of Passion Together* (2012)
- Jack Morin – *The Erotic Mind: Unlocking the Inner Sources of Passion and Fulfillment* (2012)
- Justin Lehmler – *Tell Me What You Want: The Science of Sexual Desire and How It Can Help You Improve Your Sex Life* (2018)
- C. Ryan and C. Jetha – *Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships* (2012)
- Staci Haines – *Healing Sex: A Mind-Body Approach to Healing Sexual Trauma* (2007)
- Wendy Maltz – *The Sexual Healing Journey* (2012)
- Laura Davis – *Allies in Healing: When the Person You Love Was Sexually Abused as a Child* (2012)
- Deborah Coady – *Healing Painful Sex: A Woman's Guide to Confronting, Diagnosing, and Treating Sexual Pain* (2011)
- Douglas Weiss – *5 Sex Languages* (2016)
- David Schnarch – *Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships* (2009)
- David Schnarch and James Maddock – *Resurrecting Sex: Solving Sexual Problems and Revolutionizing Your Relationship* (2003)
- David Schnarch – *Intimacy and Desire: Awaken the Passion in Your Relationship* (2020)
- Marty Klein – *Sexual Intelligence: What We Really Want from Sex – and How to Get It* (2012)
- Stephen Snyder – *Love Worth Making: How to Have Ridiculously Great Sex in a Long-Lasting Relationship* (2018)
- Douglas Braun-Harvey and Michael Vigorito – *Treating Out of Control Sexual Behavior: Rethinking Sex Addiction* (2015)



- Aline Zoldbrod – *Sex Smart: How Your Childhood Shaped Your Sexual Life and What to Do About It* (2009)
- Alexandra Katehakis – *Sex Addiction as Affect Dysregulation: A Neurobiologically Informed Holistic Treatment* (2016)
- Leezah Hertzmann and Juliet Newbigin – *Sex and Gender Now: Moving Beyond Heteronormativity* (2019)
- Angela Chen – *Ace: What Asexuality Reveals About Desire, Society, and the Meaning of Sex* (2020)
- Suzanne Iasenza – *Transforming Sexual Narratives: A Relational Approach to Sex Therapy* (2020)
- Lucie Fielding – *Trans Sex: Clinical Approaches to Trans Sexualities and Erotic Embodiments* (2021)
- Barry Komisaruk and others – *The Science of Orgasm* (2006)
- Barry Komisaruk and others – *The Orgasm Answer Guide* (2009)
- Peggy Orenstein – *Boys & Sex: Young Men on Hookups, Love, Porn, Consent, and Navigating the New Masculinity* (2020)
- Peggy Orenstein – *Girls & Sex: Navigating the Complicated New Landscape* (2017)
- Isabelle Morley and Bailey Hanek – *Navigating Intimacy: An Introductory Guide to Couples and Sex Therapy* (2025)

Pornography

Wendy and Larry Maltz – *The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography* (2009)

BDSM, Kink

Tristan Taormino – *The Ultimate Guide to Kink: BDSM, Role Play, and the Erotic Edge* (2012)

W. Brame, G. Brame, and J. Jacobs – *Different Loving: The World of Sexual Dominance and Submission* (2011)

Harrington and Williams – *Playing Well with Others: Your Field Guide to Discovering, Navigating, and Exploring the Kink, Leather, and BDSM Communities* (2012)

Staci Newmahr – *Playing on the Edge: Sadomasochism, Risk, and Intimacy* (2011)

Jay Wiseman – *SM 101: A Realistic Introduction* (2011)

Gloria G. Brame – *Come Hither: A Commonsense Guide to Kinky Sex* (2000)

Dossie Easton and Catherine Liszt – *When Someone You Love is Kinky* (2013)

Clarisse Thorn – *The S & M Feminist: The Best of Clarisse Thorn* (2012)

Mistress Lorelei – *The Mistress Manual: The Good Girl's Guide to Female Dominance* (2011)

Polyamory, Open Marriages

- Martha Kauppi – *Polyamory: A Clinical Toolkit for Therapists (and Their Clients)* (2021)
- Tristan Taormino – *Opening Up: A Guide to Creating and Sustaining Open Relationships* (2008)
- Wendy O'Matik – *Redefining Our Relationships: Guidelines for Responsible Open Relationships* (2002)
- Kathy Labriola – *Love in Abundance: A Counselor's Advice on Open Relationships* (2013)
- Kathy Labriola – *The Jealousy Workbook: Exercises and Insights for Managing Open Relationships* (2013)
- Franklin Veaux and Eve Rickert – *More than Two: A Practical Guide to Ethical Polyamory* (2014)
- Elizabeth Sheff – *The Polyamorists Next Door: Inside Multiple-Partner Relationships and Families* (2013)
- Deborah Anapol – *Polyamory in the 21st Century: Love and Intimacy with Multiple Partners* (2012)
- Dossie Easton and Janet Hardy – *The Ethical Slut: A Practical Guide to Polyamory, Open Relationships, and Other Adventures* (2017)
- Mark Michaels and Patricia Johnson – *Designer Relationships: A Guide to Happy Monogamy, Positive Polyamory, and Optimistic Open Relationships* (2015)
- Jessica Fern – *Polysecure: Attachment, Trauma and Consensual Nonmonogamy* (2020)
- Jenny Block – *Open: Love, Sex, and Life in an Open Marriage* (2009)
- Tammy Nelson – *Open Monogamy: A Guide to Co-Creating Your Ideal Relationship Agreement* (2021)

Gender Identities

Diane Ehrensaft – *Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children* (2011)

Diane Ehrensaft – *The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live outside Gender Boxes* (2016)

Anne Boedecker – *The Transgender Guidebook: Keys to a Successful Transition* (2012)

Stephanie Brill and Rachel Pepper – *The Transgender Child: A Handbook for Parents and Professionals Supporting Transgender and Nonbinary Children* (2022)

Alice H. Eagly, Anne E. Beall, Robert J. Sternberg – *The Psychology of Gender* (2004)

Judith Jordan and Alexandra Kaplan – *Women's Growth in Connection: Writings from the Stones Center* (1991)

Jean Baker Miller – *Toward a New Psychology of Women* (1987)

Carol Gilligan – *In a Different Voice: Psychological Theory and Women's Development* (2009)

Barbara Ehrenreich and Deirdre English – *For Her Own Good: 150 Years of the Experts' Advice to Women* (1978)

Elliot Page – *Pageboy: A Memoir*



LGBTQ+ Identities

Jeremy Atherton Lin – *Gay Bar: Why We Went Out* (2021)

Jose Esteban Muñoz – *Cruising Utopia: The Then and There of Queer Futurity* (2019)

Walt Odets – *Out of the Shadows: Reimagining Gay Men's Lives* (2019)

Matthew Todd – *Straight Jacket: Overcoming Society's Legacy of Gay Shame* (2016)

Joe Kort – *Is My Husband Gay, Straight, or Bi?: A Guide for Women Concerned about Their Men* (2014)

Tom Bruett – *The Go-To Relationship Guide for Gay Men* (2025)

Neuroscience, Neurobiology

- Stephen Porges – *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation* (2011)
- Stephen Porges – *The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe* (2017)
- Deb Dana and Stephen Porges – *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation* (2018)
- Mona Fishbane – *Loving with the Brain in Mind: Neurobiology and Couple Therapy* (2013)
- Norman Doidge – *The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science* (2007)
- Daniel J. Siegel – *Brainstorm: The Power and Purpose of the Teenage Brain* (2014)
- Daniel J. Siegel – *Mindsight: The New Science of Personal Transformation* (2009)
- Daniel J. Siegel and Tina Payne Bryson – *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* (2011)
- Daniel J. Siegel and Tina Payne Bryson – *No-Drama Discipline: The Whole-Brain Ways to Calm the Chaos and Nurture Your Child* (2014)
- Daniel J. Siegel – *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive* (2013)
- Daniel J. Siegel – *Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind* (2012)
- Daniel J. Siegel – *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are* (2020)
- Daniel J. Siegel – *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being* (2007)
- Daniel J. Siegel – *The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration* (2010)
- Daniel J. Siegel and Tina Payne Bryson – *The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired* (2020)



- Daniel J. Siegel and Tina Payne Bryson – *The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child* (2018)
- Daniel J. Siegel – *Mind: A Journey to the Heart of Being Human* (2016)
- Daniel J. Siegel – *Aware: The Science and Practice of Presence: The Groundbreaking Meditation Practice* (2018)
- Daniel J. Siegel – *Becoming Aware: A 21-Day Mindfulness Program for Reducing Anxiety and Cultivating Calm* (2021)
- Bonnie Badenock – *Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology* (2011)
- Mark Brady – *The Wisdom of Listening* (2003)
- Mark Brady – *Noble Listening: Contemplative Practices for Fostering Kindness and Compassion* (2015)
- Mark Brady – *Fierce Listening 5 x 7: Advanced Teachings for Deepening Practice* (2015)
- James Doty – *Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart* (2016)
- Donald Meichenbaum – *Roadmap to Resilience: A Guide for Military, Trauma Victims and Their Families* (2012)
- Diana Fosha – *The Transforming Power of Affect: A Model for Accelerated Change* (2000)
- Daniel J. Siegel and Diana Fosha – *The Healing Power of Emotion: Affective Neuroscience, Development and Clinical Practice* (2009)
- Sharie Spironhi – *Why We Are Wired to Worry and How Neuroscience Will Help You Fix it: Stop Stressing, Reduce Anxiety, Feel Happy, Finally!* (2015)
- Elkhonon Goldberg – *The New Executive Brain: Frontal Lobes in a Complex World* (2009)
- Daniel J. Siegel – *IntraConnected: MWe (Me + We) as the Integration of Self, Identity, and Belonging* (2022)
- Daniel J. Siegel and Deena Margolin – *NowMaps: A Tween's Guide to Learning About Your Thoughts, Navigating Big Emotions, and Being a Confident Kid* (2022)



- Daniel N. Stern – *The Present Moment in Psychotherapy and Everyday Life* (2010)
- Jaak Panksepp – *Affective Neuroscience: The Foundations of Human and Animal Emotions* (2004)
- Patrick McNamara – *The Cognitive Neuropsychiatry of Parkinson's Disease* (2011)
- Bruce Ecker, Robin Ticic, Laurel Hulley – *Unlocking the Emotional Brain: Eliminating Symptoms at Their Roots Using Memory Reconsolidation* (2022)
- Catherine Pittman – *Taming Your Amygdala: Brain-based Strategies to Quiet the Anxious Mind* (2022)
- Jeff Tarrant – *Meditation Interventions to Rewire the Brain: Integrating Neuroscience Strategies for ADHD, Anxiety, Depression & PTSD* (2019)
- David Grand – *Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change* (2013)
- Juliane Taylor Shore – *Setting Boundaries That Stick: How Neurobiology Can Help You Rewire Your Brain to Feel Safe, Connected, and Empowered* (2023)



Parenting, Coparenting, Stepparenting, Stepfamilies

Note: There are other books about the neuroscience of parenting in the neuroscience section.

John Gottman – *Raising an Emotionally Intelligent Child: The Heart of Parenting* (2011)

Jeannette Lofas – *Stepparenting: Everything You Need to Know to Make It Work* (2004)

Jeannette Lofas – *Family Rules: Helping Stepfamilies and Single Parents Build Happy Homes* (2011)

Ruth Roosevelt and Jeannette Lofas – *Living in Step: A Remarriage Manual for Parents and Children* (2011)

Jeannette Lofas and Joan MacMillan – *He's Ok, She's Ok: Honoring the Differences Between Men and Women* (1995)

Lisa Doodson – *Understanding Stepfamilies: A Practical Guide for Professionals Working with Blended Families* (2016)

Lisa Doodson – *How to Be a Happy Stepmum* (2010)

James H. Bray and John Kelly – *Stepfamilies: Love, Marriage, and Parenting in the First Decade* (1999)

Lin Jovanovic – *Project Parent: Preparing Yourself for Your Child's Sex Education* (2017)

Isolina Ricci – *Mom's House, Dad's House: Making Two Homes for Your Child* (2013)

Isolina Ricci – *The Coparenting Toolkit: The Essential Supplement to Mom's House, Dad's House* (2012)

Deesha Philyaw and Michael D. Thomas – *Co-Parenting 101: Helping Your Kids Thrive in Two Households after Divorce* (2013)

Gordon Neufeld and Gabor Mate – *Hold on to Your Kids: Why Parents Need to Matter More Than Peers* (2008)

Deborah MacNamara – *Rest, Play, Grow: Making Sense of Preschoolers (or Anyone Who Acts like One)* (2016)

Jancee Dunn – *How Not to Hate Your Husband After Kids* (2017)



- Marisa Anderson – *How Not to Hate Your Wife After Kids: Secret Couples Guide to a Healthy Relationship* (2022)
- James Dobson – *The New Strong-Willed Child* (2014)
- Reid Wilson and Lynn Lyons – *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children* (2013)
- Calvert Cazier and Anne Evans-Cazier – *The Resiliency Toolkit: A Busy Parent's Guide to Raising Happy, Confident, Successful Children* (2019)
- Jean Illsley Clarke and Connie Dawson – *Growing Up Again: Parenting Ourselves, Parenting Our Children* (1998)
- Noel Janis-Norton – *Calmer, Easier, Happier Boys: The Revolutionary Program That Transforms Family Life* (2018)
- Michelle Icard – *Middle School Makeover: Improving the Way You and Your Child Experience the Middle School Years* (2016)
- Gary Chapman and Ron L. Deal – *Building Love Together in Blended Families: The 5 Love Languages and Becoming Stepfamily Smart* (2020)
- Becky Kennedy – *Good Inside: A Guide to Becoming the Parent You Want to Be* (2022)
- Foster Cline and Jim Fay – *Parenting with Love and Logic: Teaching Children Responsibility* (2020)
- Foster Cline and Jim Fay – *Parenting Teens with Love and Logic: Preparing Adolescents for Responsible Adulthood* (2020)
- Anne C. Bernstein – *Yours, Mine, and Ours: How Families Change When Remarried Parents Have a Child Together* (1990)
- William Doherty – *The Intentional Family: Simple Rituals to Strengthen Family Ties* (1999)
- Andrew Solomon – *Far from the Tree: Parents, Children, and the Search for Identity* (2012)
- Ron Taffel – *The Second Family: Dealing with Peer Power, Pop Culture, the Wall of Silence – and Other Challenges of Raising Today's Teens* (2002)
- Mel Levine – *A Mind at a Time: America's Top Learning Expert Shows How Every Child Can Succeed* (2002)



- Mel Levine – *The Myth of Laziness: America's Top Learning Expert Shows How Kids – and Parents – Can Become More Productive* (2003)
- Adrienne Rich – *Of Woman Born: Motherhood as Experience and Institution* (2021)
- Sherry Smith – *The Successful Co-Parenting Workbook: Practical Exercises to Heal Yourself and Help Your Kids Thrive* (2022)
- William Stixrud and Ned Johnson – *The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives* (2018)
- Kent Hoffman, Glen Cooper, Bert Powell – *Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore* (2017)
- Mona Delahooke – *Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges* (2019)
- Lisa Damour – *Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood* (2016)
- Lisa Damour – *The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents* (2023)
- Lisa Damour – *Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls* (2019)
- Dan Kindlon and Michael Thompson – *Raising Cain: Protecting the Emotional Life of Boys* (2000)
- Michael Reichert – *How to Raise a Boy: The Power of Connection to Build Good Men* (2019)
- Cara Natterson – *Decoding Boys: New Science Behind the Subtle Art of Raising Sons* (2020)
- Lenora Zigler – *The Teen Breakup Survival Guide: Skills to Help You Deal with Intense Emotions, Cultivate Self-Love, and Come Back with Confidence* (2024)



Divorce, Separation, Discernment, Estrangement

- Robert Buchicchio – *Taking Space: How to Use Separation to Explore the Future of Your Relationship* (2012)
- Tara Eisenhard – *The D-Word: Divorce through a Child's Eyes* (2012)
- Ruth McClendon and Leslie Kadis – *Reconciling Relationships and Preserving the Family Business: Tools for Success* (2012)
- Diane Vaughan – *Uncoupling: Turning Points in Intimate Relationships* (1990)
- Katherine Woodward Thomas – *Conscious Uncoupling: 5 Steps to Living Happily Even After* (2015)
- JoAnne Pedro-Carroll – *Putting Children First: Proven Parenting Strategies for Helping Children Thrive through Divorce* (2010)
- Mira Kirshenbaum – *Too Good to Leave, Too Bad to Stay: A Step-By-Step Guide to Help You Decide Whether to Stay In or Get Out of Your Relationship* (1997)
- Bill Eddy – *Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder* (2021)
- Loriann Hoff Oberlin – *Surviving Separation and Divorce* (2005)
- Susan Pease Gadoria – *Contemplating Divorce: A Step by Step Guide to Decide Whether to Stay or Go* (2007)
- Robert Emery – *The Truth about Children and Divorce Dealing with the Emotions So You and Your Child Can Thrive* (2006)
- Archibald D. Hart – *Helping Children Survive Divorce* (1997)
- Kate DiCamillo and K. G. Campbell – *Flora and Ulysses: The Illuminated Adventures* (2013)
- Fred Rogers – *Let's Talk About Divorce* (1998)
- M. Gary Neuman and Patricia Romanowski – *Helping Your Kids Cope with Divorce: The Sand Castle Way* (1999)
- Claire Masurel and Kady Mac Donald Denton – *Two Homes* (2003)
- Lisa Harkrader – *Adventures of Beanboy* (2015)
- Cynthia MacGregor – *The Divorce Helpbook for Teens* (2004)
- Lynn Cassella Kapunsiski – *Now What Do I Do?: A Guide to Help Teenagers with Parents Separation and Divorce* (2006)



- Sarah Dessen – *What Happened to Goodbye* (2007)
- Isolina Ricci – *Mom’s House, Dad’s House: The Complete Guide for Parents Who Are Separated, Divorced, or Remarried* (2021)
- Bill Doherty and Steven Harris – *Helping Couples on the Brink of Divorce: Discernment Counseling for Troubled Relationships* (2017)
- Jean McBride – *Talking to Children About Divorce: A Parent’s Guide to Healthy Communication at Each Stage of Divorce: Expert Advice for Kids’ Emotional Recovery* (2016)
- Deborah Hecker – *Who Am I Without My Partner? Post-Divorce Healing and Rediscovering Your SELF* (2013)
- Judith Wallerstein and Sandra Blakeslee – *What about the Kids?: Raising Young Children Before, During, and After Divorce* (2004)
- Don Kelaat – *Splitting: Protecting Yourself While Divorcing Someone with Mental Illness* (2023)
- Melanie Parker – *Co-Parenting with a Narcissist: A Life-Changing Guide to Set Boundaries, Protect Your Child from Parental Alienation and Preserve Your Sanity* (2022)
- Michelle Weiner-Davis – *The Divorce Remedy: The Proven 7-Step Program for Saving Your Marriage* (2002)
- Rachel Cusk – *Aftermath: On Marriage and Separation* (2012)
- Kelly LaVallie – *Untying the Knot: Protecting Your Emotional and Financial Health During Divorce* (2022)
- Linda Kroll – *Compassionate Mediation for Relationships at a Crossroad: How to Add Passion to Your Marriage or Compassion to Your Divorce* (2018)
- Linda Kroll – *Compassionate Divorce: Changing the Face of Divorce, One Heart at a Time* (2018)
- Karen Bonnell and Kristin Little – *The Co-Parenting Handbook: Raising Well-Adjusted and Resilient Kids from Little Ones to Young Adults through Divorce or Separation* (2017)
- Christina McGhee – *Parenting Apart: How Separated and Divorced Parents Can Raise Happy and Secure Kids* (2010)
- Lee Raffel – *Should I Stay Or Go?: How Controlled Separation (CS) Can Save Your Marriage* (1999)



- Laurie Israel – *The Generous Prenup: How to Support Your Marriage and Avoid the Pitfalls* (2018)
- Robert Buchicchio – *Taking Space: How to Use Separation to Explore the Future of Your Relationship* (2006)
- David Richo – *Ready: How to Know When to Go and When to Stay* (2022)
- Hawkins, Fackrell, and Harris – *Should I Try to Work It Out?* (2013)
- Hawkins, Fackrell, and Harris – *Should I Try to Work It Out? A Guidebook for Individuals and Couples Who Have Been Thinking about Divorce* (2022)
- Joshua Coleman – *Rules of Estrangement: Why Adult Children Cut Ties and How to Heal the Conflict* (2021)
- Tina Gilbertson – *Reconnecting with Your Estranged Adult Child: Practical Tips and Tools to Heal Your Relationship* (2020)
- Arthur Leonoff – *When Divorces Fail: Disillusionment, Destructivity, and High-Conflict Divorce* (2021)

Affairs, Infidelity, Lying

- William F. Harley, Jr. – *His Needs, Her Needs: Building an Affair-Proof Marriage* (2013)
- Steven Solomon – *Intimacy after Infidelity: How to Rebuild and Affair-Proof Your Marriage* (2006)
- Shirley Glass – *Not Just Friends: Rebuilding Trust and Recovering Your Sanity after Infidelity* (2007)
- Matthew Kelly – *Seven Levels of Intimacy* (2015)
- Janis Spring – *After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful* (2020)
- Janis Spring – *How Can I Forgive You, the Courage to Forgive, the Freedom Not To* (2022)
- Emily M. Brown – *Affairs: A Guide to Working through the Repercussions of Infidelity* (1999)
- Emily M. Brown – *Patterns of Infidelity and Their Treatment* (2001)
- Esther Perel – *The State of Affairs: Rethinking Infidelity* (2017)
- Dave Carder – *Anatomy of an Affair: How Affairs, Attractions, and Addictions Develop, and How to Guard Your Marriage Against Them* (2017)
- Baucom, Snyder, and Gordon – *Helping Couples Get Past the Affair: A Clinician's Guide* (2011)
- Douglas Snyder and Donald Baucom – *Getting Past the Affair: A Program to Help You Cope, Heal, and Move On – Together or Apart* (2007)
- Tammy Nelson – *The New Monogamy: Redefining Your Relationship after Infidelity* (2013)
- Michele Weiner-Davis – *Healing from Infidelity: The Divorce Busting® Guide to Rebuilding Your Marriage After an Affair* (2017)
- Kathy Nickerson – *The Courage to Stay: How to Heal from an Affair and Save Your Marriage* (2022)
- Janet Reibstein and Martin Richards – *Sexual Arrangements: Marriage and the Temptation of Infidelity* (1993)
- Don-David Lusterman – *Infidelity: A Survival Guide* (1999)
- Sam Harris – *Lying* (2013)

Trust, Truth

Robert Rain – *Trust Issues: How to Overcome Relationship Problems Related to Trust* (2014)

Mira Kirshenbaum – *I Love You, But I Don't Trust You: The Complete Guide to Restoring Trust in Your Relationship* (2012)

Ellyn Bader and Peter Pearson – *Tell Me No Lies* (2001)

Cynthia Lynn Wall – *Courage to Trust: A Guide to Building Deep and Lasting Relationships* (2005)

Ed Tronick and Claudia Gold – *The Power of Discord: Why the Ups and Downs of Relationships Are the Secret to Building Intimacy, Resilience, and Trust* (2020)

Ashley Simmons – *Trust Issues in Relationships: How to Overcome Anxiety, Eliminate Negative Thinking, Insecurity, Fear of Abandonment and Toxic Thoughts* (2020)

Charles Feltman – *The Thin Book of Trust: An Essential Primer for Building Trust at Work* (2021)

David Richo – *Daring to Trust: Opening Ourselves to Real Love and Intimacy* (2010)



Energy Psychology, Emotional Freedom Technique, Tapping

- Nick Ortner – *The Tapping Solution: A Revolutionary System for Stress-Free Living* (2013)
- Nick Ortner – *The Tapping Solution for Manifesting Your Greatest Self: 21 Days to Releasing Self-Doubt, Cultivating Inner Peace, and Creating a Life You Love* (2017)
- Nick Ortner – *The Tapping Solution for Pain Relief: A Step-By-Step Guide to Reducing and Eliminating Chronic Pain* (2015)
- David Feinstein – *Energy Psychology Interactive: Rapid Interventions for Lasting Change* (2004)
- David Feinstein and Donna Eden – *The Energies of Love: Using Energy Medicine to Keep Your Relationship Thriving* (2014)
- David Feinstein and Donna Eden – *Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality* (2008)
- David Feinstein and Donna Eden – *Energy Medicine for Women: Aligning Your Body's Energies to Boost Your Health and Vitality* (2008)
- Donna Eden – *The Little Book of Energy Medicine: The Essential Guide to Balancing Your Body's Energies* (2012)
- David Feinstein, Donna Eden, Gary Craig – *The Healing Power of EFT and Energy Psychology: Tap into Your Body's Energy to Change Your Life for the Better* (2010)
- David Feinstein and Donna Eden – *The Promise of Energy Psychology: Revolutionary Tools for Dramatic Personal Change* (2005)



Vulnerability, Shame, Guilt, Self-Empowerment

Brene Brown – *The Gifts of Imperfection* (2010)

Brene Brown – *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* (2012)

Brene Brown – *I Thought It Was Just Me (but It Isn't): Making the Journey from "What Will People Think?" to "I Am Enough"* (2007)

Brene Brown – *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone* (2017)

Brene Brown – *Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead* (2015)

Brene Brown – *Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.* (2008)

John Bradshaw – *Healing the Shame That Binds You* (2010)

Joan Borysenko – *Guilt Is the Teacher, Love Is the Lesson* (2001)

Attachment

- David Wallin – *Attachment in Psychotherapy* (2007)
- Stan Tatkin – *Love and War in Intimate Relationships: Connection, Disconnection, and Mutual Regulation in Couple Therapy* (2011)
- Stan Tatkin – *Wired for Love: How Understanding Your Partner’s Brain and Attachment Style Can Help You Diffuse Conflict and Build a Secure Relationship* (2012)
- Stan Tatkin – *In Each Other's Care: A Guide to the Most Common Relationship Conflicts and How to Work Through Them* (2023)
- Leslie Becker-Phelps – *Insecure in Love: How Anxious Attachment Can Make You Feel Jealous, Needy, and Worried* (2014)
- John Bowlby – *Attachment: A Secure Base* (1990)
- Amir Levine – *Attached: The New Science of Adult Attachment and How It Can Help You Find – and Keep – Love* (2010)
- Stan Tatkin – *We Do: Saying Yes to a Relationship of Depth, True Connection, and Enduring Love* (2018)
- Susan M. Johnson – *Attachment Theory and Practice: Emotionally-Focused Therapy (EFT) with Individuals, Couples, and Families* (2019)
- Laurel Wilson and Tracy Wilson-Peters – *The Attachment Pregnancy: The Ultimate Guide to Bonding with Your Baby* (2014)
- Mahler and Pine and Bergman – *The Psychological Birth of the Human Infant: Symbiosis and Individuation* (2000)
- Daniel N. Stern – *The Interpersonal World of the Infant: A View from Psychoanalysis and Developmental Psychology* (2000)
- Donald Winnicott – *The Maturation Processes and the Facilitating Environment: Studies in the Theory of Emotional Development* (1990)
- Fred Pine – *Drive, Ego, Object, and Self: A Synthesis for Clinical Work* (1990)
- Annie Chen – *I Want to Connect: Rewire Your Nervous System for Stress Resilience and Secure Attachment* (2024)

Trauma, Dissociation, Resilience

This book list mostly relates to trauma, but it covers other topics as well:

<http://www.giftfromwithin.org/html/ptsd-and-trauma-bookstore.html>

Bessel van der Kolk – *The Body Keeps Score: Brain, Mind, and Body in the Healing of Trauma* (2014)

Peter Levine – *Trauma and Memory: Brain and Body in a Search for the Living Past: A Practical Guide for Understanding and Working with Traumatic Memory* (2015)

Peter Levine – *Waking the Tiger: Healing Trauma* (1997)

Peter Levine – *Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body* (2008)

Peter Levine – *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness* (2012)

Peter Levine – *Trauma-Proofing Your Kids: A Parents' Guide for Instilling Confidence, Joy, and Resilience* (2014)

Peter Levine – *Trauma through a Child's Eyes: Awakening the Ordinary Miracle of Healing* (2010)

Peter Levine – *It Won't Hurt Forever: Guiding Your Child through Trauma* (2004)

Peter Levine – *Sexual Healing: Transforming the Sacred Wound* (2014)

Janina Fisher – *Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation* (2017)

Pat Ogden – *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* (2017)

Mark Wolynn – *It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle* (2016)

Francine Shapiro – *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy* (2013)

Lisa Ferentz – *Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing* (2014)



- Lisa Ferentz – *Treating Self-Destructive Behaviors in Trauma Survivors: A Clinician’s Guide* (2014)
- Linda Graham – *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being* (2013)
- Linda Graham – *Resilience: Powerful Practices for Bouncing Back from Disappointment, Difficulty, and Even Disaster* (2018)
- Babette Rothschild – *8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing* (2010)
- Bonnie Badenock and Stephen Porges – *The Heart of Trauma: Healing the Embodied Brain in the Context of Relationships* (2017)
- Ronald Ruden – *When the Past Is Always Present: Emotional Traumatization, Causes, and Cures* (2015)
- Arielle Schwartz – *The Complex PTSD Treatment Manual: An Integrative, Mind-Body Approach to Trauma Recovery* (2021)
- Pete Walker – *Complex PTSD: From Surviving to Thriving: A Guide and Map for Recovering from Childhood Trauma* (2013)
- J. Eric Gentry – *Forward-Facing Trauma Therapy: Healing the Moral Wound* (2016)
- Eileen Russell – *Restoring Resilience: Discovering Your Clients’ Capacity for Healing* (2015)
- Bruce Perry and Oprah Winfrey – *What Happened to You?: Conversations on Trauma, Resilience, and Healing* (2021)
- Deirdre Fay and Janina Fisher – *Becoming Safely Embodied: A Guide to Organize Your Mind, Body and Heart to Feel Secure in the World* (2021)
- Carol Forgash and Margaret Copeley – *Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy* (2007)
- Galit Atlas – *Emotional Inheritance: A Therapist, Her Patients, and the Legacy of Trauma* (2022)
- Laurence Heller and Brad J. Kammer – *The Practical Guide for Healing Developmental Trauma: Using the NeuroAffective Relational Model to Address Adverse Childhood Experiences and Resolve Complex Trauma* (2022)
- Gabor Mate – *When the Body Says No: The Cost of Hidden Stress* (2019)



- Russ Harris – *Trauma-Focused ACT: A Practitioner's Guide to Working with Mind, Body, and Emotion Using Acceptance and Commitment Therapy* (2021)
- Daniel J. Siegel and Marion Solomon – *Healing Trauma: Attachment, Mind, Body, and Brain* (2003)
- Judith L. Alpert and Elizabeth R. Goren – *Psychoanalysis, Trauma, and Community: History and Contemporary Reappraisals* (2016)
- Tian Dayton – *Treating Adult Children of Relational Trauma: 85 Experiential Interventions to Heal the Inner Child and Create Authentic Connection in the Present* (2023)
- Paul Conti – *Trauma: The Invisible Epidemic: How Trauma Works and How We Can Heal From It* (2021)
- Judith Herman – *Trauma and Recovery: The Aftermath of Violence – From Domestic Abuse to Political Terror* (2015)
- Judith Herman – *Truth and Repair: How Trauma Survivors Envision Justice* (2023)
- Suzette Boon, Kathy Steele, Onno van der Hart – *Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists* (2011)
- Onno van der Hart, Ellert R. S. Nijenhuis, Kathy Steele – *The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization* (2006)
- Megan Lara Negendank – *Loving Someone Who Has Sexual Trauma: A Compassionate Guide to Supporting Your Partner and Improving Your Relationship* (2023)
- Aphrodite T. Matsakis – *Loving Someone with PTSD: A Practical Guide to Understanding and Connecting with Your Partner after Trauma* (2014)
- Tim Gardner – *PTSD and Relationships: Loving Someone with PTSD* (2020)
- Marlene Steinberg and Maxine Schnall – *The Stranger in the Mirror: Dissociation – The Hidden Epidemic* (2001)
- Thomas Hubl – *Attuned: Practicing Interdependence to Heal Our Trauma — and Our World* (2023)
- Stephen Porges and Seth Porges – *Our Polyvagal World: How Safety and Trauma Change Us* (2023)



- Robert Scaer – *The Body Bears the Burden: Trauma, Dissociation, and Disease* (2014)
- Deborah Dana – *Anchored: How to Befriend Your Nervous System Using Polyvagal Theory* (2021)
- Deborah Dana – *Polyvagal Exercises for Safety and Connection: 50 Client-Centered Practices* (2020)
- Deb Dana and Courtney Rolfe – *Polyvagal Prompts: Finding Connection and Joy through Guided Explorations* (2024)
- David Richo – *When the Past Is Present: Healing the Emotional Wounds that Sabotage our Relationships* (2008)
- Leigh Hart – *Reparenting Your Wounded Inner Child: Explore Childhood and Generational Trauma to Break Destructive Patterns, Build Emotional Strength, and Achieve Personal ... 7 Empowering Steps (Heal, Grow, & Thrive)* (2024)
- Deborah A. Lee – *The Compassionate Mind Approach to Recovering from Trauma Using Compression Focused Therapy* (2012)
- Nadine Burke Harris – *The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity* (2018)



2-Chair Work, Intrapsychic Splits, Gestalt, Transactional Analysis, Internal Family Systems (IFS), Inner Child Work

Bob and Mary Goulding – *Changing Lives through Redecision Therapy* (1997)

Bea Mackay – *Two-You Work: How to Work with the Self in Conflict* (2011)

Mariah Fenton Gladis – *Tales of a Wounded Healer* (2008)

Scott Kellogg – *Transformational Chairwork: Using Psychotherapeutic Dialogues in Clinical Practice* (2018)

John Bradshaw – *Home Coming: Reclaiming and Championing Your Inner Child* (1992)

Gordon Emmerson – *Ego State Therapy* (2007)

Richard Schwartz – *No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model* (2021)

John and Helen Watkins – *Ego States: Theory and Therapy* (1997)

Muriel James – *A New Self: Self-Therapy with Transactional Analysis* (1977)

Colleen West – *We All Have Parts: An Illustrated Guide to Healing Trauma with Internal Family Systems* (2021)

Shelley Johnson – *The Parts Inside of Me* (2020)

Don Barlow – *Inner Child Recovery Work with Radical Self Compassion: Self-Control Practices and Emotional Intelligence; From Conflict to Resolution for Better Relationships* (2022)

Richard Schwartz – *Introduction to Internal Family Systems* (2023)

Richard Schwartz – *You Are the One You've Been Waiting For* (2008)

Eric Berne – *Games People Play: The Basic Handbook on Transactional Analysis* (2011)

Eric Berne – *Games People Play: The Psychology of Human Relationships* (2016)

Eric Berne – *Beyond Games and Scripts* (1976)

Eric Berne – *Transactional Analysis in Psychotherapy: A Systematic Individual and Social Psychiatry* (2021)



- Eric Berne – *Transactional Analysis in Psychotherapy: The Classic Handbook to Its Principles* (2023)
- Eric Berne – *What Do You Say After You Say Hello?: The Psychology of Human Destiny* (2018)
- Ilyse Kennedy – *The Tender Parts: A Guide to Healing from Trauma through Internal Family Systems Therapy* (2022)
- Robert Falconer – *The Others Within Us: Internal Family Systems, Porous Mind, and Spirit* (2023)
- Vann Joines and Ian Stewart – *TA Today: A New Introduction to Transactional Analysis* (2012)
- Vann Joines and Ian Stewart – *Personality Adaptations: A New Guide to Human Understanding in Psychotherapy and Counseling* (2002)
- Vann Joines – *Insight Out: The 6 Personality Types That Hold the Key to Success in Your Life and Relationships* (2023)
- Muriel James and Dorothy Jongeward – *Born to Win: Transactional Analysis with Gestalt Experiments* (1996)
- Claire Frederick and Maggie Phillips – *Healing the Divided Self: Clinical and Ericksonian Hypnotherapy for Post-Traumatic and Dissociative Conditions* (1995)
- Travis Atkinson and Poul Perris – *Creative Methods in Schema Therapy: Advances and Innovation in Clinical Practice* [these authors have written the chapter on schema therapy for couples] (2020)
- Judith Herman – *Trauma and Repair: How Trauma Survivors Envision Justice* (2023)



Abuse, Violence

Patricia Evans – *The Verbally Abusive Relationship: How to Recognize It and How to Respond* (2009)

Neil Jacobson and John Gottman – *When Men Batter Women: New Insights into Ending Abusive Relationships* (2007)

Alan Jenkins – *Invitations to Responsibility: The Therapeutic Engagement of Men Who Are Violent and Abusive* (1990)

Paul Hansen – *Survivors and Partners: Healing the Relationships of Sexual Abuse Survivors* (2013)

Gavin de Becker – *The Gift of Fear: Survival Signals That Protect Us from Violence* (2010)

Lundy Bancroft – *Why Does He Do That?: Inside the Minds of Angry and Controlling Men* (2003)

Leslie Morgan Steiner – *Crazy Love* (2009)

Sandra Stith, Eric McCollum, Karen Rosen – *Couples Therapy for Domestic Balance: Finding Safe Solutions* (2011)

Addiction

- Patrick Carnes – *Out of the Shadows: Understanding Sexual Addiction* (2009)
- Paldrom and George Collins – *A Couple’s Guide to Sexual Addiction: A Step-by-Step Plan to Rebuild Trust and Restore Intimacy* (2011)
- Candace Plattor – *Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction* (2016)
- Tian Dayton – *Emotional Sobriety: From Relationship Trauma to Resilience and Balance* (2010)
- Stephanie Brown and Virginia Lewis – *The Alcoholic Family in Recovery: A Developmental Model* (2012)
- Carlton Erickson – *The Science of Addiction: From Neurobiology to Treatment* (2018)
- Philip Flores – *Addiction as an Attachment Disorder* (2011)
- Terence Gorski – *Understanding the Twelve Steps: An Interpretation and Guide for Recovering* (1991)
- Judith Grisel – *Never Enough: The Neuroscience and Experience of Addiction* (2019)
- Claude Steiner – *Games Alcoholics Play* (1984)
- Claude Steiner – *Games Alcoholics Play: The Analysis of Life Scripts* (1971)
- Harold Urschel – *Healing the Addicted Brain: The Revolutionary, Science-Based Alcoholism and Addiction Recovery Program* (2009)
- Gabor Mate and Peter Levine – *In the Realm of Hungry Ghosts: Close Encounters with Addiction* (2011)
- Stephanie Covington – *A Woman’s Way through the 12 Steps Workbook* (2000)
- Katherine Ketcham and William F. Asbury – *Beyond the Influence: Understanding and Defeating Alcoholism* (2009)
- Gary Stromberg and Jane Merrill – *The Harder They Fall: Celebrities Tell Their Real-Life Stories of Addiction and Recovery* (2007)
- Caroline Knapp – *Drinking: A Love Story* (1999)



Robert Weiss – *Prodependence: Beyond the Myth of Codependency, Revised Edition* (2002)

Patrick Carnes – *Don't Call It Love: Recovery from Sexual Addiction* (1992)

Sue Diamond – *Recover the Good Life: Break Free from the Clutches of Addiction and Love Being Sober* (2024)

Anna Lembke – *Dopamine Nation: Finding Balance in the Age of Indulgence* (2021)

Claudia Black – *It Will Never Happen to Me: Growing Up with Addiction as Youngsters, Adolescents, and Adults* (2020)

Stephanie Brown – *A Place Called Self: Women, Sobriety, and Radical Transformation* (2009)

Maureen Palmer – *You Don't Have to Quit: 20 Science-Backed Strategies to Help Your Loved One Drink Less* (2024)



Autism Spectrum Disorder, Asperger's Disorder, Neurodiversity

Cindy Ariel – *Loving Someone with Asperger's Syndrome: Understanding and Connecting with Your Partner* (2012)

Rudy Simone – *22 Things a Woman Must Know If She Loves a Man with Asperger's Syndrome* (2009)

Mary Barbera – *Turn Autism Around: An Action Guide for Parents of Young Children with Early Signs of Autism* (2021)

Even A. Mendes – *Marriage and Lasting Relationships with Asperger's Syndrome* (2015)

Devon Price – *Unmasking Autism: Discovering the New Faces of Neurodiversity* (2022)

Jenara Nerenberg – *Divergent Mind: Thriving in a World That Wasn't Designed for You* (description says that this is a book for women – 2020)

Specific Physical Symptoms, Traumatic Brain Injury

Gail Denton – *Brainlash: Maximize Your Recovery from Mild Brain Injury* (2008)

Maureen O'Reilly-Landry – *A Psychodynamic Understanding of Modern Medicine: Placing the Person at the Center of Care* (2012)

Premarital Counseling

Monica Mendez Leahy – *1001 Questions to Ask Before You Get Married* (2004)

ADHD, Neurodiverse Partnerships

- Russell Barkley – *When an Adult You Love Has ADHD: Professional Advice for Parents, Partners, and Siblings* (2016)
- Ari Tuckman – *More Attention, Less Deficit: Success Strategies for Adults with ADHD* (2009)
- Edward and Sue Hallowell – *Married to Distraction: Restoring Intimacy and Strengthening Your Marriage in an Age of Interruption* (2010)
- Melissa Orlov and Edward Hallowell – *The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps* (2010)
- Melissa Orlov and Nancie Kohlenberger – *The Couple's Guide to Thriving with ADHD* (2014)
- Ari Tuckman – *Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook* (2012)
- Ari Tuckman – *ADHD After Dark: Better Sex Life, Better Relationship* (2019)
- Thomas Armstrong – *The Power of Neurodiversity: Unleashing the Advantages of Your Differently Wired Brain* (2011)
- Dan Wallace – *A Guide to Executive Function in Adults, Teens, and Students: Powerful Strategies to Improve Executive Functioning in Students, Teens, and Adults* (2022)
- Gail A. McHugh – *Executive Functioning Skills for Teens: Super Easy to Use Strategies, Games, Tools, and Activities That Work! Help Your Kids Get Organized, Improve Focus, Self Confidence, and Life Skills* (2022)
- Stephanie Moulton Sarkis – *Executive Function Difficulties in Adults: 100 Ways to Help Your Clients Live Productive and Happy Lives* (2017)
- Gabor Mate – *Scattered Minds: The Origins and Healing of Attention Deficit Disorder* (2019)
- Gina Pera – *Is It You, Me, or Adult A.D.D.?: Stopping the Roller Coaster When Someone You Love Has Attention Deficit Disorder* (2008)
- Hallowell and Ratey – *Delivered from Distraction: Getting the Most Out of Life with Attention Deficit Disorder* (2005)



Hollowell and Ratey – *Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder* (2011)

Hollowell and Ratey – *ADHD 2.0: New Science and Essential Strategies for Thriving with Distraction – From Childhood through Adulthood* (2021)

Margaret Hampton – *ADHD 2.0 Effect on Marriage: Target 7 Days. Turn Anger into Love Overcome Anxiety in Relationship, Couple Conflicts, Insecurity in Love, Improve Communication and Psychic Abilities* (2022)

Kathleen Nadeau and Patricia Quinn – *Understanding Women with ADHD* (2022)

Joanne Steer and Andrea Bilbow – *Understanding ADHD in Girls and Women* (2021)

Monica Rogers – *Understanding Women and Girls with ADHD: A Life-Changing Guide to Transform Your Life Positively, Embrace the Struggles of Living with ADHD to Improve Relationships and Sexuality and Succeed in Life* (2022)

Lisa Rabinowitz – *Why Won't You Stop Interrupting Me?: Simple Solutions for ADHD Couples* (2024)

Lyne Piche – *ADHD and Sex: A Workbook for Exploring Sexuality and Increasing Intimacy* (2024)



Pathological Demand Avoidance (PDA)

- Ruth Fidler and Diane Gould – *Navigating PDA in America* (2024)
- Erica May – *Pathological Demand Avoidance & Autism: Essential Education for Parents, Educators & Family about PDA in ASD: Behavioral Strategies for Supporting & Managing Neurodiversity* (2024)
- Laura Kerbey – *The Educator's Experience of Pathological Demand Avoidance: An Illustrated Guide to Pathological Demand Avoidance and Learning* (2023)

Grief, Loss, Death by Suicide, Aging, Empty Nesting

- Pauline Boss – *Ambiguous Loss: Learning to Live with Unresolved Grief* (1999)
- Pauline Boss – *Loss, Trauma, and Resilience: Therapeutic Work with Ambiguous Loss* (2006)
- Pauline Boss – *The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change* (2021)
- Pauline Boss – *Loving Someone Who Has Dementia: How to Find Help While Coping with Stress and Grief* (2011)
- Louise Hay and David Kessler – *You Can Heal Your Heart: Finding Peace after a Breakup, Divorce, or Death* (2014)
- David Kessler and Elizabeth Kubler Ross – *On Grief and Grieving: Finding the Meaning of Grief through the Five Stages of Loss* (2005)
- David Kessler – *The Needs of the Dying: A Guide for Bringing Hope, Comfort, and Love to Life's Final Chapter* (2007)
- David Kessler – *Visions, Trips, and Crowded Rooms: Who and What You See Before You Die* (2011)
- David Kessler – *Finding Meaning: The Sixth Stage of Grief* (2019)
- Mary-Frances O'Connor – *The Grieving Brain: The Surprising Science of How We Learn from Love and Loss* (2022)



- Polly Young-Eisendrath – *The Present Heart: A Memoir of Love, Loss, and Discovery* (2014)
- Karl Pillemer – *Fault Lines: Fractured Families and How to Mend Them* (2020)
- Sheri McGregor – *Done with the Crying: Health and Healing for Mothers of Estranged Adult Children* (2017)
- Claire Bidwell Smith – *Anxiety: The Missing Stage of Grief: A Revolutionary Approach to Understanding and Healing the Impact of Loss* (2018)
- Robert Neimeyer – *Techniques of Grief Therapy: Assessment and Intervention* (2015)
- Kathleen Dowling Singh – *Unbinding: The Grace Beyond Self* (2019)
- Kathleen Dowling Singh – *The Grace in Living: Recognize It, Trust It, Abide in It* (2016)
- Kathleen Dowling Singh – *The Grace in Dying: How We Are Transformed Spiritually as We Die* (2000)
- Kathleen Dowling Singh – *The Grace in Aging: Awaken as You Grow Older* (2014)
- Helen Fitzgerald – *The Grieving Teen: A Guide for Teenagers and Their Friends* (2000)
- Thomas Joiner – *Why People Die by Suicide* (2007)
- Kay Redfield Jamison – *Night Falls Fast: Understanding Suicide* (2011)
- Gary Roe – *Aftermath: Picking up the Pieces After a Suicide* (2019)
- Brandy Lidbeck – *The Gift of Second: Healing from the Impact of Suicide* (2016)
- Brook Noel and Pamela Blair – *I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One* (2008)
- Megan Divine – *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand* (2017)
- Susan Cain – *Bittersweet: How Sorrow and Longing Make Us Whole* (2022)
- Anthony Damaschino – *The Empty Nest Blueprint: Plan, Pursue, and Thrive for the Most Underrated Stage of Your Life* (2023)