

St. Matthew's Institute for Healing and Intentional Growth

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www.marriagecounseling.org www.sexcoounselors.org

Suggestions for Reading

Marriage:

His Needs, Her Needs Building an Affair Proof Marriage by Willard F. Harley, Jr., Fleming H. Revell Publishers ISBN 0-8007-1478-4

Building Your Mate's Self-Esteem by Dennis & Barbara Rainey, Thomas Nelson Publishers, ISBN 0-8407-4459-5

Guide to Getting It On by Paul Joannides, Goofy Foot Press, ISBN 1-885535-104

Surviving Betrayal by Donald Harvey, Baker Books, ISBN 0-8010-4396-4

Sexual Addiction:

Out of the Shadows, Understanding Sexual Addiction by Patrick Carnes, PhD, CompCare Publishers, ISBN 0-89638-269-9

Contrary to Love, Helping the Sexual Addict, by Patrick Carnes PhD, CompCare Publishers, ISBN 0-89638-156-0

Addiction & Grace by Gerald G. May, MD, Harper & Row Publishers, ISBN 0-06-065536-4

Breaking Free, Understanding Sexual Addiction& and the Healing Power of Jesus by Russell Willingham, InterVarsity Press, ISBN 0-8308-1791-3

Hope and Recovery, A Twelve Step Guide for Healing from Compulsive Sexual Behavior by *no author listed*, CompCare Publishers, ISBN 0-89638-197-8

The Sexual Addiction Workbook, Sbraga & O'Donnohue

A.D.D.& Addiction, Getting the Help You Deserve by Wendy Richardson, MA, Pinon Press, ISBN 1-57683-004-7

Driven too Distraction, Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood, by Edward M. Hallowell, MD, Simon & Schuster Publisher, ISBN 0-684-80128-0

Is It You, Me, or Adult A.D.D.? Stopping the Roller Coaster When Someone You Love Has Attention Deficit Disorder by Russell Barkley

Sexual Abuse:

Helping Victims of Sexual Abuse, Biblical Guide, by Lynn Heitritter, Bethany House Publishers, ISBN 0-87123-930-2

A Wounded Heart, Hope for Adult Victims of Childhood Sexual Abuse, Dr.. Dan Allender, Navpress, ISBN 0-89109-289-7

Codependency:

Love is a Choice, Recovery for Codependent Relationships, by Dr. Robert Hemfelt, Thomas Nelson Publishers, ISBN 0-8407-7171-1

Love is a Choice Workbook by Dr. Robert Hemfelt, Thomas Nelson Publishers, ISBN 0-8407-3337-2

Codependency, Breaking Free From the Hurt and Manipulation of Dysfunctional Relationships by Pat Springle, Rapha Publishing/Word, ISBN 0-945276-12-5

Depression:

Depression, Finding Hope & Meaning in Life's Darkest Shadow, by Don Baker, Multnomah Press, ISBN 0-88070-186-2

Overcoming Depression by Demetri Papolos, MD, Harper Perennial Publishers, ISBN 0-06-096594-0

Panic Attack Recovery Book by Shirley Swede A Plume Book, ISBN 0-452-25949-5

The Anger Workbook, by Les Carter, PhD, Thomas Nelson Publishers, ISBN 0-8407-4574-5

Healing the Shame That Binds You by John Bradshaw, Health Communications, ISBN 0-932194-86-9

Encountering Shame and Guilt by Daniel Green, Baker Books, ISBN 0-8010-3863-4

Adult Children of Alcoholics

Adult Children of Alcoholics, Janet Wortitz

The Intimacy Struggle, Janet Wortitz

Life Skills for Adult Children of Alcoholics, Janet Wortitz

Healing the Child Within Workbook, Charles Whitfield

A Gift to Myself, Charles Whitfield

Growing Out of an Alcoholic Family by Karen Sandvig, Regal Books, ISBN 0-8307-1356-5