

<u> </u>	<u>Getting the Love You Want</u>	Hendrix, Harville
<u> </u>	<u>The Feeling Good Handbook</u>	Burns, David D.
<u> </u>	<u>Codependent No More</u>	Beattie, Melody
<u> </u>	<u>Adult Children: The Secrets of Dysfunctional Families</u>	Friel, John
<u> </u>	<u>An Adult Child's Guide to What's Normal</u>	Friel, John
<u> </u>	<u>Soul of Adulthood: Opening the Doors...</u>	Friel, John
<u> </u>	<u>Understanding Addictive Thinking</u>	Twerski, Abraham J.
<u> </u>	<u>Kids Who Carry Our Pain</u>	Hemfelt, Robert Warren, Paul
<u> </u>	<u>Toxic Parents</u>	Forward, Susan
<u> </u>	<u>The Case Against Spanking: How to Discipline Your Child Without Hitting</u>	Hyman, Irwin A.
<u> </u>	<u>The Mud People</u>	Mark, Laney MacKenna Chase, Juliana Hamilton
<u> </u>	<u>Don't Call it Love</u>	Carnes, Patrick
<u> </u>	<u>Facing the Shadow</u>	Carnes, Patrick
<u> </u>	<u>The Power of Now</u>	Tolle, Eckhart

_____	<u>One Minute Parenting</u>	Johnson, Spencer
_____	<u>The One Minute Apology</u>	Blanchard, Kenneth H. B McBride Margret Johnson, Spencer
_____	<u>The One Minute Mother</u>	Johnson, Spencer
_____	<u>One Minute for Yourself</u>	Johnson, Spencer
_____	<u>The Precious Present</u>	Johnson, Spencer
_____	<u>The Present</u>	Johnson, Spencer
_____	<u>The Seven Habits of Highly Effective People</u>	Covey, Stephen R.
_____	<u>Why Am I Afraid to Tell You Who I Am?</u>	Powell, John
_____	<u>When Food Is Love</u>	Roth, Geneen
_____	<u>Breaking Free from Emotional Eating</u>	Roth, Geneen
_____	<u>Bite by Bite: 7 Guidelines to Break Free from Emotional Eating</u>	Roth, Geneen
_____	<u>Why Weight? A Guide to Ending Compulsive Eating</u>	Roth, Geneen
_____	<u>When You Eat at the Refrigerator, Pull Up a Chair</u>	Roth, Geneen
_____	<u>Appetites: On the Search for True Nourishment</u>	Roth, Geneen

_____	<u>Wild at Heart</u>	Eldredge, John
_____	<u>Captivating</u>	Eldredge, Stacy
_____	<u>The Anger Habit</u>	Semmelroth, Carl
_____	<u>Anatomy of a Food Addiction: The Brain Chemistry of Overeating</u>	Katherine, Anne
_____	<u>Boundaries</u>	Katherine, Anne
_____	<u>Timeless Healing</u>	Benson, Herbert
_____	<u>Why Can't I Stop Eating?: Recognizing, Understanding, and Overcoming Food Addiction</u>	Danowski, Debbie Lazaro, Pedro
_____	<u>Food Addiction: The Body Knows</u>	Sheppard, Kay
_____	<u>Exodus from Obesity</u>	Peck, Paula
_____	<u>The Unofficial Guide to Managing Eating Disorders</u>	Gilbert, Sara Dulaney
_____	<u>Love Hunger: Recovery from Food Addiction</u>	Minirith, Frank Meier, Paul Hemfelt, Robert Sneed, Sharon Hawkins, Don
_____	<u>Am I Hungry... or Am I Hurting?</u>	Brandon, Carla Wills
_____	<u>A Substance Called Food</u>	Arenson, Gloria

_____	<u>Hope, Help & Healing for Eating Disorders</u>	Jantz, Gregory
_____	<u>Psychology Today: Breaking the Bonds of Food Addiction</u>	McQuillan, Susan
_____	<u>From the First Bite: A Complete Guide to Recovery from Food Addiction</u>	Sheppard, Kay
_____	<u>Conquer Your Food Addiction : The Ehrlich 8-Step Program for Permanent Weight Loss</u>	Ehrlich, Caryl

Google the following:

_____	“Warning Signs that You’re Dating a Loser”	Hendrix, Harville
_____	“Diaphragmatic Breathing”	
_____	“Relaxation Response”	