

Suggested Reading List

Parenting

1. Boundaries with Kids: When to Say Yes, When to Say No, to Help Your Children Gain Control of Their Lives (1999) by **Henry Cloud and John Townsend**
2. Boundaries with Teens: When to Say Yes, How to Say No (2006) by **John Townsend**
3. Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive (2013) by **Daniel J. Siegel and Mary Hartzell**
4. Relief for Hurting Parents: What to Do and How to Think When You're Having Trouble With Your Kids (1989) by **Buddy Scott**
5. The New Hide or Seek: Building Self-Esteem in Your Child (1999) by **James C. Dobson**
6. The New Hide or Seek: Building Confidence in Your Child (2001) by **James Dobson**
7. The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind (2012) by **Daniel Siegel and Tina Bryson**
8. Scream Free Parenting: How to Raise Amazing Adults by Learning to Pause More and React Less (2008) by **Hal Runkel**
9. The 5 Love Languages of Children: The Secret to Loving Children Effectively (2016) by **Gary Chapman**
10. The Effective Father (1977) by **Gordon MacDonald**
11. Parenting Adolescents (1989) by **Kevin Huggins**
12. Too Big to Spank (1978) by **Jay Kesler**

13. Emotionally Healthy Teenagers (1998) by **Jay Kesler**
14. Parents and Teenagers (1984) by **Jay Kesler**
15. Parenting: 14 Gospel Principles That Can Radically Change Your Family (2016) by **Paul David Tripp**
16. Age of Opportunity: A Biblical Guide to Parenting Teens, Second Edition (Resources for Changing Lives) 2001 by **Paul David Tripp**
15. The Angry Teenager Why Teens Get So Angry and How Parents Can Help Them Grow Through It (1995) by **William Lee Carter**
16. How to Really Love Your Teen (2015) by **Ross Campbell**
17. Parenting Isn't for Cowards: The 'You Can Do It' Guide for Hassled Parents from America's Best-Loved Family Advocate (2007) by **James C. Dobson**
18. Right From Wrong (1994) by **Josh McDowell**
19. The Tech Talk: Strategies for Families in a Digital World (2018) by **Michael Horne**
20. Making Chastity Sexy: The Rhetoric of Evangelical Abstinence Campaigns (1st Edition) (2011) by **Christine J. Gardner**
21. The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place (2017) by **Andy Crouch**

Forgiveness

1. Five Steps to Forgiveness: The Art and Science of Forgiveness (2001) by **Everett Worthington**

2. How to Forgive when You can't Forget (1997) by **Charles Klein**
3. Helping People Forgive (1996) by **David W. Augsburger**
4. Free of Charge: Giving and Forgiving in a Culture Stripped of Grace (2006) by **Miroslav Volf**

Trauma & PTSD

1. The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (2015) by **Bessel van der Kolk M.D.**
2. Think This Not That: Rewiring Your Brain to Eliminate Toxic Thinking (2018) by **Rita A. Schulte**
3. The Complete Guide to Crisis & Trauma Counseling: What to Do and Say When It Matters Most!, (2011) Rev. Ed. by **H. Norman Wright**

Marriage

1. Sacred Marriage: What If God Designed Marriage to Make Us Holy More Than to Make Us Happy? (2015) by **Gary L. Thomas**
2. Intimate Allies: Rediscovering God's Design for Marriage and Becoming Soul Mates for Life (1999) by **Dan B. Allender and Tremper Longman III**
3. Boundaries Updated and Expanded Edition: When to Say Yes, How to Say No To Take Control of Your Life (2018) by **Henry Cloud and John Townsend**
4. His Needs, Her Needs: Building an Affair-Proof Marriage (2011) by **Willard F. Jr. Harley**
5. Love Must Be Tough: New Hope for Marriages in Crisis (2007) by **James C. Dobson**
6. Marriage Builder: A Blueprint for Couples and Counselors (1992) by **Lawrence J. Crabb**

7. Communication: Key to Your Marriage: The Secret to True Happiness (2012) by **H. Norman Wright**

8. The 5 Love Languages: The Secret to Love that Lasts (2015) by **Gary Chapman**

9. When Sorry Isn't Enough: Making Things Right with Those You Love (2013) by **Gary Chapman**

10. Family Traditions That Last a Lifetime (1993) by **Karen M. Ball and Karen L. Tornberg**

11. Hold Me Tight: Seven Conversations for a Lifetime of Love (2008) by **Dr. Sue Johnson**

12. Love Sense: The Revolutionary New Science of Romantic Relationships (2013) by **Dr. Sue Johnson**

13. Created for Connection: The "Hold Me Tight" Guide for Christian Couples (2016) by **Dr. Sue Johnson & Kenneth Sanderfer**

Blended Families

1. The Smart Stepfamily: Seven Steps to a Healthy Family (2014) by **Ron L. Deal**

2. The Smart Stepmom: Practical Steps to Help You Thrive (2009) by **Ron L. Deal**

3. The Smart Stepdad: Steps to Help You Succeed (2011) by **Ron L. Deal**

Finances

1. The Total Money Makeover: Classic Edition: A Proven Plan for Financial Fitness (2013) by **Dave Ramsey**

2. Debt-Free Living: Eliminating Debt in a New Economy (2010) by **Larry Burkett**

3. Dave Ramsey's Complete Guide to Money (2012) by **Dave Ramsey**
4. Smart Money Smart Kids: Raising the Next Generation to Win with Money Hardcover (2014)
by **Dave Ramsey & Rachel Cruze**

Emotions

1. Emotional Intelligence: Why It Can Matter More Than IQ by **Daniel Goleman**
2. Emotions Revealed: Recognizing Faces and Feelings to Improve Communication and Emotional Life by **Paul Ekman**
3. Healing Anxiety and Depression: Based on Cutting-Edge Brain Imaging Science by **Daniel Amen**
4. Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems by **Daniel Amen**
5. The Brain Warrior's Way: Ignite Your Energy and Focus, Attack Illness and Aging, Transform Pain into Purpose by **Daniel Amen**

Extramarital Affairs

1. Torn Asunder: Recovering From an Extramarital Affair (2008) by **Dave Carder**

Co-Dependency

1. Codependent No More: How to Stop Controlling Others and Start Caring for Yourself (2011)
– By **Melody Beattie**
2. Codependents' Guide to the Twelve Steps (1992) by **Melody Beattie**

3. Love is a Choice: Recovery from Codependency Relationships (1989) by **Robert Hemfelt, Frank Minirth, and Paul Meier**

Sex Addiction and Pornography Addiction

1. Out of the Shadows (2001) by **Patrick Carnes**
2. Wired for Intimacy: How Pornography Hijacks the Male Brain (2009) by **William Struthers**
3. Taking Every Thought Captive (2011) by **Mark Laaser**
4. The Brain on Porn (2015) by **Gary Wilson**
5. Facing the Shadow [3rd Edition]: Starting Sexual and Relationship Recovery (2015) by **Patrick Carnes**
6. Unwanted: How Sexual Brokenness Reveals Our Way to Healing (2018) by **Jay Stinger**
7. Surfing for God: Discovering the Divine Desire Beneath Sexual Struggle (2012) by **Michael John Cusick**

Partners of Sex Addicts

1. Mending a Shattered Heart: A Guide for Partners of Sex Addicts (2008) by **Stefanie Carnes**
2. Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts (2012) by **Stefanie Carnes**
3. Your Sexually Addicted Spouse: How Partners Can Cope and Heal (2009) by **Barbara Steffens and Marsha Means**

4. Moving Beyond Betrayal: The 5-Step Boundary Solution for Partners of Sex Addicts (2016)
by **Vicki Tidwell Palmer**

Anxiety

1. The Worry Trick: How Your Brain Tricks You into Expecting the Worst and What You Can Do About It (2019) by **David Carbonell**
2. Hope and Help for Your Nerves (1990) by **Dr. Claire Weekes**
3. Calm My Anxious Heart: A Woman's Guide to Contentment (2007) by **Linda Dillow**