

## **Suggested Reading for Addiction Recovery**

### **12 Step**

*The Big Book* – Alcoholics Anonymous

*12 Steps and Traditions* – Alcoholics Anonymous

*One Day At A Time* – Al-Anon Publications

*In All Our Affairs* – Al-Anon Publications

*Staying Sober: A Guide for Relapse Prevention*—Terence Gorski and Merlene Miller

### **Adult Children of Alcoholics**

*Adult Children of Alcoholics* – Janet Woitiz

*The Struggle for Intimacy* – Janet Woitiz

### **Co-dependency**

*Codependent No More* – Melody Beattie

*Codependents' Guide To The 12 Steps* – Melody Beattie

*Facing Codependence* – Pia Mellody

### **Relationship Issues**

*Another Chance* – Sharon Wegscheider-Cruse

*Choice Making* – Sharon Wegscheider-Cruse

*Women Who Love Too Much* – Robin Norwood

### **Emotions**

*The Dance Of Anger* – Harriet Lerner

*The Angry Book* – Theodore Isaac Rubin

*Facing Shame: Families In Recovery* – Merle & Marilyn Mason

*Letting Go Of Shame: Understanding How Shame Affects Your Life* – Ronald Potter-Effron

*Where You End, And I Begin* – Anne Katherine

*Victims No More* – Thomas Mccabe

*The Language Of Feelings* – David Viscott, MD