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

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
Where You End, And I Begin – Anne Katherine
Victims No More – Thomas McCabe
The Language Of Feelings – David Viscott, MD