

SUGGESTED READING FOR ADDICTION RECOVERY

12 STEPS

- The Big Book – Alcoholics Anonymous
- Narcotics Anonymous – Basic text
- Staying Sober – Terence Gorski
- A Man’s Way Through the Twelve Steps – Dan Griffin
- Recovery Dharma – How to Use Buddhist Practices/Principles to Heal the Suffering of Addiction
- A Woman’s Way through the Twelve Steps – Stephanie Covington

CODEPENDENCY/ATTACHMENT/SELF-CARE

- Codependent No More – Melody Beattie
- A Codependent’s Guide through the Twelve Steps – Melody Beattie
- The Gifts of Imperfection – Brené Brown
- Braving the Wilderness – Brené Brown
- True Refuge – Tara Brach

FAMILY/RELATIONSHIPS

- The Seven Principles for Making Marriage Work – John Gottman & Nan Silver
- Stage II Relationships – Earnie Larsen
- Boundaries: Where You End and I Begin – Anne Katherine
- Facing Shame: Families in Recovery – Merle Fossum & Marilyn Mason
- Letting Go of Shame: Understanding How Shame Affects your Life – Ronald Potter-Effron

SPIRITUALITY/MEDITATION

- Courage to Change – Al-Anon family groups
- Breathing Underwater – Richard Rohr
- Stepping Stones: Daily Meditations for Men
- A Woman’s Spirit: Daily Meditations for Women in Recovery
- One Day at a Time in Al-Anon – Al-Anon family group