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Recommended Reading For Adults

Personal Development, Stress Management and Communication:

"The Four Agreements" Don Miguel Ruiz
"Work To Live" Joe Robinson
"The Dance of Anger" Harriet Lerner, PhD.
"Codependent No More" Melody Beattie

Relationships:

"Getting The Love You Want" Harville Hendrix
"Boundaries In Marriage" Dr. Henry Cloud and Dr. John Townsend
"Seven Principles for Making Marriage Work" Dr. John Gottman and Nan Silver
"The Good Marriage" Judith Wallerstein
"His Needs Her Needs" Willard F. Harley, Jr.
"You Just Don't Understand" Deborah Tannen
"The Anger Control Workbook" McKay and Rogers
"Full Catastrophe Living" Jon Kabat-Zinn
"Wherever You Go There You Are" Jon Kabat-Zinn
"The Relaxation and Stress Reduction Workbook"
"The Courage To Heal" Laura Davis
"Allies In Healing" Laura Davis