Counseling Services
Recommended Reading List

Healing Relationships

• *Anger Workbook*
  Lorraine Bilodeau
• *Dance of Anger*
  Harriet Lerner
• *Dance of Intimacy*
  Harriet Lerner
• *Women Who Love Too Much*
  Robin Norwood
• *Letters From Women Who Love Too Much*
  Robin Norwood
• *Telling Yourself the Truth*
  William Backus
• *Getting the Love You Want: A Guide for Couples*
  Harville Hendrix
• *Healing the Shame that Binds You*
  John Bradshaw

Healing Self

• *The Courage To Heal: A Guide for Women Survivors of Child Sexual Abuse*
  Ellen Bass and Laura Davis
• *The Courage to Heal Workbook: For Women and Men Survivors of Child Sexual Abuse*
  Laura Davis
• *The Dance of the Dissident Daughter*
  Sue Monk Kidd
• *Finding Our Fathers: How a Man's Life is Shaped by His Relationship with His Father*
  Samuel Osherson
• *Hurt People Hurt People*
  Sandra D. Wilson, Ph.D.
• *Man Enough*
  Frank Pittman
• *Abused Boys*
  Mic Hunter

Healing Anxiety

• *60 Second Stress Management: The Quickest Way to Relax and Ease Anxiety*
  Andrew Goliszek
• *Abolish Anxiety: Discover Inner Peace in a Stressed-Out World*
  Bonnie Crandall
• *Annie Stories*
  Doris Brett (For Children)
• *Anxiety, Friend or Foe?* (cassette)
  Susan Heitler
• *Getting Through the Day: Strategies for Adults Haunt as Children*
  Nancy J. Napien

Healing Eating Disorders
• *Coming Home to Myself: Daily Reflections for a Woman's Body and Soul*
  Marion Woodman

• *Diary of an Eating Disorder: A Mother and Daughter Share Their Healing Journey*
  Chelsea Smith and Beverly Runyon

• *Food and Love: Dealing with Family Attitudes About Weight*
  Elizabeth Frankenberger

• *If You Think You Have An Eating Disorder*
  John Barnhill and Nadine Taylor

• *It's Not About Food*
  Carol Emery Normandi

• *Transforming Body Image*
  Marcia Germaine Hutchinson

**Healing Codependency**

• *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*
  Melody Beattie

• *Beyond Codependency*
  Melody Beattie

• *Broken Toys Broken Dreams: Understanding and Healing Codependency, Compulsive Behaviors and Family*
  Terry Kellogg

• *Flying Boy: Healing the Wounded Man*
  John Lee

• *Love is a Choice: Recovery for Codependent Relationships*
  Robert Hemfelt, et. al.

• *Happiness is a Choice*
  Frank Minirth, et. al.

• *Nikki, The Co-Dependent Cat*
  Roger Rhodes

• *Learning to Love Yourself*
  Sharon Wegscheider-Cruse

**Healing Addictions**

• *Welcome Home: A Book About Overcoming Addictions*
  Suzanne Gelb

• *Willpower is Not Enough*
  Arnold Washton et. al.

• *The Addictive Personality*
  Craig Nakken

• *Life's Too Short: Pull the Plug on Self-Defeating Behavior and Turn on the Power of Self-Esteem*
  Abraham Twerski

• *A Gentle Path through the Twelve Steps*
  Patrick Carnes

• *Addiction and Grace*
  Gerald May

• *The Big Book*
  Bill Wilson

• *Twelve and Twelve*
  Bill Wilson

**Healing Trauma**

• *Betrayal Trauma: The Logic of Forgetting Childhood Abuse*
  Jennifer Freyd

• *Children, Bereavement, and Trauma: Nurturing Resilience*
  Julie Nagy
• *Childhood Trauma: Your Questions Answered*
  Ursula Markham
• *Getting Through the Day: Strategies for Adults Hurt as Children*
  Nancy J. Napier
• *Life After Trauma, A Workbook for Healing*
  Dena Rosenbloom
• *Overcoming Anxiety, Stress, and Trauma*
  Francine Shapiro
• *Trauma and Recovery*
  Judith Herman

**Healing Self-Esteem**

• *Art of Living Consciously*
  Nathaniel Branden
• *Self-Esteem*
  Matthew McKay and Patrick Fanning
• *Reviving Ophelia*
  Mary Pipher

**Domestic Violence**

• *Domestic Violence Sourcebook*
  Dawn Bradley Berry
• *Getting Free: A Handbook for Women in Abusive Relationships*
  Ginny NiCarthy
• *It's Not Okay Anymore: Your Personal Guide to Ending Abuse, Taking Charge and Loving Yourself*
  Greg Enns, Jan Black

**Empowering the Woman**

• *A Woman In Your Own Right*
  Anne Dickson
• *The Courage To Heal*
  Ellen Bass and Laura Davis
• *The Dance Of the Dissident Daughter*
  Sue Monk Kidd
• *Beyond Codependency*
  Melody Beattie
• *Reviving Ophelia*
  Mary Pipher
• *The Heroine's Journey*
  Maureen Murdock
• *The Feminine Face Of God*
  Sherry Anderson
• *In a Different Voice*
  Carol Gilligan
• *Women Who Run With the Wolves*
  Clarissa Pinkola Estes
• *Transforming Body Image*
  Marcia Germaine Hutchinson
• *One Day My Soul Just Opened Up*
  I. Vanzant
• *The Power Of Soul: Pathways To Psychological and Spiritual Growth*  
  D. Powell-Hopson

**Miscellaneous**

• *Transitions: Making Sense of Life's Changes*  
  William Bridges  
  *New Peoplemaking*  
  Virginia Satir  
  *You Just Don't Understand Me*  
  Deborah Tannen  
  *The Road Less Traveled*  
  M. Scott Peck

**Web Sites**

• [www.petersons.com](http://www.petersons.com)  
  Provides up to date information on educational programs, financial aid, testing, and careers.

• [www.graduate-schools.com](http://www.graduate-schools.com)  
  Provides comprehensive listings of graduate schools and the advanced degree programs these schools offer; you can also download sample test questions from the GRE, GMAT, and LSAT.

• [www.gooeyindustries.com](http://www.gooeyindustries.com)  
  Offers resume building, networking strategies, and access to employers who are actively recruiting via the Internet; this site requires password to access; please contact the Director of Career Services to obtain authorization.

• [www.about.com](http://www.about.com)  
  Provides extensive network of links to a wide range of subjects from eighteenth century protestantism to alcoholism; these sites are maintained by experts in their chosen fields.

• [www.mentalhelp.net](http://www.mentalhelp.net)  
  Provides comprehensive information and professional resources for a wide range of problems, e.g., Attention-Deficit-Disorder, Anorexia, Depression.