

Book List

- **How Can I Forgive You** By Janis Abrahms Spring (one of the leading authors on the topic of forgiveness, not specific to sexual addictions)
- **The Sex-Starved Marriage** By Michelle Weiner Davis (helps build and strengthens the connection between sexual intimacy and emotional intimacy)
- **Hold Me Tight: Seven Conversations for a Lifetime of Love** By Sue Johnson (Based on Emotionally Focused Couple Therapy, which is the most successful couple therapy approach; written for lay audience)
- Any book by John Gottman (leading researcher on couple communication)
- **Willpower's Not Enough: Recovering from Addictions of Every Kind**
- **Passionate Marriage: Keeping Love & Intimacy Alive in Committed Relationships** By David Schnarch (written to help couples overcome sexual and emotional blocks in their relationship, an advanced reading)
- **Resurrecting Sex: Resolving Sexual Problems and Rejuvenating Your Relationship** By David Schnarch (written to help couples overcome sexual difficulties and their resulting relationship problems, an advanced reading)
- **The Feeling Good Handbook** By David D Burns (practical ways to overcome depression, conquer anxiety and enjoy greater emotional intimacy)
- **The Five Love Languages** By Gary Chapman (helps you identify the way you receive and express love and your partner's way)
- **The Gifts of Imperfection** By Brené Brown
- **I Thought it Was Just Me** By Brené Brown (Shame and shame resiliency)
- **Daring Greatly** By Brené Brown
- **Rising Strong** By Brené Brown
- **Codependent No More** By Melody Beattie (helps to identify codependent behaviors and patterns)
- **Facing Codependency** By Pia Mellody
- **The Intimacy Factor** By Pia Mellody
- **Facing Love Addiction** By Pia Mellody
- **Spouses of Sex Addicts** By Richard Blankenship
- **My Sexually Addicted Spouse** By Barbara Steffens and Marsha Means



- (addresses the impact of the addiction on the spouse from the point of view that the partner has been traumatized)
- **Lost in the Shuffle** By Robert Subby (Explains codependent patterns and how dysfunctional families contribute to our codependent behaviors)
 - **Boundaries** By John Townsend and Henry Cloud (Christian perspective on setting boundaries with everyone)
 - **Boundaries in Marriage** By John Townsend and Henry Cloud
 - **Healing the Shame that Binds You** By John Bradshaw
 - **The Dance of Anger** By Harriet Lerner
 - **The Dance of Connection; How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate** By Harriet Lerner
 - **Deceived: Facing Sexual Betrayal Lies and Secrets** By Claudia Black
 - **Intimacy Anorexia** By Doug Weiss
 - **The Anatomy of Peace: Resolving the Heart of Conflict** By The Arbinger Institute
 - **Sitting Still Like a Frog** By Eline Snel (Mindful exercises for children)
 - **Mindsight** By Dr. Daniel Siegel
 - **Parenting From the Inside Out** By Dr. Daniel Siegel
 - **Self-Compassion** By Dr. Kristin Neff

