

Book Suggestions

Shena Manning, LCMHC www.brightenpathcounseling.com

Dating, Relationship, and Marriage

- The Relationship Cure - 5 Step Guide to Strengthen Your Marriage - John Gottman
- The 5 Love Languages (married and singles editions)
- Attached: The New Science of Adult Attachment & How It Can Help You Find – Keep – Love
- Smart Couples Finish Rich. 9 steps to creating a rich future for you and your spouse
- The Magic 5 hours - The relationship cure - 5 step guide to strengthen your marriage - John Gottman
- The Upside-Down Marriage: 12 Ways to Keep Your Marriage Right Side Up - by Jim Keller
- Sacred Marriage - by Gary L. Thomas
- Love and War: Finding the Marriage You've Dreamed of - by John Eldredge, Stasi Eldredge
- How We Love: Discover Your Love Style, Enhance Your Marriage - by Milan Yerkovich, Kay Yerkovich
- The Emotionally Destructive Marriage - How to find your voice and reclaim your hope (Christian support)
- Fierce Intimacy – Terry Real
- Why Does He Do That? - Lundy Croftman
- Rising Strong, The Reckoning, The Rumble, The Revolution
- Boundaries by Dr. Henry Cloud and Dr. John Townsend
- Safe People Henry McCoud
- The Seven Levels of Intimacy by Matthew Kelly
- Getting the Love you Want by Harville Hendrix and Hellen LaKelly Hunt
- Marriage on the Rock: A Guide for discovering God's design for your dream marriage
- Adult Children of Emotionally Immature Parent
- The Road Less Traveled: A New Psychology of Love, Traditional Values, and Spiritual Growth
- Should I Stay or Should I Go? - Lundy Croftman

Depression

- The Art of Happiness - Dalai Lama & Howard Cutler
- The Secret
- The How of Happiness: A New Approach to Getting the Life You Want
- The Book of Joy: Lasting Happiness in a Changing World: Dalai Lama, Desmond Tutu

Debt Free

- Debt Free Living - Larry Burkett
- The Total Money Makeover: A Proven Plan for Financial Fitness - Dave Ramsey
- The Total Money Makeover Workbook - Dave Ramsey
- Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives
- Living Forward: A Proven Plan to Stop Drifting and Get the Life You Want

Divorce

- Divorce Recovery, Dr. Mark Rye

Emotional Self-Help Books

- Emotional Agility, Susan David
- The Gifts of Imperfections: Let go of who you think you're supposed to be and embrace who you are, Brene Brown
- Attached: The New Science of Adult Attachment & How It Can Help You Find – Keep – Love

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Faith- Based Books for Men, Women, Marriage & Family

- Arise: Finding Wholeness Through Broken Pieces, Shameka Daniels
- Love Like You Have Never Been Hurt, Jentezen Franklin
- Relational Intelligence, Dr. Dharius Daniels
- The Purity Code, God's Plan for Sex & Your Body, Jim Burns
- The Five Languages of Apology, Gary Chapman & Jennifer Thomas
- Love and Respect, Dr. Emerson Eggerichs (book & workbook)
- Marriage-6 Gospel Commitments Every Couple Needs to Make, Paul David Tripp
- Woman Evolve, Sarah Jakes
- When Women Pray TD Jakes
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Family Issues

- Adult Children of Emotionally Immature Parents - Lindsay C. Gibson, PhD
- The Book of Joy: Lasting Happiness in a Changing World: Dalai Lama, Desmond Tutu
- Attached: The New Science of Adult Attachment & How It Can Help You Find – Keep – Love

Grief

- The Other Side of Sadness - George Bonanno
- The Grief Recovery Handbook
- When Bad Things Happen to Good People
- How to go on living when someone you love dies
- The Power of Now

Grief - Christian Faith

- A Grace Disguised by Gerald Sittser

Infertility

- Spiritual Fertility: Integrative Practices for the Journey to Motherhood
- Making Babies
- The Impatient Woman's Guide to Getting Pregnant
- The Ten-Year Club: A Decade of Infertility and Us
- Inconceivable
- The Underachieving Ovary
- If at First You Don't Conceive: A Complete Guide to Infertility from One of the Nation's Leading Clinics
- Yes, You Can Get Pregnant: Natural ways to improve your fertility now and into your 40's, Aimee Raupp
- Body Belief: How to heal autoimmune diseases, radically shift your health & learn to love your body more,
Aimee Raupp
- Chill out and get healthy: Live clean to be strong and stay sexy, Aimee Raupp

Intimacy

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- Buddha's Bedroom: The Mindful Loving Path to Sexual Passion and Lifelong Intimacy - <https://drcherylfraser.com/>

She has a Podcast – Sex, Love and Elephants

- Attached: The New Science of Adult Attachment & How It Can Help You Find – Keep – Love

Leadership

- Dare to Lead, Brene Brown
- Rising Strong, The Reckoning, The Rumble, The Revolution
- The Miracle Morning: The 6 Habits that will transform your life before 8 AM

Life Planning

- Living Forward: A Proven Plan to Stop Drifting and Get the Life You Want
- Rising Strong, The Reckoning, The Rumble, The Revolution
- Attached: The New Science of Adult Attachment & How It Can Help You Find – Keep – Love

Male Health

- The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire
 - Buddha's Bedroom: The Mindful Loving Path to Sexual Passion and Lifelong Intimacy - <https://drcherylfraser.com/>
- She has a Podcast – Sex, Love and Elephants

Narcissism

- Adult Children of Emotionally Immature Parents
- The Wizard of Oz and Other Narcissists
- Why Does He Do That?" By Lindy Croftman
- Disarming the Narcissist: Surviving & Thriving with the self-absorbed
- One Moms Battle Divorcing a Narcissist
- Narcissistic Mothers: Theresa Shahida - How Being the Daughter or Son of a Narcissistic Mother Affect Your Feelings & Your Life.

Supply Yourself After a Narcissistic Emotional Abuse with a Practical Recovery Guide

- Setting Boundaries will set you free: Ultimate guide to telling the truth, creating connection & finding freedom
- Power: Surviving and Thriving after narcissistic abuse: Essays on Malignant Narcissist & Recovery – Shahida Arabi
- Psychopath Free: Recovering from emotionally abusive relationships with Narcissist & Sociopaths & Other

Toxic People

- The Covert Passive Aggressive Narcissist - Debbie Mirza
- The Safest Place Possible - Debbie Mirza
- Becoming the Narcissist's Nightmare - Shahida Arabi
- Psychopath Free - Jackson MacKenzie
- Should I Stay or Should I Go? - Lundy Croftman
- Why Does He Do That? - Lundy Croftman

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Parenting

- Adult Children of Emotionally Immature Parents - Lindsay C. Gibson, PhD
- Relational Parenting: Going Beyond Your Child's Behavior to Meet Their Deepest Needs
- Positive Discipline for Toddlers - Jane Nelsen

Self-Improvement

- Attached: The New Science of Adult Attachment & How It Can Help You Find – Keep – Love
- Adult Children of Emotionally Immature Parent
- How to Win Friends and Influence People - Dale Carnegie
- Raving Fans - Ken Blanchard
- The 4 Agreements - Don Miguel Ruiz
- The Power of Now - Eckart Tolle
- Your best life now - Joel Osteen
- Untethered Soul - Michael Singer
- Reinventing Your Life: The Breakthrough Program to End Negative Behavior and Feel Great Again
- The Book of Joy: Lasting Happiness in a Changing World By Dalai Lama, Desmond Tutu
- Living Forward: A Proven Plan to Stop Drifting and Get the Life You Want

The Bible

- The Bible- NKJV, ESB-English Standard, NIV, Holman Christian Standard Bible

Trauma and Healing

- Feel It Heal It Let It Go (Includes prompts to journal) – Nicole Musap
- Hurt People Hurt People- Sandra Wilson