



80 Self-Help Books Recommended by my Readers

Dysfunctional Families

1. Toxic Parents by Susan Forward
2. If You Had Controlling Parents by Dan Neurharth
3. Another Chance: Hope and Health for the Alcoholic Family by Sharon Wegscheider-Cruse
4. The Emotionally Absent Mother by Jasmin Lee Cori

Relationships

5. Why Is it Always about You: The 7 Deadly Sins of Narcissism by Sandy Hotchkiss
6. The Verbally Abusive Relationship by Patricia Evans
7. Hold Me Tight by Sue Johnson
8. Who's Pulling Your Strings by Harriet Braiker
9. The 5 Love Languages by Gary Chapman
10. Running on Empty No More by Jonice Webb
11. How We Love: Discover Your Love Style, Enhance Your Marriage by Milan and Kay Yerkovich
12. Safe People: How to Find Relationships that are Good for You and Avoid Those that Aren't by Henry Cloud and John Townsend
13. Loving Him without Losing You: How to Stop Disappearing and Start Being Yourself by Beverly Engel
14. How to Break Your Addiction to a Person: When and Why Love Doesn't Work by Howard Halpern
15. Necessary Endings: The Employees, Businesses, and Relationships That All of Us Have to Give Up In Order to Move Forward by Henry Cloud

16. After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful by Janis Abrahms Spring
17. Getting the Love You Want by Harville Hendrix

Parenting

18. The Awakened Family: How to Raise Empowered, Resilient, and Conscious Children by Shefali Tsabary

Codependency and Boundaries

19. Codependent No More by Melody Beattie
20. Boundaries by Henry Cloud and John Townsend
21. Take Control of Your Life: Escape the Grip of Codependency by James Richards
22. Don't Call it Love by Gregory Jantz and Tim Clinton
23. Let Go Now: Embracing Detachment by Karen Casey
24. The Disease to Please by Harriet Braiker
25. Adult Children of Alcoholics by Janet Woititz
26. Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You by Susan Forward
27. The Human Magnet Syndrome: The Codependent Narcissist Trap by Ross Rosenberg
28. Love is a Choice: The Definitive Book on Letting Go of Unhealthy Relationships by Robert Hemfelt, Frank Minirth, and Paul Meier
29. The Language of Letting Go: Daily Meditations for Codependents by Melody Beattie
30. Out of the Fog: Moving from Confusion to Clarity After Narcissistic Abuse by Dana Morningstar

For Women

31. Women Who Love Too Much by Robin Norwood

32. Why Does He Do That? By Lundy Bancroft
33. Mothers Who Can't Love: A Healing Guide for Daughters by Susan Forward
34. The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse by Ellen Bass and Laura Davis
35. The Dance of Anger by Harriet Lerner
36. 5 Habits of a Woman Who Doesn't Quit by Nicki Koziarz
37. Wild Women Who Run with the Wolves: Myths and Stories of the Wild Woman Archetype by Clarissa Pinkola Estes
38. Perfect Daughters: Adult Daughters of Alcoholics by Robert Ackerman
39. Will I Ever Be Good Enough?: Healing the Daughters of Narcissistic Mothers by Karyl McBride

For Men

40. I Don't Want to Talk about It by Terrence Real
41. Silent Sons by Robert Ackerman

Trauma and Healing

42. Trauma and Recovery by Judith Herman
43. The Body Keeps Score by Bessel Van der Kolk
44. You Can Heal Your Life by Louise Hay
45. Complex PTSD: From Surviving to Thriving by Pete Walker
46. Recovery of Your Inner Child by Lucia Capacchione
47. Healing the Shame that Binds You by John Bradshaw

Spirituality and Personal Growth

48. Hallelujah Anyway: Rediscovering Mercy By Anne Lamott
49. The Tao of Pooh by Benjamin Hoff
50. How to Be Here: A Guide to Creating a Life Worth Living by Rob Bell
51. A Course in Miracles by Alan Cohen
52. The Road Less Traveled by M. Scott Peck
53. The Purpose of Driven Life by Rick Warren
54. The Four Agreements by Don Miguel Ruiz
55. Present Over Perfect: Leaving Behind Frantic for a Simpler, More Soulful Way of Life by Shauna Niequist
56. When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron
57. The Power of Now by Eckhart Tolle
58. Peace Within: Clear Your Mind, Open Your Heart, Embrace Your Soul and Heal Your Life by Michael Brant DeMaria
59. Belonging: Remembering Ourselves Home by Toko-pa Turner

Self-worth/Other

60. The Gifts of Imperfection by Brenne Brown
61. I Thought It Was Just Me (But it Isn't) by Brenne Brown
62. You are a Badass by Jen Sincero
63. Love Warrior by Glennon Melton Doyle
64. Self-Compassion by Kristin Neff
65. Forgive for Good by Fred Luskin
66. The Happiness Project by Gretchen Rubin
67. Reinventing Your Life by Jeffrey Young and Janet Klosko
68. Feel the Fear and Do It Anyway by Susan Jeffers
69. The 7 Habits of Highly Effective People by Steven Covey
70. Feeling Good: The New Mood Therapy by David Burns



71. Constructive Wallowing: How to Beat Bad Feelings by Letting Yourself Have Them by Tina Gilbertson
72. On Becoming a Person by Carl Rogers
73. Mindset: The New Psychology of Success by Carol Dweck
74. It's Not Always Depression: Working the Change Triangle to Listen to the Body, Discover Core Emotions, and Connect to Your Authentic Self by Hilary Jacobs Hendel
75. The Highly Sensitive Person: How to Thrive When the World Overwhelms You by Elaine Aron
76. Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness by Rick Hanson
77. Meditation for Fidgety Skeptics by Dan Harris
78. The Mindful Day: Practical Ways to Find Focus, Calm, and Joy From Morning to Evening by Laurie Cameron
79. Dying to Be Me: My Journey from Cancer, to Near Death, to True Healing by Anita Moorjani
80. The Happiness Trap: How to Stop Struggling and Start Living by Russ Harris