

Recommended Reading

DIVORCE

Divorce Recovery, Volunteers Of, comp. *Divorce Recovery*. 1st ed. Tucson, Arizona: LULU, 2015.

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Everett, Craig A., and Everett, Sandra Volgy. *Healthy Divorce*. San Francisco: Jossey-Bass, 1994.

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Fisher, Bruce, and Bierhaus, Jere. *Workbook for Rebuilding When Your Relationship Ends*. Atascadero, CA: Impact Pub., 2000. Print.

Fisher, Bruce. *Rebuilding: When Your Relationship Ends*. San Luis Obispo, CA: Impact Publ., 1987.

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Gadoua, Susan Pease. *Stronger Day by Day Reflections for Healing & Rebuilding after Divorce*.

Oakland, CA.: New Harbinger Publications, 2010. Print.

Manfred, Erica. *He's History, You're Not: Surviving Divorce after 40*. Guilford, CT: GPP Life, 2009.

Print.

Sember, Brette McWhorter. *The Divorce Organizer & Planner*. New York: McGraw-Hill, 2004. Print.

Tesler, Pauline H., and Thompson, Peggy. *Collaborative Divorce: The Revolutionary New Way to Restructure Your Family, Resolve Legal Issues, and Move on with Your Life*. New York, NY: Regan, 2006. Print.

Trafford, Abigail. *Crazy Time: Surviving Divorce and Building a New Life*. New York:

HarperPerennial, 1992. Print.

Weimer, Tonja Evetts. *Thriving after Divorce: Transforming Your Life When a Relationship Ends*.

New York: Atria Paperback, 2010. Print.

ANGER

Carter, Les. *The Anger Trap: Free Yourself from the Frustrations That Sabotage Your Life*. San Francisco, CA: Jossey-Bass, 2003. Print.

Greene, Ida. *Anger Management Skills for Men*. San Diego, CA: P.S.I., 2003. Print.

Lerner, Harriet Goldhor. *The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships*. New York: Harper & Row, 1985. Print.

McKay, Matthew, and Rogers Peter D.. *The Anger Control Workbook*. Oakland, CA: New Harbinger Publications, 2000. Print.

Petracek, Laura J. *The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-esteem, Your Emotional Balance, and Your Relationships*. Oakland, CA: New Harbinger Publications, 2004. Print.

Tafate, Raymond Chip., and Kassinove, Howard. *Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life*. Atascadero, CA: Impact, 2009. Print.

BOUNDARIES

Beattie, Melody. *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*. N.p.: n.p., n.d. Print.

Cloud, Henry, and Townsend, John Sims. *Boundaries: When to Say Yes, When to Say No to Take Control of Your Life*. Grand Rapids, MI: Zondervan Pub. House, 1992. Print.

Katherine, Anne. *Boundaries: Where You End and I Begin*. Center City. Minn.: Hazelden, 1994. Print.

Katherine, Anne. *Where to Draw the Line: How to Set Healthy Boundaries Every Day*. New York: Simon & Schuster, 2000. Print.

CHILDREN AND DIVORCE

Ackerman, Marc J. *Does Wednesday Mean Mom's House or Dad's?: Parenting Together While Living Apart*. New York: John Wiley & Sons, 1997. Print.

Emery, Robert, PhD. "The Truth about Children and Divorce." *Emery on Divorce*. N.p., n.d. Web. 27 Oct. 2014.

Lansky, Vicki. *Vicki Lansky's Divorce Book for Parents: Helping Your Children Cope with Divorce and Its Aftermath*. New York: New American Library, 1989. Print.

Ricci, Isolina. *Mom's House, Dad's House: A Complete Guide for Parents Who Are Separated, Divorced, or Remarried*. New York: Fireside, 1997. Print.

Schneider, Meg F., and Offerman-Zuckerberg, Joan. *Difficult Questions Kids Ask--and Are Afraid to Ask--about Divorce*. New York: Simon & Schuster, 1996. Print.

FEAR

Jampolsky, Gerald G. *Love Is Letting Go of Fear*. Berkeley, CA: Celestial Arts, 1979. Print.

Jeffers, Susan J. *Feel the Fear and Do It Anyway*. San Diego: Harcourt Brace Jovanovich, 1987. Print.

FORGIVENESS

Casarjian, Robin. *Forgiveness: A Bold Choice for a Peaceful Heart*. New York: Bantam, 1992. Print.

LONELINESS

Brantley, Jeffrey, and Millstine, Wendy. *True Belonging: Mindful Practices to Help You Overcome Loneliness, Connect with Others, and Cultivate Happiness*. Oakland, CA: New Harbinger Publications, 2011. Print.

Burns, David D. *Intimate Connections*. New York: New American Library, 1985. Print.

Chopich, Erika J., and Paul, Margaret. *Healing Your Aloneness: Finding Love and Wholeness through Your Inner Child*. San Francisco: Harper & Row, 1990. Print.

Cynaumon, Greg, and Cynaumon, Dana. *Married but Feeling Alone: Starting Over Before It's Too Late*. Ann Arbor, MI: Vine, 1995. Print.

Davis, Tanya, and Dorfman, Andrea. *How to Be Alone*. Print.

LOSS AND GRIEF

Colgrove, Melba, Bloomfield, Harold H., and McWilliams, Peter. *How to Survive the Loss of a Love*. Los Angeles: Prelude, 1991. Print.

Cross, Darlene F. *A New Normal: Learning to Live with Grief and Loss*. Las Vegas, NV: Darlene Cross, 2010. Print.

Deits, Bob. *Life after Loss: A Practical Guide to Renewing Your Life after Experiencing Major Loss*. Cambridge, MA: Da Capo/Lifelong, 2004. Print.

Donnelley, Nina Herrmann. *I Never Know What to Say: How to Help Your Family*. N.p.: Ballantine/Epiphany, 1987. Print.

Keen, Sam. *Beginnings without End*. New York: Harper & Row, 1975. Print.

Kübler-Ross, Elisabeth. *On Life after Death*. Berkeley, CA: Celestial Arts, 1991. Print.

Mitsch, Ray, and Brookside, Lynn. *Grieving the Loss of Someone You Love: Daily Meditations to Help You through the Grieving Process*. Ann Arbor, MI: Vine, 1993. Print.

Myss, Caroline M. *Anatomy of the Spirit: The Seven Stages of Power and Healing*. New York: Harmony, 1996. Print.

Tatelbaum, Judy. *The Courage to Grieve: Creative Living, Recovery and Growth through Grief*. London: Cedar, 1996. Print.

SELF-ESTEEM

Bstan-'dzin-rgya-mtsho, and Cutler, Howard C. *The Art of Happiness: A Handbook for Living*. New York: Riverhead, 1998. Print.

Brown, Brené. *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*. Center City, MN: Hazelden, 2010. Print.

Carnes, Patrick. *A Gentle Path through the Twelve Steps: The Classic Guide for All People in the Process of Recovery*. Center City, MN: Hazelden, 2012. Print.

Covey, Stephen R. *Living the 7 Habits: Stories of Courage and Inspiration*. New York: Simon & Schuster, 1999. Print.

Harvey, Steve, and Johnson, Jeffrey. *Act like a Success, Think like a Success: Discovering Your Gift and the Way to Life's Riches*. N.p.: n.p., n.d. Print.

Miller-Marx, Kim. *I Have a Friendly Smile: Self-Esteem Affirmations*. S.l.: S.n., 1994. Print.

Norwood, Robin. *Women Who Love Too Much: When You Keep Wishing and Hoping He'll Change*. Los Angeles: J.P. Tarcher, 1985. Print.

Peck, M. Scott. *The Road Less Traveled: A New Psychology of Love, Traditional Values, and Spiritual Growth*. New York: Simon and Schuster, 1978. Print.

Ruiz, Miguel. *The Four Agreements*. San Rafael, CA: Amber-Allen Pub., 1997. Print.

Tolle, Eckhart. *A New Earth: Awakening to Your Life's Purpose*. New York: Plume, 2006. Print.