

Recommended Readings

As an adjunct to your therapy, I suggest that you learn about topics that are related to your therapy issues and goals. I welcome discussions in your sessions about how your reading is impacting your personal insight and development.

The following book list includes topics that relate to the counseling and trainings that I provide. I have read many of the books and have many of them at my office for my clients' perusal.

Bibliography Topics:

- *Self-Care, Psychological, Physical and Emotional Health*
- *Relationships and Uncoupling*
- *Abuse and Healing*
- *Sexuality and Sexual Identity*
- *Gender*
- *Parenting and Families*
- *Oppression*
- *Some More*

This is not meant as an inclusive list of the many books and resources available on each of these topics. I do not assume any responsibility for the content, recommendations or advice that any of these resources may offer. 2015

Self-Care, Psychological, Physical and Emotional Health

Depression & Anxiety:

101 Alternatives to Suicide for Teens, Freaks & Other Outlaws by Kate Bornstein

The Anxiety and Phobia Workbook by Edmund J. Bourne

Anxious Kids, Anxious Parents: 7 Ways To Stop The Worry Cycle And Raise Courageous And Independent Children by Reid Wilson and Lynn Lyon

The Chemistry of Calm: A Powerful, Drug-Free Plan to Quiet Your Fears and Overcome Your Anxiety by Henry Emmons

The Chemistry of Joy: A Three-Step Program for Overcoming Depression Through Western Science and Eastern Wisdom by Rachel Kranz and Henry Emmons

Don't Panic by Reid Wilson

The Feeling Good Handbook by David Burns

Feeling Good: The New Mood Therapy by David Burns

Freedom from Obsessive-Compulsive Disorder by Jonathan Grayson

Free Yourself from Harmful Stress by Trevor Powell

The Mindfulness & Acceptance Workbook for Anxiety by J. Forsyth & G. Eifert

The Mindfulness & Acceptance Workbook for Depression by K. Strosahl & P. Robinson

The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain by Donald Altman

Overcoming Anxiety, Worry, and Fear: Practical Ways to Find Peace by Gregory Jantz

Peace is Every Step by Thich Nhat Hanh

Taming the Tiger Within: Meditations on Transforming Difficult Emotions by Thich Nhat Hanh

What Every Therapist Needs to Know About Anxiety Disorders by Martin Seif and Sally Winston

Anger:

Anger: Wisdom for Cooling the Flames by Thich Nhat Hanh

The Dance of Anger by Harriet Goldhor Lerner

Healing Rage: Women Making Inner Peace Possible by Ruth King

Grief:

Entering the Healing Ground: Grief, Ritual and the Soul of the World by Francis Weller

The Grief Recovery Handbook for Pet Loss by R. Friedman, C. James & J. James

The Pagan Book of Living and Dying by Starhawk

Recovery from Loss: A Personalized Guide to the Grieving Process by Lewis Tagliaferre

Sacred Dying: Creating Rituals for Embracing the End of Life by Megory Anderson

Shame & Self-Esteem:

The Confidence Gap by Russ Harris

Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent and Lead by Brene Brown

The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are by Brene Brown

Healing the Shame that Binds You by John Bradshaw

I Thought It Was Just Me (But It Isn't): Making the Journey from "What Will People Think?" to "I am Enough" by Brene Brown

The Introvert Advantage: How to Thrive in an Extrovert World by Marti Laney

It's Okay to Be Different by Todd Parr

Men, Women & Worthiness: The Experience of Shame and the Power of Being Enough by Brene Brown

Overcoming Perfectionism: The Key to a Balanced Recovery by Ann W. Smith

The Power of Vulnerability by Brene Brown

Quiet: The Power of Introverts in a World That Can't Stop Talking by Susan Cain

The Self-Esteem Companion by M. McKay, P. Fanning, C. Honeychurch & C. Sutker

The Self-Esteem Workbook by Glenn Schiraldi

The Self-Esteem Workbook for Teens by Lisa Schab

Talking to My Selves: Learning to Love the Voices in Your Head by Debbie Unterman

Ten Days to Self-Esteem by David Burns

Unconditional Confidence: Instructions for Meeting Any Experience with Trust and Courage by Pema Chodron

Will I Ever Be Good Enough? Healing the Daughters of Narcissistic Mothers by Karyl McBride

Mindfulness, Acceptance & Compassion:

An Open Heart: Practicing Compassion in Everyday Life by The Dalai Lama

The Four Agreements: A Practical Guide to Personal Freedom by Don Miguel Ruiz

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness by Jon Kabat-Zinn

Fully Present: The Science, Art, and Practice of Mindfulness by Diana Winston and Susan L. Smalley

Get Out of Your Mind and Into Your Life: The New Acceptance & Commitment Therapy by Steven Hayes

How to Meditate: A Practical Guide to Making Friends with Your Mind by Pema Chodron

Loving Kindness: The Revolutionary Art of Happiness by Sharon Salzberg

Irene M. Greene, MSE

Irene M. Greene Psychotherapy & Training LCC

Psychotherapist & Trainer / The Well: Healing Arts Center

Suite 203 / 2100 1st Avenue South / Minneapolis, MN / 55404 / 612.874.6442 / www.irenegreene.com /

The Miracle of Mindfulness: An Introduction to the Practice of Meditation by Thich Nhat Hanh
The Mindfulness & Acceptance Workbook for Anxiety by J. Forsyth & G. Eifert
The Mindfulness & Acceptance Workbook for Depression by K. Strosahl & P. Robinson
Mindfulness Meditation by Tara Brach (CD set)
The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain by Donald Altman
Radical Acceptance: Embracing Your Life with the Heart of a Buddha by Tara Brach
Taming the Tiger Within: Meditations on Transforming Difficult Emotions by Thich Nhat Hanh
True Refuge: Finding Peace and Freedom in Your Own Awakened Heart by Tara Brach
The Wise Heart: Buddhist Psychology for the West by Jack Kornfield
Your Turn for Care: Surviving the Aging and Death of the Adults who Harmed You by Laura Brown

Recovery:

Beyond Addiction: How Science and Kindness Help People Change by J Foote, C. Wilkins, N. Kosanke
Easy Does It Relationship Guide for People in Recovery: Drama-free, Step-friendly Advice on Attaining, Maintaining, and Sustaining a Committed Relationship by Mary Faulkner MA
Loving a Life I Love: Sex Addiction by Weston Edwards
Pathways to Recovery: A Strengths Recovery Self-Help Workbook by Priscilla Ridgway, Diane McDiarmid, Lori Davidson and Julie Bayes

Managing Emotions:

The Brain and Emotional Intelligence: New Insights by Daniel Goleman
Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom by Rick Hanson
Emotions & Essential Oils: A Guidebook
Emotional Intelligence by Daniel Coleman
Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain by Maggie Phillips
Primal Leadership: Unleashing the Power of Emotional Intelligence by Coleman, Boyatzis & McKee
The Reality Slap: Finding Peace & Fulfillment When Life Hurts by Russ Harris
Taking the Leap: Freeing Ourselves from Old Habits and Fears by Pema Chodron
The Tao of Fully Feeling by Pete Walker

Relationships

All About Love: New Visions by bell hooks
The Art of Forgiveness, Loving-kindness, and Peace by Jack Kornfield
Codependent No More: How to Stop Controlling Others and Start Caring for Yourself by Melody Beattie
The Conscious Heart: Seven Soul Choices that Create your Relationship Destiny by Kathlyn Hendrickson & Gay Hendrickson
The Couple's Comfort Book by Jennifer Loudon
Conscious Coupling: Positive Insights for Long Lasting Relationships Shared by Two Divorce Mediators by Don Desroches & Dana Greco
The Eight Essential Traits of Couples Who Thrive by Susan Page
Feeling Good Together: The Secret to Making Troubled Relationships Work by David Burns
The Five Languages of Apology by Gary Chapman and Jennifer Thomas

The Five Love Languages by Gary Chapman and Jennifer Thomas
The Four Agreements by Don Miguel Ruiz
Getting the Love You Want by Harville Hendrix
Getting the Love You Want Workbook by Harville Hendrix & Helen LaKelly Hunt
Hold Me Tight: Seven Conversations for a Lifetime of Love by Sue Johnson
Passionate Couples: Sex, Love, & Intimacy in Emotionally Committed Relationships by David Schnarch
Permanent Partners: Build Gay and Lesbian Relationships that Last by Betty Berzo
The Road Less Traveled: A New Psychology of Love, Traditional Values and Spiritual Growth by M. Scott Peck
True Love: A Practice for Awakening the Heart by Thich Nhat Hanh
Wired for Love: How Understanding Your Partner's Brain & Attachment Style Can Help You Defuse Conflict & Build a Secure Relationship by Stan Tatkin

Uncoupling & Divorce:

Conscious Uncoupling: 5 Steps to Living Happily Even After by Katherine Thomas
Conscious Uncoupling Revealed! A New Age Look at Turning the Grief of Divorce into Your Own Personal Breakthrough by Juergen Maslow
The Good Divorce: Keeping Your Family Together When Your Marriage Comes Apart by Constance Ahrons
Should I Stay or Should I Go: A Guide to Knowing if Your Relationship Can – and Should – Be Saved by Lundy Bancroft
Too Good to Leave, Too Bad To Stay by Mira Kirshenbaum
Unconditional Forgiveness by Mary Hayes Grieco
Uncoupling: Turning Points in Intimate Relationships by Diane Vaughan

Relationships & Abuse:

After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful by Janis Abrahms Spring and Michael Spring
The Emotionally Abusive Relationship by Beverly Engel
Emotionally Focused Couple Therapy with Trauma Survivors: Strengthening Attachment Bonds by Susan Johnson
Ghosts in the Bedroom: A Guide for the Partners of Incest Survivors by Ken Graber
The Verbally Abusive Relationship by Patricia Evans
What About Me? A Guide for Men Helping Female Partners Deal with Childhood Sexual Abuse by Grant Cameron

Abuse and Healing

Sexual Abuse, PTSD & Healing:

Complex PTSD: From Surviving to Thriving by Peter Walker
The Courage to Heal by Laura Davis & Ellen Bass
The Courage to Heal Workbook by Laura Davis
Getting Through the Day by Nancy J. Napier
Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationships by Laurence Heller and Aline LaPierre
The Inner World of Trauma: Archetypal Defenses of the Personal Spirit by Donald Kalsched
Man to Man: When Your Partner Says No: Pressured Sex and Date Rape by Scott A. Johnson
Overcoming Trauma and PTSD by Sheela Raja

Overcoming Trauma through Yoga: Reclaiming Your Body by D. Emerson & E. Hopper
The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms by Mary Beth Williams & Soili Poijula
The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse by Wendy Maltz
101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward by Linda Curran
Trauma and Recovery: The Aftermath of Violence – from Domestic Abuse to Political Terror by Judith Herman
Victory Over Verbal Abuse by Patricia Evans
Victory Over Verbal Abuse: A Healing Guide to Renewing Your Spirit and Reclaiming Your Life by Patricia Evans
Walking the Tiger: Healing Trauma by Peter Levine
Your Turn for Care: Surviving the Aging and Death of the Adults who Harmed You by Laura Brown

Ritual Abuse:

Becoming Yourself: Overcoming Mind Control & Ritual Abuse by Alison Miller
Breaking Ritual Silence: An Anthology of Ritual Abuse Survivors Stories by Jeanne Lorena and Paula Levy, Editors
Ritual Abuse: What It Is, Why It Happens, How to Help by Margaret Smith

Dissociation & DID:

Amongst Ourselves: A Self-Help Guide to Living with Dissociative Identity Disorder by Tracy Alderman
Becoming One: A Story of Triumph Over Multiple Personality Disorder by Sarah Olson
Coping with Trauma-Related Dissociation by S. Boon, K. Steele, & O. Van Der Hart
Diagnosis and Treatment of MPD by Frank Putman
The Family Inside: Working with the Multiple by Bryant, Kessler & Shirar
First Person Plural: My Life as a Multiple by Cameron West
I Am More than One: How Women with Dissociative Identity Disorder Have Found Success in Life & Work by Jane Wegscheider Hyman
Neurobiology and Treatment of Traumatic Dissociation: Toward an Embodied Self Edited by U. Lanius, S. Paulsen & F. Corrigan
Until Darkness Holds No Fear: Healing a Multiple Personality by Elizabeth Julie Mikal
You're Not Crazy & You're Not Alone: Inside the Inner World of Dissociative Identity Disorder by Robert Oxnam (DVD)

Somatic Healing of Trauma:

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van Der Kolk
The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment by Babette Rothschild
In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness by Peter Levine
Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain by Senern Fisher
Sensorimotor Psychotherapy: Interventions for Trauma and Attachment (Norton Series on Interpersonal Neurobiology) by Pat Ogden & Janina Fisher

Inner Child, Abuse & Healing:

Children of the Self-Absorbed: A Grown-up's Guide to Getting Over Narcissistic Parents by Nina Brown

Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families by Charles Whitfield

Homecoming: Reclaiming and Healing Your Inner Child by John Bradshaw

The Inner Child Workbook: What to Do With Your Past When It Just Won't Go Away by Cathryn Taylor

It's Never too Late to Be Happy: Re-parenting Yourself for Happiness by Muriel James

Recovery of Your Inner Child by Lucia Capacchione

The Recovery Spiral: A Pagan Path to Healing by Cynthia Jane Collins

Re-parenting Yourself: Growing Up Again Recovering Your Lost Self by Art Martin

Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life by Craig Buck and Susan Forward

Will I Ever Be Good Enough: Healing the Daughters of Narcissistic Mothers by Karly McBride

 **Sexuality and Sexual Identity**

Bi Any Other Name: Bisexual People Speak Out By L. Hutchins & L. Kaahumanu, Editors

Black Sexual Politics by Patricia Hill Collins

Coming Out, Coming Home: Helping Families Adjust to a Gay or Lesbian Child by Michael C. LaSala

Closer to Home: Bisexuality & Feminism by Elizabeth Weise

The Complete Guide to Gay Life for New Explorers: The Definitive "Coming Out" Book by Michael Ryan

The Dating Dance by Joyce Gayles

The Erotic Mind: Unlocking the Inner Sources of Sexual Passion and Fulfillment by Jack Morin

I love Female Orgasm by Dorian Solot & Marshal Miller

Getting Bi: Voices of Bisexuals Around the World by Robyn Ochs

It's Perfectly Normal: Changing Bodies, Growing Up, Sex & Sexual Health by Robie Harris

Lesbian Epiphanies: Women Coming Out in Later Life (Haworth Gay & Lesbian Studies) by John Dececco and Karol L. Jensen

Lesbian Sex: 101 Lovemaking Positions by Jude Schell

Lesbian Sex Tips: A Guide for Anyone Who Wants To Bring Pleasure to the Woman She (Or He) Loves by Tracey Stevens and Katherine Wunder

Outing Yourself: How to Come Out as Lesbian or Gay to Your Family, Friends and Coworkers by Michelangelo Signorile

Passionate Couples: Sex, Love, & Intimacy in Emotionally Committed Relationships by David Schnarch

Sex for One by Betty Dodsen

The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse by Wendy Maltz

Take Me There: Trans and Genderqueer Erotica by Tristan Taormino

Kink, BDSM & Poly:

Different Loving: The World of Sexual Dominance & Submission by William Brame & Gloria Brame

The Ethical Slut by Dossie Easton

Life, Leather and the Pursuit of Happiness by Steve Lenius

The Myth of Monogamy by Judith Eve Lipton & David Barash

Irene M. Greene, MSE

Irene M. Greene Psychotherapy & Training LCC

Psychotherapist & Trainer / The Well: Healing Arts Center

Suite 203 / 2100 1st Avenue South / Minneapolis, MN / 55404 / 612.874.6442 / www.irenegreene.com/

The New Bottoming Book by Dossie Easton & Janet W. Hardy
The New Topping Book by Dossie Easton & Janet W. Hardy
Opening Up: A Guide to Creating and Sustaining Open Relationships by Tristan Taormino
Poly: Sex Culture Revolutionary by Polly Whittaker
Right Brain Sex: using Creative Visualization to Enhance Sexual Pleasure by Carol Wells
Safe Sane Consensual: The Evolution of a Shibboleth (BDSM) by David Stein
Sex at Dawn: How We Mate, Why We Stray, and What it Means for Modern Relationship by C. Ryan & C. Jetha
When Someone You Love is Kinky by Dossie Easton & Catherine A. Kiszt
Wild Side Sex: The Book of Kink by Midori

Gender

As Nature Made Him: The Boy Who Was Raised as a Girl by John Colapinto
Body Alchemy: Transsexual Portraits by Loren Cameron
Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children by Diane Ehrensaft
Gender, Bullying, and Harassment: Strategies to End Sexism and Homophobia in Schools by Elizabeth J. Meyer
Gender Outlaw: On Men, Women and the Rest of Us by Kate Bornstein
Helping Your Transgender Teen: A Guide for Parents by Irwin Krieg
Stone Butch Blues by Leslie Feinberg
The Transgender Child: A Handbook for Families and Professionals by Rachel Pepper and Stephanie A. Brill
Transgender Explained For Those Who Are Not by Joanne Herman
Transgender Warriors: Making History from Joan of Arc to Dennis Rodman by Leslie Feinberg
Whipping Girl: A Transsexual Woman on Sexism and the Scapegoating of Femininity by Julia Serano

Parenting and Families

Becoming the Parent You Want to Be by Laura Davis & Janis Keyser
Co-parenting After Divorce by Diana Shulman
The Conscious Parent by Shefali Tsabary
Gay Parenting: A Complete Guide for Gay Men and Lesbians with Children by Joy Schulenburg
The Gifts of Imperfect Parenting: Raising Children with Courage, Compassion & Connection by Brené Brown
The Lesbian Parenting Book by M. Cluis
Real Parents Real Children by Holly van Gulden & Lisa M. Bartels-Rabb
The Seven Habits of Highly Effective Families by Stephen Covey
Simple Secrets of Parenting: Easy as ABC by John Baucom
Spiritual Laws for Parents by Deepak Chopra
Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen by David Walsh

Oppression

Ain't I a Woman: Black Women and Feminism by bell hooks

Deconstructing Heterosexism in the Counseling Professions by Croteau, Lark, Lidderdale & Chung

Earth Democracy: Justice, Sustainability, and Peace by Vandana Shiva

Making Peace with the Earth by Vandana Shiva

Missing Class: Strengthening Social Movement Groups by Seeing Class Cultures by Betsy Leondare-Wright

The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander

The New Jim Crow Study Guide and Call to Action by Michelle Alexander

Oppression, Privilege, & Resistance: Theoretical Perspectives on Racism, Sexism, and Heterosexism by Lisa Heldke & Peg O'Connor

People of the Lie: The Hope for Healing Human Evil by M. Scott Peck

A People's History of the United States by Howard Zinn

Prison Industrial Complex by Angela Davis

Safety for Native Women: VAWA and American Indian Tribes

by [Jacqueline Agtuca](#) (Author), [Dorma Sahneyah](#) (Editor)

Sister Outsider: Essays and Speeches (Crossing Press Feminist Series) by Audre Lorde

The Velvet Rage: Overcoming the Pain of Growing Up Gay in a Straight Man's World by Alan Downs

Women, Race, & Class by Angela Y. Davis

Some More

Abounding Grace: An Anthology of Wisdom by M. Scott Peck

The Artist's Way by Julia Cameron

The Pagan Book of Living and Dying by Starhawk

The Power of Habit by Charles Duhigg

On Becoming a Person by Carl R. Rogers

Sacred Dying: Creating Rituals for Embracing the End of Life by Megory Anderson

Undersong: Chosen Poems Old and New by Audre Lorde

Women Who Run With the Wolves: Myths and Stories of the Wild Woman Archetype by Clarissa Pinkola Estes]