

Books for Adults

Abortion

A Season to Heal by Lucy Freed & Penny Yvonne Salazar

Adoption Issues

Being Adopted: The Lifelong Search for Self by David Brodzinsky
Castaway Kid by Rob Mitchell
The Connected Child by Karyn B. Purvis, Davis R. Cross & Wendy Lyons Sunshine – Secular
20 Life-Affirming Choices Adoptees Need to Make by Sherrie Eldridge

ADHD

Attention Deficit Disorder in Adults by Dr. Lynn Weiss
Scattered Minds by Leonard Adler, M.D.

Anger

A Woman's Forbidden Emotion by H. Norman Wright and Gary Oliver – Faith Based

Anxiety

Calm my Anxious Heart by Linda Dillow – Faith Based
Calming Your Anxious Mind by Jeffrey Brantley – Secular
What to Do When You Worry Too Much by Dawn Huebner – Secular
When I Relax I Feel Guilty by Tim Hansel – Faith Based

Borderline Personality Disorder

Stop Walking on Eggshells by Paul T. Mason & Randi Kreger – Secular

Bipolar Disorder

Bipolar Disorder by Francis Mark Mondimore, M.D. – Secular

Codependence

Facing Codependence: What It Is, Where It Comes From, How It Sabotages Our Lives by Pia Mellody

Women Who Love Too Much by Robin Norwood

Communication

Power with People (How to Handle Just About Anyone to Accomplish Just About Anything) by Gregory Lester

Dating

Attached by Amir Levine and Rachel S. F. Heller
Wired for Dating by Stan Tatkin

Depression

A Woman's Guide to Overcoming Depression by Archibald Hart & Catherine Hart Weber – Faith Based
The Cry of the Soul by Dan B. Allender & Tremper Longman – Faith Based

Divorce

Rebuilding: When Your Relationship Ends by Bruce Fisher – Secular
Shattered Dreams by Larry Crabb – Faith Based

Forgiveness

As We Forgive by Catherine Clair Larson
The Magic of Forgiveness by Tian Dayton – Secular
The Power of Forgiveness by Joyce Meyer – Faith Based
Total Forgiveness by R.T. Kendall – Faith Based

Goals

Purpose Driven Life by Rick Warren – Faith Based
The Four Agreements by Don Miguel Ruiz – Secular
What Are Your Goals by Gary Ryan Blair – Secular

Grief

Experiencing Grief by H. Norman Wright – Faith Based

Final Gifts by Maggie Callanan & Patricia Kelley – Secular

Understanding Your Grief by Alan D. Wolfelt, PhD

When the Bough Breaks: Forever After the Death of a Son or Daughter by Judith R. Bernstein – Secular

Hoarding

Overcoming Compulsive Hoarding by Fugen Naziroglu, Jerome Bublick & Jose A. Yaryura-Tobias – Secular

Oxford Handbook of Hoarding and Acquiring: Workbook by G. Steketee, & Randy O. Frost
Stuff: Compulsive Hoarding and the Meaning of Things by Randy O. Frost & Gail Steketee – Secular

Infertility

Moments for Couples Who Long for Children by Ginger Harrett & Steve Arterburn – Faith Based

When Empty Arms Become a Heavy Burden: Encouragement for Couples Facing Infertility by Sandra Glahn & William Cutrer

Infidelity

After the Affair by Janice Abrahms Spring & Michael Spring

I Do Again by Cheryl & Jeff Scruggs – Faith Based

NOT "Just Friends": Rebuilding Trust and Recovering Your Sanity After Infidelity by Shirley Glass

Insecurity

So Long Insecurity by Beth Moore – Faith Based

Marriage

Boundaries In Marriage by Henry Cloud & John Townsend – Faith Based

His Needs Her Needs by Willard F. Harley, Jr. – Secular

Love Me Don't Leave Me by Michelle Skeen, PsyD – Secular

Love and Respect by Emerson Eggerichs – Faith Based

Married But Lonely by David Clarke, PhD

Sacred Marriage by Gary Thomas – Faith Based

The DNA of Relationships by Gary Smallley – Faith Based

The Emotionally Destructive Marriage by Leslie Vernick – Faith Based

The Love Dare by Stephen Kendrick & Alex Kendrick – Faith Based

The Verbally Abusive Relationship by Patricia Evans – Secular

What to Do When Your Spouse Says, I Don't Love You Anymore by David Clarke PhD

Why Marriages Succeed or Fail by John Gottman – Secular

Wired for Love by Stan Talkin, PsyD – Secular

5 Love Languages by Gary Chapman – Faith Based

Relationships/Communication

Boundaries by Henry Cloud & John Townsend – Faith Based

Crucial Conversations by Kerry Patterson, Joseph Grenny, Ron McMillon & Al Switzler – Secular

War of Words by Paul David Tripp – Faith Based

Self-Development (all Brene Brown books)

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

I Thought It Was Just Me (But It Isn't): Making The Journey from "What Will People Think?" to "I Am Enough"

Daring Greatly

Rising Strong

Braving The Wilderness

Self-Injury/Self-Inflicted Violence

Bodily Harm by Karen Conterio & Wendy Lader – Secular

Cutting by Steven Levenkron – Secular

The Scarred Soul by Tracy Alderman – Secular

Sex

Authentic Human Sexuality by Judith & Jack Balswick – Faith Based

Intimate Issues by Linda Dillow & Lorraine Pintus – Faith Based

Rekindling Desire 2nd Edition by Barry McCarthy and Emily McCarthy

The Sexual Man by Archibald Hart – Secular

Sexual Abuse

Websites

Buckets of Hope: www.bucketsofhope.com

Girl Thrive: www.girlthrive.com

Male Sexual Abuse: www.malesurvivor.org & www.lin6.org

Books

Allies in Healing: When the Person You Love Was Sexually Abused As a Child by Laura Davis – Secular

Door of Hope: Recognizing and Resolving the Pain of the Past by Jan Frank

Victims No Longer: The Classic Guide for Men Recovering from Sexual Child Abuse by Mike Lew

Sex Addiction

Facing the Shadow by Patrick Carnes – Secular

Out of the Shadows by Patrick Carnes – Secular

Stress

CD

Letting Go of Stress by Emmett Miller, M.D. & Steven Halpern

Book

The Stress-Proof Brain by Melanie Greenber

Suffering

Night of Weeping by Horatius Bonar – Faith Based

The Case for Christ by Lee Strobel – Faith Based

The Case for the Creator by Lee Strobel – Faith Based

The Problem of Evil – A Biblical Worldview Perspective by Rick Rood at www.Probe.org – Faith Based

The Problem of Pain by C.S. Lewis – Faith Based

Trusting God Even When It Hurts by Jerry Bridges – Faith Based

Suicide

Healing After the Suicide of a Loved One by Ann Smolin, CSW & John Guinan, PhD

Books for Parents

Abuse/Sexual Abuse

A Child Called It by Dave Pelzer
Betrayal of Innocence: The Truth About Sexual Abuse by Dr. Susan Forward & Craig Buck
Finding Shelter After the Storm: A Workbook for Children Healing from Sexual Abuse by Sharon A. McGee, LMFT & Curtis Holmes, PhD
Invisible Girls: The Truth About Sexual Abuse by Dr. Patti Feuereisen with Caroline Pincus
On The Threshold of Hope by Diane Langburg – Faith Based
Shelter From the Storm: Hope for Survivors of Sexual Abuse by Cynthia Kubetin & James Mallory, M.D.
When Your Child Has Been Molested: A Parent's Guide to Healing and Recovery by Katheryn B. Hagans & Joyce Case

ADHD

Websites

www.allkindsofminds.org
www.additudemag.com
www.chadd.org

Books

Driven to Distraction by Edward M. Hallowell, M.D. & John J. Ratey, M.D.
Healing ADD by Daniel G. Amen, M.D.
Parenting Children with ADHD by Vincent J. Monastra, PhD
Teenagers with ADD and ADHD: A Guide for Parents and Professionals by Chris A. Zeigler Dendy
The ADHD Parenting Handbook by Colleen Alexander-Roberts
Transforming the Difficult Child: The Nurtured Heart approach by Howard Glasser and Jennifer Easley

Adoption

Anatomy of the Soul by Curt Thompson
Attaching in Adoption by Deborah Gray

The Connected Child by Karyn B. Purvis, Davis R. Cross & Wendy Lyons Sunshine
I Love You Rituals by Becky Bailey
Twenty Things Adopted Kids Wish Their Adoptive Parents Knew by Sherrie Eldridge
The Whole Life Adoption Book by Thomas Atwood and Jayne Schooler

Gifted Children

Living with Intensity by Susan Daniels and Michael M. Piechowski

Parenting

Between Parent & Child by Dr. H. G. Ginott
Between Parent & Teenager by Dr. H. G. Ginott
Boundaries With Kids by Henry Cloud and John Townsend – Faith Based
Bringing Up Boys by James Dobson – Faith Based
Helping Kids Deal With Anger, Fear and Sadness by H. Norman Wright – Faith Based
How to Talk So Kids Will Listen and Listen So Kids Will Talk by Adele Faber and Elaine
Moments for Families With Prodigals by Robert J. Morgan- Faith Based
No Drama Discipline by Daniel Siegel and Tina Bryson
Parenting Without Fear by Paul J. Donahue
Raising Cain: Protecting the Emotional Life of Boys by Dan Kindlon and Michael Thompson
Running the Rapids by Kevin Leman
Screamfree Parenting by Hal Edward Runkel – Faith Based
Stress and Your Child by Archibald Hart – Faith Based
The Power of Praying for Your Adult Children by Stormie Omartian – Faith Based
The Whole Brained Child by Daniel Siegel and Tina Bryson
Why Bright Kids Get Poor Grades by Sylvia Rimm

Books for Children

ADHD

Keeping Ahead in School by Dr. Mel Levine
Putting on the Brakes by Patricia O. Quinn,
M.D. & Judith M. Stern, MA

Adoption

A Perfectly Messed Up Story by Patrick
McDonnell
*Alexander & the Terrible, Horrible, No
Good, Very Bad Day* by Judith Viorst
All Families Are Special by Norma Simon,
The Family Book by Todd Parr
Am I Big or Little? by M. Bridges & T.
Dockray
Double Dip Feelings by Barbara Cain
I Love You the Purplest by Barbara Jooose
I Love You Stinky Face by Lisa McCourt
Rosie's Family: An Adoption Story by Lori
Rosove
*Star of the Week: A Story of Love, Adoption,
and Brownies with Sprinkles* by Darlene
Friedman & Roger Roth
*The Day the Sea Went Out and Never Came
Back* by Margot Sunderland
The Way I Feel by Janan Cain

Abuse/Sexual Abuse

*A Book for Kids About Private Parts,
Touching, Touching Problems and Other
Stuff* by Jennifer Shaw
A Very Terrible Thing Happened by
Margaret m. Holmes
*A Very Touching Story...for Little People
and Big People* by Jan Hindman
*Brave Bart: A Story for Traumatized &
Grieving Children* by Caroline H. Sheppard,
ACSW
Do You Have a Secret by Jennifer Moore-
Mallinos and Marta Fabrega
*Please Tell! A Child's Story about Sexual
Abuse* by Jessie

Anger, Anxiety (All by Dawn Huebner)

What to Do When You Dread Your Bed,
What to Do When You Worry Too Much
What to Do When Your Temper Flares
What to Do When Your Brain Gets Stuck

Personal Space

Personal Space Camp by Julia Cook

Stealing

Ricky Sticky Fingers by Julia Cook

Childmind.org

“The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most.”

- Childmind.org is a valuable resource with excerpts, articles, stories, tips, and symptom checkers on topics including:

- [Anxiety](#)
- [Attention](#)
- [Behavior Problems](#)
- [Bullying](#)
- [College](#)
- [Confidence and Self-Esteem](#)
- [Depression](#)
- [Discipline](#)
- [Drugs and Alcohol](#)
- [Eating and Body Image](#)
- [Executive Function](#)
- [Friends and Socializing](#)
- [Holidays and Vacations](#)
- [Learning](#)
- [Media and Tech](#)
- [Medication](#)
- [Military Families](#)
- [Mindfulness](#)
- [Organizational Skills](#)
- [Parenting Challenges](#)
- [Preteens and Tweens](#)
- [School](#)
- [Sensory Processing](#)
- [Sexuality](#)
- [Shyness](#)
- [Siblings](#)
- [Sleep](#)
- [Special Needs](#)
- [Suicide and Self-Harm](#)
- [Teenagers](#)
- [Toddlers](#)
- [Trauma and Grief Treatment](#)

- Childmind.org offers information on the following disorders:

- [Anxiety Disorders](#)
- [ADHD](#)
- [Auditory Processing Disorder](#)
- [Autism Spectrum Disorder](#)
- [Behavior and Conduct Disorders](#)
- [Bipolar Disorder](#)
- [Depressive and Mood Disorders](#)
- [Eating Disorders](#)
- [Elimination Disorders](#)
- [Gender Dysphoria](#)
- [Learning and Development Disorders](#)
- [Non-Verbal Learning Disorder](#)
- [OCD: Obsessive-Compulsive Disorders](#)
- [Personality Disorders](#)
- [Schizophrenia and Psychosis](#)
- [Selective Mutism](#)
- [Sleep-Wake Disorders](#)
- [Substance Use and Addictive Disorders](#)
- [Tourette’s and Tic Disorders](#)
- [Trauma and Stress Related Disorders](#)

- Childmind.org also offers guides for those seeking information in these areas:
 - Anxiety Basics
 - Helping Children Cope With Grief
 - Parents Guide to OCD
 - Teachers Guide to Selective Mutism
 - Parents Guide to Dyslexia
 - Parents guide to PANS and PANDAS
 - Helping children Cope After a Traumatic Event
 - Teachers Guide to ADHD in the Classroom
 - Teachers Guide to Anxiety the Classroom
 - Teachers Guide to OCD in the Classroom
 - Parents Guide to ADHD Medication
 - Parents Guide to Eating Disorders in College
 - Parents Guide to Children and Multiple Medication
 - Parents Guide to Teenagers and Sleep
 - Parents Guide to ADHD
 - Parents Guide: How to Help a Child with Selective Mutism
 - Guide to Learning Specialists
 - Guide to Behavioral Treatments
 - Guide to Mental Health Specialists
 - Parents Guide to Getting Good Care
 - Parents Guide to Developmental Milestones
 - Generalized Anxiety Disorder Basics
 - Gender Dysphoria Basics
 - Enuresis Basics
 - Encopresis Basic
 - Disruptive Mood Dysregulation Disorder Basics
 - Conduct Disorder Basics
 - Chronic Motor or Vocal Tic Disorder Basics
 - Bulimia Nervosa Basics
 - Borderline Personality Disorder Basics
 - Body Dysmorphic Disorder Basics
 - Bipolar Disorder Basics
 - Binge Eating Disorder Basics
 - Autism Spectrum Disorder Basics
 - ADHD Basics
 - Anorexia Nervosa Basics
 - Acute Stress Disorder Basics
 - Adjustment Disorder Basics
 - Trichotillomania Basics
 - Tourette’s Disorder Basics
 - Substance Use Disorder Basics
 - Speech Sound Disorder Basics
 - Specific Phobia Basics
 - Specific Learning Disorder Basics
 - Social Communication Disorder Basics
 - Somatic Symptom Disorder Basics
 - Social Anxiety Disorder Basics
 - Sleep-Wake Disorders Basics
 - Separation Anxiety Disorder Basics
 - Selective Mutism (SM) Basics
 - Schizophrenia Basics
 - Reactive Attachment Disorder Basics
 - Post-Traumatic Stress Disorder Basics
 - Persistent Depressive Disorder Basics
 - Panic Disorder Basics
 - Oppositional Defiant Disorder Basics
 - Obsessive-Compulsive Disorder Basics
 - Major Depressive Disorder Basics
 - Language Disorder Basics
 - Intermittent Explosive Disorder Basics
 - Intellectual Development Disorder Basics
 - Hoarding Disorder Basics