

Recovering from Alcoholism

1. *The Courage to Change: Personal Conversation About Alcoholism with Dennis Wholey*
Dennis Wholey; 1998
2. *The Recovering: Intoxication and Its Aftermath*
Leslie Jamison; 2019
3. *The Addiction Recovery Workbook: A 7-Step Master Plan To Take Back Control Of Your Life*
C.W. V. Straaten; 2018
4. *Rewired: A Bold New Approach To Addiction and Recovery*
Erica Spiegelman; 2015
5. *You Can Heal Your Life*
Louise L. Hay; 1999
6. *In the Realm of Hungry Ghosts, Close Encounters with Addiction*
Gabor Maté; 2010
7. *Living Like You Mean It: Use the Wisdom and Power of Your Emotions to Get the Life You Really Want*
Ronald J. Frederick; 2009
8. *101 Tips for Recovering from Addictions: Practical Suggestions for Creating a New Life*
Richard A. Singer and Michael Donahue; 2017
9. *The Road Back to Me: Healing and Recovering From Co-dependency, Addiction, Enabling, and Low Self Esteem*
Lisa A. Romano; 2012
10. *Understanding the Twelve Steps: An Interpretation and Guide for Recovering*
Terence T. Gorski; 1991

Family Healing

1. *Loving Someone in Recovery: The Answers You Need When Your Partner Is Recovering from Addiction*
Beverly Berg MFT PhD and Stan Tatkin PsyD MFT; 2014

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