

# Families and Blended Families

## Families

1. *Creating a Tech-Healthy Family: Ten Must-Have Conversations to Help You Worry Less and Connect More With Your Kids*  
Andrea Davis; 2020
2. *Healing Your Family History*  
Rebecca Linder Hintze and Stephen R. Covey; 2006
3. *Family Healing: Strategies for Hope and Understanding*  
Salvador Minuchin and Michael P. Nichols; 1998
4. *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*  
Brené Brown; 2015
5. *Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families*  
Charles Whitfield; 2010
6. *Family Secrets: The Path from Shame to Healing*  
John Bradshaw; 1996
7. *Adult Children Secrets of Dysfunctional Families: The Secrets of Dysfunctional Families*  
John Friel PhD; 1990
8. *Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook*  
Ellyn Satter; 2008
9. *It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle*  
Mark Wolynn; 2017
10. *Healing Family Patterns: Ancestral Lineage Clearing for Personal Growth*  
Ariann Thomas; 2011
11. *Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change*  
Valerie Porr; 2010

## Blended Families

1. *The Stepfamily Handbook: From Dating, to Getting Serious, to forming a "Blended Family"*  
Karen Bonnell and Patricia Papernow; 2018
2. *Building Love Together in Blended Families*  
Gary Chapman and Ron L. Deal; 2020
3. *The Smart Stepfamily: Seven Steps to a Healthy Family*  
Ron L. Deal; 2014
4. *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't*  
Patricia L. Papernow, Chloe Cannon, et al.; 2013
5. *Stepcoupling: Creating and Sustaining a Strong Marriage in Today's Blended Family*  
Susan Wisdom and Jennifer Green; 2002
6. *Stepparenting: Becoming A Stepparent: A Blended Family Guide to: Parenting, Raising Children, Family Relationships and Step Families*  
Mathew Massimo and Sofia Price; 2015
7. *How to Win as a Step-Family*  
Emily B. Visher, Ph.D. and John S. Visher, M.D.; 1991
8. *Love in the Blended Family*  
Angelika Clubb; 1991
9. *Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families*  
Jayne Schooler, Betsy Keefer Smalley, et al.; 2010

## Kindle

10. *Blended Families: A complete guide to help you manage all your blended family challenges, coping with step parenting & merging households to create a HAPPY HOME*  
Elizabeth Bryant; 2018

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