Suggested Readings

The following is a list of books that may help you in your journey. I do not recommend books that I have not read myself. I am not suggesting that I agree with every concept in every book, instead that they offer ideas for exploration and discussion with someone you trust. They are not listed in any particular order.

I hope you find something helpful here. If not, I am a strong supporter of visiting your local library or book store and browsing an area of interest, looking at book descriptions and contents, and picking a few books that you are drawn too. Self-exploration is a gift humans have, use it. Best to you.

Relationships:

For Women Only- Shaunti Feldhahn

For Men Only- Shaunti and Jeff Feldhahn

Controlling People- Patricia Evans

Keeping the Love you Find- Harville Hendrix

Five Love Languages- Gary Chapman

The Art of Loving- Erich Fromm

Keys to Catch a Great Guy- Gregg Michaelsen

Why Marriages Succeed or Fail- John Gottman

The Tao of Dating- Ali Binazir

Self-Improvement:

Secrets of Simplicity- Mary Carlomagno

The Life Changing Magic of Tidying Up- Marie Kondo

The Secret- Rhonda Byrne

When Women Stop Hating Their Bodies- Hirschmann and Munter

You Are the One You’ve Been Waiting For- Richard C. Schwartz

Understanding Family Dynamics:

Bradshaw On: The Family- John Bradshaw