

RECOMMENDED READING

OTHER PEOPLE WHO WRITE GREAT SHIT

A lot of the books I have found to be helpful over the years tend to have a specific audience that may not intentionally include me or you. Gary Chapman's work on the five love languages is a great example of this. It's a wonderful framework for communicating in relationships, but his books are written from his viewpoint that all romantic relationships are cis-gendered and heterosexual and that Christianity is the standard spiritual practice. None of which is bad if that's your thing, of course. But I mention that as a general warning. A book itself may not be geared towards your identity and life path. But that doesn't mean that the ideas contained therein are worthless. As all of us who don't always fit in have learned...take what works and ignore what doesn't.

Addiction

Memoirs of An Addicted Brain: A Neuroscientist Examines his Former Life on Drugs by Marc Lewis

In The Realm of Hungry Ghosts: Close Encounters with Addiction by Gabor Mate

Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling by Anita A. Johnston

Seeking Safety: A Treatment Manual for PTSD and Substance Abuse by Lisa M. Najavits

A Woman's Addiction Workbook: Your Guide To In-Depth Healing by Lia M. Najavits

Rational Recovery: The New Cure for Substance Addiction by Jack Trimpsey

12 Stupid Things That Mess Up Recovery: Avoiding Relapse Through Self-Awareness and Right Action by Allen Berger

12 Smart Things To Do When The Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action by Allen Berger

—and all of Patrick Carnes' writings on addiction.

Anxiety, Depression, Anger, and Other Mood Disorders

Hello Cruel World: 101 Alternatives to Suicide for Teens, Freaks, and Other Outlaws by Kate Bornstein

Alive With Vigor! Surviving Your Adventurous Lifestyle by Robert Earl Sutter III

How To Not Kill Yourself: A Survival Guide for Imaginative Pessimists by Set Sytes

Bluebird: Women and The New Psychology of Happiness by Ariel Gore

Maps To The Other Side: The Adventures of A Bipolar Cartographer by Sascha Altman DuBrul

Furiously Happy: A Funny Book About Horrible Things by Jenny Lawson

The Price of Silence: A Mom's Perspective on Mental Illness by Liza Long

Grief

Being With Dying: Cultivating Compassion and Fearlessness in the Presence of Death by Joan Halifax

A Grief Observed by C.S. Lewis

Black Swan: The Twelve Lessons of Abandonment Recovery by Susan Anderson

The Journey from Abandonment to Healing: Surviving Through and Recovering From the Five Stages That Accompany the Loss of Love by Susan Anderson

Sign Posts of Dying by Martha Jo Atkins

Good Grief by Granger E. Westberg

How Can I Help? Reaching Out To Someone Who Is Grieving by June Cerza Kolf

Relationships

Sex from Scratch: Making Your Own Relationship Rules by Sarah Mirk

Consensuality: by Helen Wildfell

How to Be an Adult in Relationships: The Five Keys to Mindful Loving by David Richo

The Five Love Languages by Gary Chapman

—plus Gary Chapman's other relationally specific books that use the love languages model

Self-Compassion

Self-Compassion: The Proven Power of Being Kind To Yourself by Kristen Neff

The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions by Christopher Germer

The Self-Compassion Diet: A Step-by-Step Program to Lose Weight with Loving-Kindness by Jean Fain

Meditation, Mindfulness, and Stress Reduction

Don't Just Do Something, Sit There: A Mindfulness Retreat with Sylvia Boorstein by Sylvia Boorstein

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

A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life by Jack Kornfield

—and pretty much everything written by Pema Chodron, Thich Nhat Hahn, and His Holiness The Dalai Lama

Trauma

The Broken Places by Joseph McBride

Dear Sister: Letters From Survivors of Sexual Violence edited by Lisa Factora-Borchers

Trauma and Recovery: The Aftermath of Violence—From Domestic Abuse to Political Terror by Judith L. Herman

—plus everything written by Peter A. Levine