

READING LIST FOR DRUG AND ALCOHOL ISSUES

ALCOHOL ABUSE:

Cheever, Susan. My Name is Bill: Bill Wilson - His Life and The Creation of Alcoholics Anonymous

Faulkner, Mary. Easy Does it Dating Guide (For People in Recovery)

Ford, Betty. Healing and Hope: Six Women from the BettyFordCenter Share Their Powerful Journeys of Addiction and Recovery.

Lower, T.C. The Recovering Alcoholic Companion: When You Can't Get to a Meeting.

Mooney, Al J. The Recovery Book.

Newport, John. The Wellness-Recovery Connection

Shaw, Brian. Addiction and Recovery for Dummies.

Twerski, Abraham. Addictive Thinking: Understanding Self-Deception

God Grant Me....More Daily Meditations.

CHEMICAL DEPENDENCY:

Baum, Joanne. Truth About Pot

Fanning, Patrick. The Addiction Workbook

Pinsky, Drew. When Pain Killers Become Dangerous

Rice-Licare, Jennifer. Cocaine Solutions: Help for Cocaine Abusers and Their Families

MEMOIRS:

Burroughs, Augusten. Dry: A Memoir

Healy, Thomas. I Have Heard You Calling in the Night.

CO-DEPENDENCY ISSUES:

Beattie, Melody. Co-Dependent No More

Mellody, Pia. Facing Codependency: What it is, Where it comes from, How it Sabotages Our Lives.

Schaef, Anne Wilson. Co-Dependency: Misunderstood-Mistreated.

Webscheider-Cruse, Sharon. Understanding Co-Dependency.

Weinhold, Barry K. Breaking Free of the Co-Dependency Trap.

Whitfield, Charles. Co-Dependency – Healing the Human Condition