SUGGESTED READING FOR FAMILY & FRIENDS

COMMUNICATION SKILLS

I’m Right, You’re Wrong, Now What? Break the Impasse and Get What You Need, Xavier Amador, PhD

Boundaries: When to Say Yes and How to Say No, Cloud & Townsend

Boundary Power: How I Treat You, How I Let You Treat Me, How I Treat Myself, O’Neil

COMMUNITY REINFORCEMENT AND FAMILY TRAINING (CRAFT)

Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening, Robert J. Meyers, PhD and Brenda L. Wolfe, PhD

Beyond Addiction – How Science and Kindness Help People Change, Jeffrey Foote, PhD, Carrie Wilkens, PhD, Nicole Kosanke, PhD

EMOTIONAL SELF-MANAGEMENT

Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life, Raymond Chip Tafrate, PhD, and Howard Kassinove, PhD, ABPP

Three Minute Therapy: Change Your Thinking, Change your Life, Michael Edelstein, PhD (Glenbridge)

FOR PARENTS


RECOVERY

Everything Changes: Help for Families of Newly Recovering Addicts, Beverly Conyers

SELF-CARE

Loving an Addict, Loving Yourself. Candace Plattor, MA