

Literary & Electronic Resources

Addiction

- ACOA- The Language of Letting Go by Melody Beattie

Eating Disorders

- Eating in the Light of the Moon by Anita Johnston, PhD
- Life Without Ed by Jenni Schaefer
- The Dialectical Behavior Therapy Workbook for Eating Disorders
- Eating Mindfully by Susan Albers, Psy.D.
- 50 Ways to Soothe Yourself Without Food by Susan Albers, Psy.D.
- Overcoming Binge Eating by Christopher G. Fairburn DM
- The Food & Feelings Workbook by Karen R. Koenig
- The Body Image Workbook by Thomas Cash
- Eating Disorders: The Journey to Recovery Workbook by Laura J. Goodman
- The Appetite Awareness Workbook: How to Listen to Your Body and Overcome Bingeing, Overeating, and Obsession with Food by Linda Craighead
- Reviving Ophelia by Mary Pipher
- Father Hunger by Margo Maine, Ph.D.

Self-Esteem/Identity/Emotional Health

- The Gifts of Imperfection by Brené Brown, Ph.D.
- Daring Greatly by Brené Brown, Ph.D.
- The Self-Esteem Workbook

Mindfulness

- Just One Thing by Rick Hanson, Ph.D.
- Buddha's Brain by Rick Hanson, Ph.D.
- Wherever You Go, There You Are by Jon Kabat-Zinn
- When Things Fall Apart by Pema Chodron

Relationships

- The 5 Love Languages by Gary D Chapman
- (Parenting) What Children Learn from Their Parent's Marriage
- The Relationship Cure by John Gottman, Ph.D.
- The Object of My Affection Is in My Reflection: Coping with Narcissists Paperback by Rokelle Lerner

Mood (Anxiety & Depression)

- The Mindfulness and Acceptance Workbook for Anxiety by John Forsyth, Ph.D.
- Thoughts & Feelings Workbook by Matthew McKay PhD
- Mind Over Mood by Dennis Greenberger and Christine Padesky

Sport & Performance Psychology

- Mind Gym by Gary Mack
- The Mental Athlete by Kay Porter
- 10 Minute Toughness by Jason Selk

Apps

- Headspace (Meditation and Mindfulness)
- My Calm Beat (Relaxation and Breathing Trainer)- free
- eCBT Calm (CBT, relaxation)- \$0.99
- DBt Diary Card and Skills Coach (DBT)- \$4.99
- iSleep Easy (sleep)- \$4.99
- Relax Melodies (sleep, meditation)- free
- Calm-Meditate, Sleep, Relax, Breathe
- Mindfulness Daily (mindfulness)- \$1.99

Websites

- Meditationoasis.com (Meditation)
- Fragrantheart.com (Mindfulness meditation)
- <http://brenebrown.com/videos/>