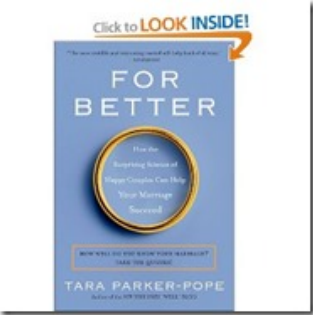
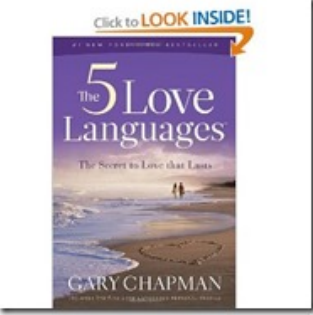
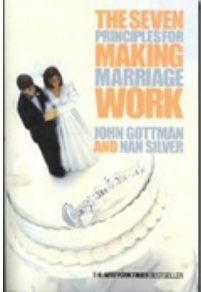
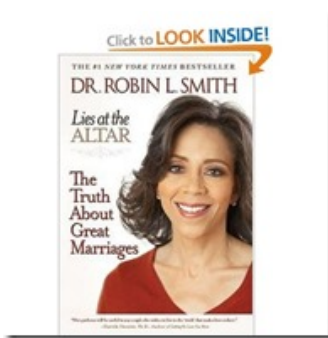


Helpful Books

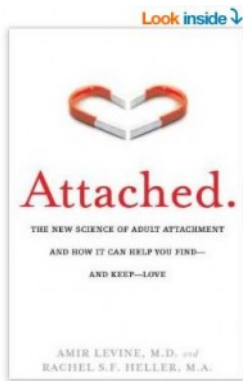
The following are some helpful books I have found for my clients:

MARRIAGE AND RELATIONSHIPS

	<p><u>For Better: How the Surprising Science of Happy Couples Can Help Your Marriage Succeed: Tara Parker Pope</u></p> <p>Tara Parker Pope has gathered information from many recent scientific studies about what makes marriage work. The author is a writer for the <i>New York Times</i> and brings a journalist's insight to making marriage work. (Reviewed 4/13)</p> <p>\$6.40 Paperback</p>
	<p><u>The Five Love Languages: Gary Chapman</u> Gary Chapman provides a simple but effective approach for understanding how to communicate your love. Too often we do not express our love in ways that are meaningful to the other people in our lives. For example, we may think we can best show our love by doing things for them, but what they really want is something else. This book helps us figure out what our spouse needs to feel loved. (Reviewed 9/06)Also available in audiobook.The Five Love LanguagesGary ChapmanBuy New \$9.47</p>
	<p><u>The Seven Principles for Making Marriage Work: John Gottman. http://www.gottman.com/A</u></p> <p>client told me "The best book on relationships I have ever read". This book although based on years of research is a very readable guide to improving your marriage. (Reviewed 8/06)Now available in audiobook. Great for busy people who never can find the time to read. Buy New \$10.20</p>



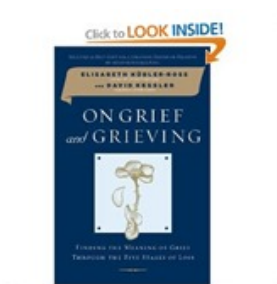
[Lies at the Altar: Robin Smith](#) Robin Smith examines the attitudes, expectations, misconceptions and beliefs we bring to marriage which can lead to unhappiness and divorce. (Reviewed 10/06) [Lies at the Altar: Robin L. Smith](#)
[Buy New \\$24.95](#)



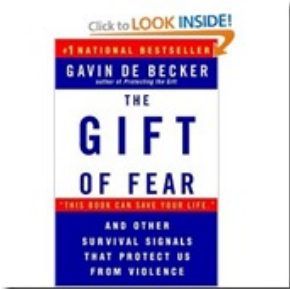
Attached: The New Science of Adult Attachment and How It Can Help You Find - and Keep - Love Paperback - January 5, 2012

by [Amir Levine](#) (Author), [Rachel Heller](#) (Author)
We rely on science to tell us everything from what to eat to when and how long to exercise, but what about relationships? Is there a scientific explanation for why some people seem to navigate relationships effortlessly, while others struggle? According to psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller, the answer is a resounding "yes."

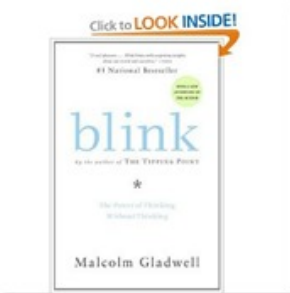
LIFE ISSUES



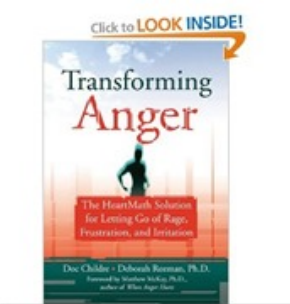
[On Grief and Grieving: Elisabeth Kubler-Ross and David Kessler](#) Published in 2005 this was the last book written by Kubler-Ross and her co-author David Kessler before her own death. In it she brings together what she had learned in her many years of working with people in grief and their own personal grief surrounding her illness and death in 2004. I read it while my mother was in and out the hospital under going chemotherapy. (Reviewed 3/10) [Buy Now \\$12.09](#)



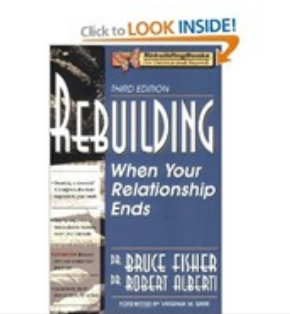
[The Gift of Fear; and Other Survival Signals that Protect Us from Violence: Gavin De Becker.](#) De Becker warns the reader not to ignore our feelings and intuition. He tells the reader these feelings often warn us of danger and can protect us from harm ranging from being raped to getting in bad relationships. (Reviewed 4/06) [The Gift of Fear Gavin De Becker](#)
[Buy New \\$7.99](#)



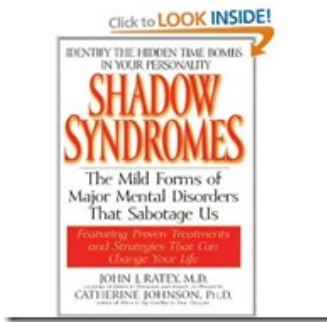
[Blink; The Power of Thinking Without Thinking: Malcolm Gladwell](#) Malcolm Gladwell explains how we often see things without being fully aware of it and then make judgments about what we have experienced. (reviewed 8/06)
[Buy New \\$9.35](#)



[Transforming Anger: The HeartMath Solution for Letting Go of Rage, Frustration, and Irritation: Doc Childre, Deborah Rozman and Matthew McKay](#) Transforming Anger brings together a number of concepts such as questioning your beliefs about events (Rational Emotive Behavior Therapy), guided imagery, relaxation techniques, etc. to help you get your anger under control. (Reviewed August 2008) [Buy New \\$10.85](#)



[Rebuilding: When Your Relationship Ends: Bruce Fisher](#) I found this book when I went through my own divorce. Over the years I have used it with many clients to help them rebuild their lives after a divorce. [Buy New \\$12.21](#)



[Shadow Syndromes; Recognizing and Coping with the Hidden Psychological Disorders That Can Influence Your Behavior and Silently Determine the Course of Your Life: John J. Ratey, MD and Catherine Johnson, PhD.](#)

Ratey and Johnson discuss the latest research on the brain and how some psychological problems originate from how our brains function. They explain how many people have some, but not all of the symptoms of various emotional disorders. They also provide information about the use of medications to help people cope with their psychological problems. (Reviewed 7/06) [Buy New \\$13.68](#)