

Book List

The Female Brain, By Louann Brizendine

The Mirror Effect: How Celebrity Narcissism is Seducing America By Drew Pinsky

Facing Codependency: What It IS, Where It Comes From, How It Sabotages Our Lives, By Pia Mellody

Breaking Free: A Recovery Workbook For Facing Codependency, By Pia Mellody

Facing Love Addiction: Giving Yourself The Power To Change The Way You Love
By Pia Mellody

The Intimacy Factor: The Ground Rules For Overcoming Obstacles To Truth, Respect & Lasting Love, By Pia Mellody

The Lost Years: Surviving A Mother And Daughter's Worst Nightmare
By Kristina Wandzilak & Constance Curry

The Disappearing Girl: Learning The Language Of Teenage Depression, By Lisa Machoian

The Four Agreements: A Practical Guide to Personal Freedom, By Don Miguel Ruiz

Man's Search For Meaning, By Viktor Frankl