

McDonald Family Counseling Book List

Books on Parenting

Upside Down Brilliance, by Linda Silverman (about visual-spatial learners)

The Optimistic Child: How learned optimism protects children from depression, by Martin Seligman

Raising Topsy-Turvy Kids, Successfully Parenting Your Visual-Spatial Child, by Shires & Golan

Raising Emotionally Intelligent Teenagers, by Maurice Elias, Ph.D., Steven Tobias, Psy.D. & Brian Friedlander, Ph.D.

Knowing Your Parenting Personality: How to use the enneagram to become the best parent you can be, by Janet Levine

Parenting Teens with Love and Logic, by Foster W. Cline and Jim Fay

Parenting Children with ADHD: 10 Lessons that Medicine Cannot Teach, by Vincent J. Monastra, Ph.D.

Parenting Children with Love and Logic, Jim Fay and Foster Cline

Playful Parenting, by Lawrence J. Cohen

Love and Logic Magic for the Early Childhood: Practical parenting from birth to six years, by Foster W. Cline and Jim Fay

Grace-Based Parenting, by Tim Kimmel

Sacred Parenting

Parenting a Bi-Polar Child: What to do & why, by Gianna Faedda and Nancy B. Austin

If Your Adolescent Has Depression and Bipolar Disorder: An essential resource for parenting, Evans & Andrews, W.

Kids Who Carry Our Pain: Breaking the cycle of codependency for the next generation, by Robert Hemfelt and Paul Warren

ScreamFree Parenting: Raising your kids by keeping your cool, by Hal Edward-Kunkel

The Co-Parenting Survival Guide: Letting go of conflict after a difficult divorce,
Elizabeth Thayer, Ph.D. and Jeffrey Zimmerman, Ph.D.

Parenting After a Divorce: A guide to resolving conflicts and meeting your children's needs, by Philip Michael Stahl

10 Principles of Spiritual Parenting: Nurturing your child's soul, by Mimi Doe and Marsha F. Walch

The Confident Child: Emotional coaching for the crucial decade-ages five to fifteen, by T. Apter

Surviving and Eating Disorder: Strategies for family and friends, Siegel, Brisman and Weinshel

The Body Betrayed: A deeper understanding of women, eating disorders and treatment,
by Katherine Zerbe

Intuitive Eating

When Perfect Isn't Good Enough, by Martin Antony, Ph.D., & Richard Swenson, M.D.

Driven to Distraction: Recognizing and coping with Attention Deficit Disorder from childhood through adulthood, by E. Hallowell and J. Ratey

Straight Talk about Psychiatric Medications for Kids, by T. Wilens

Taking Charge of ADHD: The complete authoritative guide for parents, by R. Barkley

How to reach and teach teenagers with ADHD: A step-by-step guide to overcoming difficult behaviors at school and at home, by G. Flick

12 Effective Ways to Help Your ADD/ADHD Child, Stevens, J.

20 Things Adoptive Kids Wish Their Adoptive Parents Knew

Positive Parenting

CEO Dad: how not to get fired by your family

Setting Boys Free

It's A Boy: Understanding Your Son's Development from Birth to Age 18; Thompson, Michael, Ph.D. and Barker, Teresa H.

Books on Narcissism

Children of the Self-Absorbed: A Grown-Up's guide to getting over narcissistic parents; Brown, Nina W.

Why is it Always About You?: The Seven deadly sins of narcissism; Hotchkiss, Sandy

Emotional Blackmail: When the people in your life use fear, obligation, & guilt to manipulate you; Forward, Susan

Loving the Self-Absorbed: How to create a more satisfying relationship with a narcissistic parent; Brown, Nina W.

Trapped in the Mirror; Golomb, Elan

The Narcissistic Family: Diagnosis & treatment; Donaldson-Pressman, Stephanie

Whose Life is it Anyway: When to stop taking care of their feelings & start taking care of your own; Brown, Nina W.

The Wizard of Oz & Other Narcissistics: Coping with the one way relationship in work, love and family; Payson, Eleanor

Five Smooth Stones; Peterson, Eugene

The Emotional Incest Syndrome: How a parent's love rules you life. Love, Patricia

Books on Intimacy

Why Men Love Bitches

Intimate Issues

Finding the Love of your Life, Warren, Neil C.

7 Principals for Making Marriage Work, Gottman, John

Taking Back Your Marriage, Doherty, William

Why Does He Do That? Inside the minds of angry and controlling; Bancroft, Lyndy

LOVE ADDICTION

Addiction to Love: Overcoming Obsession and Dependency in Relationships; Peabody, Susan

Facing Love Addiction: Giving Yourself the Power to Change the Way You Love ;
Mellody, Pia

Is It Love or is It Addiction? Schaeffer, Brenda

How to Break Your Addiction to a Person; Halpern, Howard

Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy;
Covington, Stephanie & Beckett, Liana

Looking for Love in All the Wrong Places: Overcoming Romantic and Sexual
Addictions; Diamond, Jed

Obsessive Love: When Passion Holds You Prisoner; Forward, Susan

BREAKING UP FROM AN UNHEALTHY RELATIONSHIP

How to Fall Out of Love: How to Free Yourself from Love That Hurts and Find Love
that Heals; Judd, Robert & Phillips, Dr. Deborah

Letting Go: A 12-Week Personal Action Program to Overcome a Broken Heart; Cabot,
Tracy

How to Survive the Loss of a Love; McWilliams, Peter

Coming Apart: Why Relationships End and How to Live Through the Ending of Yours;
Kingma, Daphne Rose

Don't Call That Man; Findling, Rhonda

HEALTHY RELATIONSHIPS

How We Love; Yerkovich, Milan & Yerkovich, Kay

Getting the Love you Want; Hendrix, Harville

A Fine Romance; Sills, Judith

Men, Women and Relationships; Gray, John

Too Close, Too Soon; Talley, Jim A. & Reed, Bobbie

Codependent No More; Beattie, Melodie

Boundaries; Cloud, Henry & Townsend, John

Love and War; Eldredge, John

Soul Custody; Smith, Stephen