

Love Addicts Anonymous

Reading List

- Ackerman, Robert, and Susan Pickering. *Abused No More: Recovery for Women in Abusive and/or Codependent Alcoholic Relationships*. Blue Ridge Summit, PA: TAB Books, 1989.
- Adams, Kenneth. *Silently Seduced: When Parents Make Their Children Partners – Understanding Covert Incest*. Deerfield Beach, Florida: Health Communications, 1992.
- Appleton, William. *Fathers and Daughters*. Garden City, NY: Doubleday, 1981.
- Ashner, Laurie. *When Parents Love Too Much: What Happens When Parents Won't Let Go*. New York, NY: Avon Books, 1991.
- Aterburn, Stephen. *Addicted to Love: Recovery from Unhealthy Dependency in Love, Romantic Relationships and Sex*. Ann Arbor, MI: Servant Publications, 1991.
- Bass, Ellen, and Laura Davis. *The Courage to Heal: A Guide for Women Surviving Child Sexual Abuse*. New York, NY: Harper and Row, 1988.
- Beattie, Melody. *Codependent's Guide to the 12 Steps*. New York, NY: Prentice Hall, 1990.
- Beattie, Melody. *Beyond Codependency and Getting Better All The Time*. San Francisco, CA: Harper/Hazelden, 1989.
- Beattie, Melody. *Codependent No More: How to Stop Controlling Others and Start Caring For Yourself*. San Francisco, CA: Harper/Hazelden, 1987.
- Berman, Steve. *The Six Demons of Love: Men's Fears of Intimacy*. New York, NY: McGraw-Hill, 1984.
- Berne, Eric. *Games People Play: The Psychology of Human Relationships*. New York, NY: Grove Press, 1964.
- Bireda, Martha. *Love Addiction: A Guide to Emotional Independence*. Oakland, CA: New Harbinger, 1990.
- Bloomfield, Harold, and Leonard Felder. *Making Peace With Your Parents*. New York, NY: Ballantine Books, 1985.
- Bradshaw, John. *Creating Love: The Next Great Stage in Growth*. New York, NY: Bantam Books, 1992.
- Bradshaw, John. *Homecoming: Reclaiming and Championing Your Inner Child*. New York, NY: Bantam Books, 1990.
- Bradshaw, John. *Healing The Shame That Binds You*. Deerfield Beach, Florida: Health Communications, Inc. 1988.
- Bradshaw, John. *Bradshaw On The Family*. Deerfield Beach, Florida: Health Communications, Inc., 1988.

- Branden, Nathaniel. *How to Raise Your Self-Esteem*. New York, NY: Bantam Books, 1987.
- Branden, Nathaniel. *The Psychology of Romantic Love: Why Love Is, Why Love Is Born, Why It Sometimes Grows, Why It Sometimes Dies*. Los Angeles, CA: J.P. Tarcher, 1980.
- Briggs, Dorothy. *Celebrate Yourself: Enhancing Your Own Self-Esteem*. Garden City, New York, NY: Doubleday, 1977.
- Buges, Larry. *Love and Renewal: A Couple's Guide to Commitment*. Oakland, CA: New Harbinger Publications, 1990.
- Burns, David. *Intimate Connection*. New York, NY: William Morrow, 1985.
- Burns, David. *Feeling Good: The New Mood Therapy*. New York, NY: Morrow, 1980.
- Butler, Pamela E. *Talking To Yourself*. San Francisco, CA: Harper and Row, 1983.
- Carnes, Patrick. *Contrary to Love: Helping the Sexual Addict*. Minneapolis, Minnesota: CompCare Publishers, 1989.
- Carnes, Patrick. *Out of the Shadows: Understanding Sexual Addiction*. Minneapolis: CompCare Publications, 1983.
- Carter, Steven and Julia Sokul. *Men Who Can't Love: When a Man's Fear Makes Him Run From Commitment and What a Smart Woman Can Do About It*. New York, NY: M. Evans Co.; Berkeley Books, 1987.
- Chopich, Erika and Margaret Paul. *Healing Your Aloneness: Finding Love and Wholeness Through Your Inner Child*. San Francisco, CA: Harper & Row, 1990.
- Coates, Jennifer. *Women, Men & Language*. White Plains, NY: Longman, 1986.
- Colgrove, Melba, Harold Bloomfield and Peter McWilliams. *How to Survive the Loss of a Love*. New York, NY: Bantam Books, 1976.
- A Course in Miracles*. Foundation For Inner Peace, 1975.
- Covington, Stephanie. *Leaving the Enchanted Forest: The Path From Relationship Addiction*. San Francisco, CA: HarperSan Francisco, 1988.
- Cowan, Connel, and Melvyn Kinder. *Women Men Love, Women Men Leave: What Makes Him Want to Commit*. New York, NY: Clarkson N. Potter, Inc., 1988.
- Cowan, Connel, and Melvyn Kinder. *Smart Women, Foolish Choices: Finding the Right Man and Avoiding the Wrong Ones*. New York, NY: Clarkson N. Potter, 1985.
- Cruse, Joseph: *Painful Affairs: Looking For Love Through Addiction and Codependency*. New York, NY: Doubleday, 1989.
- Davidson, Joy. *The Agony of It All: The Drive For Drama and Excitement in Women's Lives*. New York, NY: Jeremy P. Tarcher, Inc., 1988.
- Davis, Laura. *Allies in Healing*. New York, NY: Harper Perennial, 1991.
- DeAngelis, Barbara: *Secrets About Men Every Woman Should Know*. New York, NY.

- DeRoches, Brian. *Reclaiming Your Self: The Codependent's Recovery Plan*. New York, NY: Bantam Doubleday, 1990.
- Diamond, Jed. *Looking For Love In All the Wrong Places: Overcoming Romantic and Sexual Addiction*. New York, NY: Putman, 1988.
- Diamond, Jed. *Inside Out: Becoming My Own Man*. San Rafael, CA: Fifth Wave Press, 1983.
- Dobson, James. *Love Must Be Tough*. (Christian literature) Word Books, 1983.
- Dowling, Colette. *Cinderella Complex: Women's Hidden Fear of Independence*. New York, NY: Summit Books, 1981.
- E. Blume, Sue. *Secret Survivors*. New York, NY: Wiley Books, 1990.
- Evans, Patricia. *The Verbally Abusive Relationship*. Hobrook, Massachusetts: Bob Adams, Inc. 1992.
- Fedders, Charlotte & Laura Elliot. New York, NY: Dell Books, 1988.
- Firestone, Robert W., *The Fantasy Bond: Effects of Psychological Defenses on Interpersonal Relationships*. New York, NY.
- Freedman, Rita. *Beauty Bound*. Lexington, Mass: Lexington Books, 1986.
- Friedman, Sonya. *Men Are Just Desserts*. New York, NY: Warner Books, 1983.
- Forward, Susan, and Craig Buck. *Obsessive Love: When Passion Holds You Prisoner*. New York, NY: Bantam Books, 1991.
- Forward, Susan, and Crag Buck. *Toxic Parents*. New York, NY: Bantam Books, 1990.
- Forward, Susan. *Men Who Hate Women and the Women Who Love Them*. New York, NY: Bantam Books, 1986.
- Forward, Susan, and Craig Buck. *Betrayal of Innocence: Incest and Its Devastation*. Los Angeles, CA: Jeremy P. Tarcher (distributed by St. Martin's Press), 1978.
- Giler, Janet, and Kathleen Neumeyer. *Redefining Mr. Right*. Oakland, CA: New Harbinger Publications, 1992.
- Gilett, Richard. *Change Your Mind, Change Your World*. New York, NY: Simon and Schuster, 1992
- Goldberg, Herb. *The New Male Female Relationship*.
- Gordon, Barbara. *I'm Dancing As Fast As I Can*. New York, NY: Harper and Row, 1979.
- Gorski, Terence T. *The Players and Their Personalities: Understanding People Who Get Involved in Addictive Relationships*. Independence, MO: Herald House, 1989.
- Gray, John. *Men Are From Mars and Women Are From Venus: A Practical Guide For Improving What You Want In Your Relationship*. New York, NY: Harper Collins, 1992.
- Gray, John. *Men, Women and Relationships: Making Peace With the Opposite Sex*. Hillsboro, Oregon: Beyond Words Publishing, 1990.
- Grizzle, Ann. *Mothers Who Love Too Much: Breaking Dependent Love Patterns in Family Relationships*. Westminster, MD: Ivy Books, 1991.

- Halpern, Howard. *How to Break Your Addiction To a Person*. New York, NY: McGraw Hill, 1982.
- Halpern, Howard. *Cutting Loose: An Adult Guide to Coming To Terms With Your Parents*. New York, NY: Simon and Schuster, 1976.
- Harris, Thomas. *I'm O.K., You're O.K.: A Practical Guide to Transactional Analysis*. New York.
- Hauck, Paul. *Overcoming Frustration and Anger*. Philadelphia, PA: Westminster Press, 1974.
- Hendrix, Harville. *Keeping the Love You Find*. New York, NY: Pocket Books, Simon & Schuster, 1992.
- Hendrix, Harville. *Getting the Love You Want: A Guide For Couples*. New York, NY: Henry Holt & Company, 1988.
- Hyde, Margaret. *Sexual Abuse, Let's Talk About It*. Philadelphia, PA: Westminster Press, 1984.
- Imbach, Jeff: *The Recovery of Love: Christian Mysticism and the Addictive Society*. New York, NY: The Crossroad Publishing, 1991.
- Jeffer, Susan. *Feel the Fear and Do It Anyway*. San Diego, CA: Harcourt, Brace, Jovanovich, 1987.
- Johnson, Robert. *We: Understanding of the Psychology of Romantic Love*. San Francisco, CA: Harper and Row, 1983.
- Johnson, Spencer. *One Minute For Myself*. New York, NY: William Morrow & Co., Inc., 1985.
- Kasl, Charlotte D. *Women, Sex, and Addiction: The Search for Love and Power*. San Francisco, CA: HarperSan Francisco, 1990.
- Kennedy, Eugene. *If You Really Knew Me Would You Still Like Me?* Minneapolis, MN: CompCare, 1983.
- Keyes, Ken. *A Conscious Person's Guide to Relationships*. St. Mary, Kentucky: Living Love Publishers (distributed by Devores), 1979.
- Kid, Sue Monk. *God's Joyful Surprise: Finding Yourself Loved*. (Christian literature) San Francisco, CA: Harper & Row, 1987.
- Kierkegaard, Soren. *Works of Love*, translated by Howard and Edna Hong. (Christian literature) New York, NY: Harper and Row, 1962.
- Kiley, Dan. *The Wendy Dilemma*. New York, NY: Arbor House Publishers, 1984.
- Kiley, Dan. *The Peter Pan Syndrome*. New York, NY: Dodd & Mead, Co., 1983.
- Kingma, Daphne Rose. *Coming Apart: Why Relationships End and How to Live Through the Ending of Yours*. New York, NY: Fawcett Crest, Ballantine Books, 1987.
- Kreisman, Jerold and Hal Straus, *I Hate You, Don't Leave Me: Understanding the Borderline Personality*. Los Angeles, California: Price Stern Sloan, Inc., 1989.
- Larsen, Earnie. *Stage II Relationships: Love Beyond Addiction*. New York, NY: Harper and Row, 1987.

- Lee, John H. *I Don't Want To Be Alone: For Men and Women Who Want to Heal Addictive Relationships*. Deerfield Beach, FL: Health Communications, 1990.
- Leman, Kevin. *The Pleasers: Women Who Can't Say "No" and the Men Who Control Them*. New York, NY: Dell Publishers, 1987.
- Leonard, Linda. *The Wounded Woman: Healing the Father-Daughter Relationship*. Athens, Ohio: Swallow Press, 1982.
- Lerner, H. *The Dance of Intimacy*. New York, NY: Harper and Row, 1989.
- Lerner, H. *The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships*. New York, NY: Harper and Row, 1985.
- Lorraine, Laslow. *Love Addict at Eighty-Four: Confessions of an Old Romantic*. New York, NY.
- Love, Patricia. *The Emotional Incest Syndrome: What To Do When a Parent's Love Rules Your Life*. Bantam Books, 1990.
- Ma, Anne Katherine. *Boundaries: Where You End and I Begin*. 205 West Touhy, Park Ridge, Illinois 60068, 1991.
- Marlin, Emily. *Relationships in Recovery: Healing Strategies for Couples and Families*. New York, NY: Harper and Row, 1989.
- May, Gerald, G. *Addiction and Grace: Love and Spirituality in the Healing of Addictions*. San Francisco, CA: HarperSan Francisco, 1991.
- McKay, Matthew, and Peter Rogers, Joan Blades, Richard Gosse. *The Divorce Book*. Oakland, CA: New Harbinger Publications, 1984.
- Mellody, Pia. *Facing Love Addiction: Giving Yourself the Power to Change the Way You Love*. San Francisco, CA: HarperSan Francisco, 1992.
- Mellody, Pia. *Breaking Free: A Workbook for Facing Codependence*. San Francisco, CA: HarperSan Francisco, 1989.
- Mellody, Pia. *Facing Codependence: What It Is, Where It Comes From and How It Sabotages Your Life*. San Francisco, CA: Harper.
- Miller, Alice. *Drama of the Gifted Child*. New York, NY: Basic Books, 1981.
- Miller, Joy. *My Holding You Up is Holding Me Back: Over Responsibility and Shame*. Deerfield Beach, Florida: Health Communications, 1991.
- Miller, Joy. *Addictive Relationships: Reclaiming Your Boundaries*. Deerfield Beach, FL: Health Communications, 1989.
- Missildine, W. Hugh. *Your Inner Child of the Past*. New York, NY: Simon & Schuster, 1963.
- Moustakas, Clark. *Portraits of Loneliness and Love*. New York, NY: Prentice Hall, 1990.
- Moustakas, Clark. *Loneliness and Love*. New York, NY: Prentice Hall, 1974.
- Moustakas, Clark. *Loneliness*. New York, NY: Prentice Hall, 1961.
- Nakken, Craig. *The Addictive Personality: Roots, Rituals and Recovery*. Center City, MN: Hazelden, 1988.
- NiCarthy, Ginny. *Getting Free: A Handbook for Women in Abusive Relationships*. Seattle, Oregon: Seal Press, 1982.

- Norwood, Robin. *Letters From Women Who Love Too Much: A Closer Look at Relationship Addiction and Recovery*. New York: NY Simon & Schuster, 1988.
- Norwood, Robin. *Women Who Love Too Much: When You Keep Wishing and Hoping He'll Change*. New York, NY: Pocket Books, 1985.
- Oliver-Diaz, Philip, and Patricia A. O'Gorman. *Twelve Steps to Self Parenting*. Deerfield Beach, Florida: Health Communications, 1988.
- Paul, Jordan and Margaret Paul. *From Conflict to Caring*. Minneapolis, MN: CompCare Publishers, 1988.
- Paul, Jordan, and Margaret Paul. *Do I have to Give Up Me to Be Loved By You?* Allen, Texas: Argus Communications, 1975.
- Peabody, Susan. *Addiction to Love*. Random House, 1994.
- Peabody, Susan. *The Art of Changing*. Random House, 1994.
- Pearson, Carol. *The Hero Within*. San Francisco, CA: Harper and Row, 1986.
- Peck, Scott. *The Road Less Traveled: A New Psychology of Love, Traditional Values, and Spiritual Growth*. New York, NY: Simon and Schuster, 1978.
- Peele, Stanton. *Love and Addiction*. New York, NY: New American Library, 1975.
- Person, Ethel, M. *Dreams of Love & Fateful Encourters*. (Mature love vs. romantic love) New York, NY: Viking-Penguin, 1989.
- Peterson, Sylvia Ogden. *From Love That Hurts to Love That's Real (recovery workbook)*. Park Ridge, Illinois Parkside Publishing Corporation, 1989.
- Phelps, Janice Keller, and Alan E. Nourse. *The Hidden Addictions and How To Get Free*. New York, NY: Little, Brown, and Co, 1986.
- Phillips, Debora with Robert Judd. *How to Fall Out of Love*. New York, NY: Warner Books, 1978.
- Reynolds, David. *Playing Ball on Running Water*. New York, NY: William Morrow and Co., 1984.
- Ricketson, Susan C. *Dilemma of Love: Healing Codependent Relationships at Different Stages of Life*. Deerfield Beach, FL: Health Communications, 1990.
- Rosselini, Gayle, and Mark Worden. *Here Comes the Sun: Dealing With Depression*. Center City, MN: Hazelden, 1987.
- Rosselini, Gayle, and Mark Worden. *Of Course You're Angry*. Center City, MN: Hazelden, 1985.
- Rubin, Lillian. *Intimate Strangers*. New York, NY: Harper and Row, 1983.
- Rubin, Theodore Isaac. *The Angry Book*. New York, NY: MacMillan, 1969.
- Russianoff, Penelope. *Why Do I Think I'm Nothing Without a Man*. New York, NY: Bantam Books, 1982.
- Sanford, Linda Tschirhart, and Mary Ellen Donovan. *Women and Self-Esteem*. New York, NY: Penguin Books, 1985.
- Sandvig, Karen J. *Growing Out of An Alcoholic Family: Overcoming Addictive Patterns in Alcoholic Family Relationships*. Ventura, CA: Regal, 1990.

- Schaef, Ann. *Escape From Intimacy, Untangling the Love Addictions: Sex, Romance, Relationships*. San Francisco, CA: Harper and Row, 1989.
- Schaef, Ann. *Co-Dependence: Misunderstood-Mistreated*. Minneapolis, MN: Winston Press, 1986.
- Scarf, Maggie. *Intimate Partners: Patterns in Love and Marriage*. New York, NY: Random House, 1987.
- Schaeffer, Brenda. *Is It Love, Or Is It Addiction?* Center City, MN: Hazelden, 1987.
- Seabury, David. *The Art of Selfishness*. New York, NY: J. Messner, Inc. 1937.
- Seixas, Judith and Geraldine Youcha. *Children of Alcoholism: A Survivors Manual*. New York, NY: Crown Publishers, 1985.
- Shain, Merle. *When Lovers Are Friends*. Philadelphia, PA: Lippincott, 1978.
- Sills, Judith. *Excess Baggage: Getting Out of Your Own Way; Overcoming the Blind Spots That Make Your Life Harder Than It Has to Be*. New York, NY: Viking Press, 1993.
- Sills, Judith. *A Fine Romance: The Passage of Courtship Meeting to Marriage*. New York, NY: Ballantine Books, 1987.
- Sills, Judith. *How to Stop Looking For Someone Perfect and Find Someone to Love*. New York, NY: Ballantine Books, 1984.
- Smedes, James B. *Forgiving and Forgetting*. San Francisco, CA: Harper and Row, 1984.
- Smith, Manuel. *When I Say No I Feel Guilty*. Los Angeles, CA: Pacifica Foundation, 1975.
- Somers, Suzanne. *Keeping Secrets*. New York, NY: Warner Books, 1988.
- Tannen, Deborah. *You Just Don't Understand: Women and Men in Conversation*. New York, NY: Morrow, 1990.
- Tannen, Deborah. *That's Not What I Mean: How Conversational Style Makes or Breaks a Relationship*. New York, NY: Ballantine Books, 1986.
- Taylor, Cathryn. *The Inner Child Workbook: What to Do With Your Past When it Won't Go Away*. Los Angeles, CA: Jeremy P. Tarcher, Perigee Books, 1991.
- Walker, Lenore. *The Battered Woman*. New York, NY: Harper and Row, 1979.
- Wakerman, Elyce. *Father Loss: Daughters Discuss The Man That Got Away*. Garden City, NY: Doubleday, 1984.
- Wegscheider-Cruse, Sharon. *Coupleship: How to Build a Relationship*. Deerfield Beach, Florida: Health Communications, 1988.
- Wegscheider-Cruse, Sharon. *Learning to Love Yourself*. Deerfield Beach, Florida: Health Communications, Inc., 1987.
- Wegscheider-Cruse, Sharon. *Choicemaking for Co-dependents, Adult Children, and Spirituality Seekers*. Pompano Beach, Florida: Health Communications, Inc., 1985.
- Weinhold, Barry. *Breaking Free of Addictive Family Relationships*. Dallas, TX: Stillpoint, 1991.

- Welwood, John. *Journey of the Heart: Intimate Relationships and the Path of Love*. New York, NY: Harper Perennial, 1991.
- Welwood, John. *Challenge of the Heart: Love, Sex, & Intimacy In Changing Times*. Boston, MA: Shambhala Publications; New York, NY: Distributed in U.S. by Random House, 1985.
- Whitfield, Charles. *Healing the Child Within: Discovery and Recovery For Adult Children of Dysfunctional Families*. Pompano Beach, Florida: Health Communications, 1987.
- Wholey, Dennis. *Becoming Your Own Parent*. New York, NY: Doubleday, 1988.
- Woititz, Janet. *Struggle For Intimacy*. Pompano Beach, Florida: Health Communications, 1985.
- Woititz, Janet. *Adult Children of Alcoholics*. Pompano Beach, Florida: Health Communications, 1983.
- Womack, William. *The Marriage Bed: Renewing Love, Friendship, Trust, and Romance*. Oakland, CA: New Harbinger Publications, 1991.
- Wood, Barbara. *Children of Alcoholism: The Struggle For Self and Intimacy in Adult Life*.
- Wright, H. Norman. *Making Peace With the Past*. (Christian literature) Old Tappan, New Jersey: H. Revell Co., 1985.
- Zerof, Herbert. *Finding Intimacy: The Art of Happiness In Living Together*. New York, NY: Random House, 1978.



