

Recommended Resources

Addiction

Breaking Free by Beth Moore, B & H Publishing Group/ 2000

Don't Call It Love: Recovery from Sexual Addiction by Patrick Carnes, Random House Inc.

Inside a Cutter's Mind: Understanding and Helping Those Who Self-Injure by Jerusha Clark, Dr. Earl Henslin, More in TH1NK Series, NAV Press / 2007 / Paperback

Healing Wounds of Sexual Addiction by Mark R. Laaser, Zondervan/ 2004

Hope After Betrayal: Healing When Sexual Addiction Invades Your Marriage by Meg Wilson, Monarch Books/ 2007

When You Love Too Much: Walking the Road to Healthy Intimacy by Stephen Arterburn, Gospel Light/ 2001

Anxiety/Depression

The Anxiety Cure, by Dr. Archibald D. Hart, Thomas Nelson/ 2001

The Freedom from Depression Workbook, by Les Carter, Thomas Nelson/ 1996

Having a Mary Heart in a Martha World, by Joanna Weaver, Random House Inc / 2000

Secrets of the Vine: Breaking Through to Abundance, by Bruce Wilkinson, Multnomah/ 2008

When the Darkness Will Not Lift: Doing What We Can While We Wait for God—and Joy, by John Piper, Crossway Books & Bibles/2007

A Woman's Secret to a Balanced Life: Finding God's Refreshing Priorities for You, by Sharon Jaynes and Lysa TerKeurst, Harvest House Publishers/ 2004

Divorce/ Stepfamilies

Adjusting to the Blended Family by Veronica Covington, www.apa.org/monitor/oct95/step.html

Happily Remarried: Making Decisions Together – Blending Families Successfully – Building a Love That Will Last, by David Frisbie and Lisa Frisbie, Harvest House Publishers/ 2005

Helping Children Survive Divorce, by Dr. Archibald D. Hart, Thomas Nelson/ 1997

Marriage, Divorce, & Remarriage, by Jay E. Adams, Zondervan/ 1986

The Remarriage Checkup: Tools to Help Your Marriage Last a Lifetime by Ron L. Deal, David Olson, Bethany House/ 2009

The Smart Stepfamily by Ron L. Deal, Bethany/2005

Yours, Mine and Ours: Relationship Skills for Blended Families by John Penton, Book Surge Publishing/ 2010.

Grief

Children and Grief: Helping Your Child Understand Death by Joey O'Connor, Baker/ 2004

Experiencing Grief by H. Norman Wright, B & H Publishing Group/ 2004

Good Mourning: Getting Through Your Grief, by Allan Hugh Cole Jr., Westminster John Knox Press/ 2008

It's Okay to Cry: A Parent's Guide to Helping Children Through the Losses of Life, by H. Norman Wright, Random House Inc/ 2004

Through a Season of Grief: Devotions for Your Journey from Mourning to Joy, by Bill Dunn and Kathy Leonard, Thomas Nelson/ 2004

Infidelity

The Healing Choice Guidebook: Move Beyond Betrayal by Susan Allen, WaterBrook Press/ 2008

Surviving an Affair by Willard F. Harley Jr., Baker/ 1998

Torn Asunder: Recovering from an Extramarital Affair (also has a workbook that goes with it) by Dave Carder, Duncan Jaenicke, Moody Publishers / 2008 / Paperback

Marriage

Boundaries in Marriage, Paperback by Dr. Henry Cloud, Dr. John Townsend, Zondervan / 2002 / Paperback

101 Conversation Starters for Couples by Gary D. Chapman, Ramon L. Presson, Northfield Publishing / 2012 / Paperback

The Five Love Languages by Gary Chapman, Moody Publishers/1992

His Needs, Her Needs by Willard F. Harley Jr., Baker/ 2001

Healing the Hurt in Your Marriage by Dr. Gary Rosberg, Barbara Rosberg, Focus on the Family/ 2004

The Love Dare by Stephen Kendrick, Alex Kendrick, B & H Publishing Group/ 2008

Love & Respect: The Love She Most Desires, the Respect He Desperately Needs by Dr. Emerson Eggerichs, Thomas Nelson, 2004

Love Busters, Revised and Expanded by Willard F. Harley Jr., Revell / 2007 / Hardcover

The Marriage Checkup by H. Norman Wright, Gospel Light/ 2002

Men Are Like Waffles, Women Are Like Spaghetti Understanding and Delighting in Your Differences by Bill Farrel, Pam Farrel, Harvest House Publishers / 2001 / Paperback

Sacred Marriage: What if God Designed Marriage to Make Us Holy More Than to Make Us Happy by Gary L. Thomas, Zondervan / 2002 / Paperback

Saving Your Marriage Before it Starts, Revised: Seven Questions to Ask Before and After You Marry by Dr. Les Parrott and Dr. Leslie Parrott, Zondervan/ 2006 (**Companion Workbooks for each spouse)

Parenting

A Mom After God's Own Heart: 10 Ways to Love Your Children, by Elizabeth George, Harvest House Publishers/ 2005

The Blessing, Giving the Gift of Unconditional Love and Acceptance, by John Trent Ph.D. and Dr. Gary Smalley, Thomas Nelson/ 2004

Boundaries with Kids, by Dr. Henry Cloud and Dr. John Townsend, Zondervan/2001

Boundaries with Teens: When to Say Yes, How to Say No, by Dr. John Townsend, Zondervan/2007

Bringing Up Girls: Practical Advice and Encouragement for Those Shaping the Next Generation of Women, by Dr. James Dobson, Tyndale House/ 2010

Bringing Up Boys, by Dr. James Dobson, Tyndale House/ 2005

Common Sense Media-provides the trustworthy information, education and independent voice families need to thrive in a world of media and technology. www.common sense media.org

Disciplines of a Godly Family, by R. Kent Hughes and Barbara Hughes, Good News & Crossway

Effective Parenting in a Defective World by Chip Ingram, Living on the Edge/ 2009 (workbook, dvd)

The Five Love Languages of Children, by Gary Chapman and Ross Campbell, Moody Publishers/ 1997

The Five Love Languages of Teenagers, by Gary Chapman, Moody Publishers/2000

The Hidden Gifts of The Introverted Child: Helping Your Child Thrive in an Extroverted World, by Marti Olsen Laney, Workman Publishing

Making Children Mind Without Losing Yours by Dr. Kevin Lehman, Baker/2005

The One-Year Book of Josh McDowell's Family Devotions, by Josh McDowell and Bob Hostetler, Tyndale Kids/ 1997

One Year of Dinner Table Devotions & Discussion Starters: 365 Opportunities to Grow Closer to God as a Family, by Nancy Guthrie, Tyndale House/ 2008

Temper Your Child's Tantrums, by Dr. James Dobson, Tyndale House/1986

Revolutionary Parenting by George Barna & Karen Lee-Thorp, David C. Cook/ 2008 (workbook, dvd, Leader's guide)

Shepherding a Child's Heart by Ted Tripp, Shepherd Press/1998 (workbook, dvd)

Sticky Situations: 365 Devotions for Kids & Families, by Betsy Schmitt, Tyndale Kids/ 1997

Your Child: Essentials of Discipline by Dr. James Dobson, Focus on the Family/ 2005 (workbook, dvd, Leader's guide)

Physical/Sexual Abuse

The Emotionally Destructive Relationship: Seeing It, Stopping It, Surviving It, by Leslie Vernick, Harvest House Publishers/ 2007

The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse, by Dan B. Allender, NAV Press/2008

Relational Issues

Boundaries, by Dr. Henry Cloud and Dr. John Townsend, Zondervan/ 1992

Conversation Peace: Improve Your Relationships One Word at a Time, by Mary Kassian, B & H Publishing Group/2004

Love, Sex, and Lasting Relationships, by Chip Ingram, Baker/2004

The Lost Art of Listening: How Learning to Listen Can Improve Relationships, by Michael P. Nichols, PhD, Guilford Press

More Than Me: The 4 Essentials of Relational Wholeness, by Jim Petersen and Glen McMahan, David Russ, NAV Press/ 2008

Safe People, by Dr. Henry Cloud and Dr. John Townsend, Zondervan/ 1996

The Total Money Makeover, Revised and Updated by Dave Ramsey, Thomas Nelson/ 2007

Self-Esteem

Building Confidence in Your Child by Dr. James Dobson, Revell/ 2010

Healing the Wounded Heart: Removing Obstacles to Intimacy with God by Thom Gardner

Proud to Be You by Pamela Espeland, Elizabeth Verdick, Free Spirit Publishing [CHILDREN'S BOOK]

So Long, Insecurity: You've Been a Bad Friend to Us by Beth Moore, Tyndale House/ 2010

The Life Model: Living from the Heart Jesus Gave You by James G. Friesen, et. Al, Shepherd's House Inc./ 2000

Why Your Best Is Good Enough by Dr. Kevin Leman, Revell/ 2010

You Are Special by Max Lucado, Crossway Books & Bibles/ 1997 [Children's Book]

Spiritual Guidance

Experiencing God: Knowing and Doing the Will of God, Revised and Expanded by Henry Blackaby, Richard Blackaby, Claude King, B & H Publishing Group / 2008 / Paperback

Just Enough Light for the Step I'm On: Trusting God in the Tough Times by Stormie Omartian
Harvest House Publishers / 2008 / Paperback

The Life Model: Living from the Heart Jesus Gave You by James G. Friesen, et. Al,
Shepherd's House Inc./ 2000

One Thousand Gifts: A Dare to Live Fully Right Where You Are by Ann Voskamp, Zondervan /
2011 / Hardcover

The Search for Significance: Getting a Glimpse of Your True Worth Through God's Eyes
(Revised), by Robert S. McGee, Thomas Nelson / 2003 / Paperback

Spiritual Gifts Inventory–

http://www.lifeway.com/lwc/files/lwcF_MYCS_030526_Spiritual_Gifts_Survey.pdf

<http://www.ministrymatters.com/spiritualgifts/#top>

S.H.A.P.E.: Finding & Fulfilling Your Unique Purpose for Life by Erik Rees, Zondervan / 2008 /
Paperback