

General Relationship Issues

The 7 Principles for Making Marriage Work John Gottman

Really Relating David Jansen & Margaret Newman

Tell Me No Lies E. Bader & P. Pearson

Love Is a Verb Bill O'Hanlon & P. Hudson

His Needs, Her Needs Willard F. Harley

Conscious Loving Gay & Kathlyn Hendricks

Getting The Love You Want Harville Hendrix

Couple Burnout Ayala Pines

You Just Don't Understand Deborah Tannen

The Five Love Languages Gary Chapman

Rewrite Your Relationships Eve Ash & Rob Gerrand

When Difficult Relatives Happen To Good People:

Surviving Your Family & Keeping Your Sanity Dr Leonard Fielder

Good Loving, Great Sex Dr Rosie King

Relationship Ambivalence

Too Good To Leave, Too Bad To Stay Mira Kirshenbaum

Are You The One For Me? Barbara De Angelis

Can Your Relationship Be Saved? M. Broder

Affairs/Infidelity/Trust Issues

After The Affair: Healing the Pain & Rebuilding Trust When a Partner Has Been Unfaithful
Janis Abrahms Spring

Handbook for Recovering From Affairs Peggy Vaughan

Family Violence/Verbal Abuse

Controlling People: How to Recognize, Understand

And Deal With People Who Try to Control You Patricia Evans

The Verbally Abusive Relationship: How to Recognise It & Respond Patricia Evans

The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing
Beverly Engel

Parenting

How to Be The Parent You Want to Be L. Davies

Adolescence: A Guide for Parents M. Carr-Gregg & E. Shale

What To Do When Your Children Turn into Teenagers D. Bennett & D. Rowe

Raising Boys Steve Biddulph

Toddler Taming C. Green

Blended Family Issues

Living in a Stepfamily Ruth Webber

Stepfamily Life: What is Different & How To Make It Work M. Newman

The Stepparent's Survival Guide: A Workbook For Creating A Happy Blended Family
Suzen J. Ziegahn

Divorce/Separation Issues

Rebuilding: When Your Relationship Ends Dr B. Fisher & Dr R. Alberti

Uncoupling Diane Vaughan

Mom's House, Dad's House Isolina Ricci

Creative Parenting After Separation E. Seddon

Helping Children Cope With Divorce E. Teyber

Helping Your Kids Cope With Divorce M. Gary Neuman

Men's Issues

Iron John: A Book About Men Rob Bly

Men's Passages Gail Sheehy

Manhood Steve Biddulph

When Women Leave Men: How Men Feel, How Men Heal Stan Charnovsky

Boys Will Be Men: Masculinity in Troubled Times R. Hawley

Men & Separation

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Grief & Loss

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Coping With Grief M & D McKissock

Courage To Grieve J. Tatelbaum

Grief Recovery Handbook J. James & R. Friedman

Stop the World! I Want To Get Back On E. Peddey & L. Paddick

Write Through Loss & Grief E. Hodge

Sexual Abuse

The Courage To Heal Ellen Bass & Laura Davis

Personal Growth

Mindsight Dr Dan Siegel

Emotional Intelligence Daniel Goleman

New Passages Gail Sheehy

The Dance of Anger Harriet Lerner

The Dance of Intimacy Harriet Lerner

The Dance of Fear Harriet Lerner

Feel The Fear & Do It Anyway Susan Jeffers

A Woman In Your Own Right Ann Dickinson

Intimacy & Solitude Stephanie Dowrick

The Universal Heart Stephanie Dowrick

Self-Esteem McKay & Fanning

Rewrite Your Relationships Eve Ash & Rob Gerrard

Women Who Love Too Much Robin Norwood

Homecoming: Reclaiming & Championing your Inner Child John Bradshaw

Healing the Shame that Binds You John Bradshaw

Mental Health

Mindsight Dr Dan Siegel

Feeling Good David Burns MD

Living With It Bev Aisbett

Taming The Black Dog Bev Aisbett

Depression D. Rowe

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Young People/depression/Self Harm

Site for young people with lots of info <http://www.reachout.com.au/>

headspace.com

Kids Help Line 1800 551800

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