

LORRAINE'S FAVOURITE RECOVERY BOOKS

1. **"Alcoholic Families, Another Chance"** by Sharon W. Cruse
This book is a standard text in most colleges in the USA and a good read for anyone even if not affected by alcohol. Sharon was the creator of the family roles that we have in our lecture hall, and she expands on that in this book.
2. **"Facing Love Addiction"** by Pia Mellody
This is a must read for anyone having relationship issues as she describes in great detail the cycles of addiction that we act out in dependent and avoidant relationships.
3. **"Women who Love too Much"** by Robin Norwood
This is the book that set my feet on the Recovery path! She describes in great detail the roles we act out, especially by enabling and the damage it does to all concerned.
4. **"The Object of my Affection is in my Reflection"** by Rokelle Lerner
Rokelle was named by Esquire magazine as one of the most influential women in the USA. Narcissism is the theme and once you work out that you aren't necessarily one, it gives us all a good understanding of the thinking processes of others.
5. **"Why Does He Do That"** by Lundy Bancroft
Ever wondered why our partners act in a particular way? This book will give you the answers.
6. **"I don't want to talk about it"** by Terrance Real
A must read for all men and the women who love them!
7. **"Recover to Live, What all Addicts Know"** by Christopher Kennedy Lawford (of the famous Kennedy Family)
Fast creeping up the NYT best seller list this is more of a resource that explains what Recovery is about and answers questions from world experts such as "Why do I need to go to Meetings?" "How do I know if I have an eating disorder" etc. There is so much wisdom and everything you ever need to know about Recovery.
8. **"Why Women talk and Men Walk"** by Dr Pat Love
This book helps you rediscover and maintain the spark that brought you and your partner together.
9. **"Multiply Your Blessings"** by August Gold
Don't read this book unless you are prepared to turn your life upside down. It is based on sharing a prayer partnering experience for 90 days. I did this and had so many miracles happen, in fact they are still occurring, including shifting house!
10. **"Younger Next Year, for Women"** by C Crowley and H Lodge
There is one for men also. It is essential reading for those of us who aren't in our 20's anymore.
11. **"Sweet Poison"** by David Gillespie
It took me two attempts to make this work but after my effort with "Multiply your Blessings" I was able to remove sugar from my diet with no trouble at all.

My favorite Spiritual books for daily readings are:

"God Calling" by AJ Russell

"The game of Life and How to play it" By Florence S Shin

"Archangels' & Ascended Masters" and **"Daily Guidance from Your Angels"** by Doreen Virtue

Rokelle Lerner's **"Affirmations for your Inner child"**

"The Big book" and Al Anon's **"One Day at a Time"**