

# Recommended Book List

## South Pacific Private



SOUTH PACIFIC PRIVATE

Australia's Leading Treatment Centre

Alcohol and AA	Author
12 Steps, 12 Traditions	Alcoholics Anonymous
Alcoholics Anonymous Big Book	Alcoholics Anonymous
Alcoholics Anonymous Pocket Book	Alcoholics Anonymous
Daily Reflections: a book of daily reflections by AA members for AA members	Alcoholics Anonymous
Dr Bob and the Good Oldtimers	Alcoholics Anonymous
Living Sober	Alcoholics Anonymous
As Bill Sees it: The AA Way of Life - Selected writings of AA's co-founder	Alcoholics Anonymous

Chronic Pain	Author
A Day Without Pain	Mel Pohl
Manage Your Pain: practical and positive ways of adapting to chronic pain	Michael Nicholas

Codependency	Author
Breaking Free: A recovery workbook for facing codependency	Pia Mellody and Andrea Wells Miller
Facing Codependence: what it is, where it comes from, how it sabotages our lives	Pia Mellody

Depression, Anxiety and Panic Disorder	Author
I Don't Want To Talk About It: overcoming the secret legacy of male depression	Terrence Real
The 12 Steps To Happiness	Joe Klaas
The Anxiety and Phobia Workbook	Edmund Bourne
The Depression Workbook: a guide for living with depression and manic depression	Mary Ellen Copeland
The Happiness Trap: stop struggling , start living	Russ Harris
Living With It: a survivors guide to panic attacks	Bev Aisbett

Drugs and NA	Author
It Works: how and why	Narcotics Anonymous
Just For Today Revised	Narcotics Anonymous
Living Clean: the journey continues	Narcotics Anonymous
Narcotics Anonymous Basic Text	Narcotics Anonymous
Narcotics Anonymous Little White Book	Narcotics Anonymous
The Narcotics Anonymous Stop Working Guide	Narcotics Anonymous

Eating Disorder	Author
Anorexics and Bulimics Anonymous: The fellowship details its program of recovery for anorexia and bulimia	Anorexics and Bulimics Anonymous
Eating In The Light Of The Moon: how women can transform their relationship with food through myths, metaphors and storytelling	Anita Johnston
Fat Is A Family Affair: a guide for people with eating disorders and those who love them	Judi Hollis
Just For Today	Overeaters Anonymous
Mindful Eating: a guide to rediscovering a healthy and joyful relationship with food	Jan Chozen Bays

<b>Family Relationships</b>	<b>Author</b>
Adult Children of Alcoholics Fellowship Text	Adult Children of Alcoholics
Another Chance: hope and health for the alcoholic family	Sharon Wegscheider Cruse
Bradshaw On: The Family: a new way of creating solid self-esteem	John Bradshaw
Courage To Change: one day at a time in Al-Anon	Al-Anon Family Groups
Family Ties That Bind: a self-help guide to change through family of origin therapy	Ronald Richardson
How Al-Anon Works: for families and friends of alcoholics	Al-Anon Family Groups
Paths To Recovery: Al-Anon's steps, traditions and concepts	Al-Anon Family Groups
The Responsibility Trap: a blueprint for treating the alcoholic family	Claudia Bepko and Jo Ann Kreston

<b>Gambling and GA</b>	<b>Author</b>
Big Book for GA: sharing recovery through Gamblers Anonymous	Gamblers Anonymous
Working The Steps	Gamblers Anonymous
Writing The Steps	Gamblers Anonymous

<b>Love and Sex Addiction</b>	<b>Author</b>
Facing Love Addiction: giving yourself the power to change the way you love	Pia Mellody
Out Of The Shadow: understand sexual addiction	Patrick Carnes
Sex Addicts Anonymous: SAAs basic text	Sex Addicts Anonymous
Sex and Love Addicts Anonymous Basic Text	Sex and Love addicts Anonymous
The Intimacy Factor	Pia Mellody
Cruise Control: Understanding Sex addiction in Gay Men	Robert Weiss

<b>Nicotine</b>	<b>Author</b>
Allen Carr's Easy Way To Stop Smoking: be a happy non-smoker for the rest of your life	Allen Carr
"I don't smoke": A guidebook to break your addiction to nicotine	Joseph Cruse
Twelve Steps For Tobacco Users: for people addicted to nicotine	Jeanne Engelmann

<b>Relationships</b>	<b>Author</b>
Behind Closed Doors: the truth about intimate relationships and how to create them	Shirley Smith
Growing Yourself Up: how to bring your best to all of life's relationships	Jenny Brown
I Need Your Love- is that true?	Byron Katie
The Five Love Languages	Gary Chapman
The Object Of My Affection Is My Reflection: Coping with narcissists	Rokelle Lerner
The Power Of The Spoken Word	Florence Scovel Shinn
Why Does He Do That? Inside the minds of angry and controlling men	Lundy Bancroft
Why Women Talk And Men Walk: how to improve your relationship without discussing it	Patricia Love
Women Who Love To Love: when you keep wishing and hoping he'll change	Robin Norwood
Your Word Is Your wand	Florence Scovel Shinn
The Game of Life	Florence Scovel Shinn

<b>Self Esteem</b>	<b>Author</b>
The Language Of Letting Go	Melody Beattie
More Language Of Letting Go	Melody Beattie
Embracing Your Inner Critic: turning self-criticism into a creative asset	Hal Stone and Sidra Stone
Daring Greatly: how the courage to be vulnerable transforms the way we live, love, parent and lead	Brene Brown
The Four Agreements: practical guide to personal freedom	Don Miguel Ruiz
Affirmations For The Inner Child	Rokelle Lerner
The Power Of Now: a guide to spiritual enlightenment	Eckhart Tolle

<b>Other recovery texts</b>	<b>Author</b>
12 Healing Steps For Adult Survivors Or Childhood Sexual Abuse: a practical guide	Adena Bank Lees
Coming Back From A Relapse	Sherry Schultz
A Gentle Path Through The Twelve Steps: the classic guide for all people in the recovery process	Patrick Carnes
Rachael's Holiday	Marian Keyes
Recover To Live: kick any habit, manage any addiction	Christopher Lawford
When Things Fall Apart: heart advice for difficult times	Pema Chodron
Healing The Shame That Binds You	John Bradshaw
Homecoming: reclaiming and healing your inner child	John Bradshaw
Healing Trauma: a pioneering program for restoring the wisdom of your body	Peter Levine

<b>Men's</b>	<b>Author</b>
At My Father's Wedding	John Lee
The Flying Boy	John Lee
The Half Lived Life	John Lee
Iron John	Robert Bly
Manhood	Steve Biddulph
Raising Boys	Steve Biddulph

<b>Anger</b>	<b>Author</b>
Facing the Fire. How to deal with Anger appropriately.	John Lee

<b>Other</b>	<b>Author</b>
Adventures In Correspondentland	Nick Bryant
Archangels And Ascended Masters: a guide to working and healing with divinities and deities	Doreen Virtue
The Book Of Stones: who they are and what they teach	Robert Simmons and Naisha Ahsian
Daily Guidance From Your Angels	Doreen Virtue
Multiple Your Blessings: a 90 day prayer partner experience	August Gold and Joel Fotinos
Younger Next Year: live strong, fit and sexy- until you're 80 and beyond	Chris Cowley
Younger Next Year For Women: live strong, fit and sexy- until you're 80 and beyond	Chris Cowley