Recommended Reading

- **Codependent No More** by Melody Beattie
- **Addict In The Family: Stories of Hope, Loss and Recovery** by Beverly Conyers
- **Love First** by Jeff Jay and Debra Jay
- **Everything Changes** by Beverly Conyers
- **Adult Children of Alcoholics** by Janet Woititz
- **Recovering My Kid** by Joseph Lee, MD
- **Don't Let Your Kids Kill You** by Charles Rubin
- **Lives At Risk: Understanding and Treating Young People With Dual Disorders** by Hilary Rygiewicz and Bert Pepper
- **Straight Talk** by Claudia Black
- **Pleasure Unwoven** DVD by the Institute for Addiction Study. Kevin McCauley MD
- **At Wit’s End: What You Need to Know When Your Loved One Is Diagnosed with Addiction and Mental Illness** by Jeff Jay and Jerry Boriskin
- **Opening Our Hearts, Transforming Our Losses** by Al-Anon Family Groups
- **From Survival To Recovery: Growing Up in an Alcoholic Home** by Al-Anon Family Groups
- **It Takes A Family: A Cooperative Approach to Lasting Sobriety** by Debra Jay
- **Aging and Addiction: Helping Older Adults Overcome Alcohol or Medication Dependence** by Debra Jay
- **My Daddy Loves Me, My Daddy Has a Disease** by Claudia Black
- **Kid's Power Too: Words To Grow By** by Cathy Brown, Jerry Moe and Betty LaPorte
- **Another Chance: Hope and Health for the Alcoholic Family** by Sharon Wegscheider-Cruse
- **No More Letting Go** by Debra Jay