

# RELATIONSHIPS MATTER

## Additional Resources\*

\*See page 8 for sites to obtain books and additional counseling services.

Occasionally web sites change. All of the sites listed below were correct at the time of this printing, 6-1-10.

## MARRIAGE

### GENERAL INFORMATION

*Marriage* (magazine) 1-800-627-7424

*One Family At a Time: Restoring the Soul of America Through God's Plan for Your Marriage and Family* Dennis Rainey

*How We Love* and *How We Love Workbook* Milan and Kay Yerkovich

*The Seven Principles for Making Marriage Work* John Gottman

*Getting the Love You Want* Harville Hendrix

*The First Five Years of Marriage* Phillip Swihart

*Breaking the Cycle of Divorce: How Your Marriage Can Succeed Even If Your Parents Didn't* John Trent and Larry Weeden

*Love and Respect* Emerson Eggerichs

*The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* Gary Chapman

*Too Close to the Flame: Recognizing and Avoiding Sexualized Relationships* Dr. Gregg Jantz

*Making Love Last Forever* Gary Smalley

*Boundaries in Marriage* Drs. Henry Cloud and John Townsend

*Covenant Marriage* Dr. Fred Lowery

*The Two Sides of Love; Using Personality Strengths to Greatly Improve Your Relationships* Gary Smalley and John Trent

*As For Me and My House: Crafting Your Marriage to Last* Walter Wangerin

*Loving Your Marriage Enough to Protect It* Jerry Jenkins

*Hidden Keys of a Loving Lasting Marriage* Gary Smalley

*Magnificent Marriage* Nick and Nancy Stinnet and Donnie Hilliard

*Love Busters* Willard Harley

*The Love List: Eight Things That Make a Big Difference in Your Marriage* Drs. Les and Leslie Parrott

*Sex Begins in the Kitchen* Kevin Leman

*Sixty-Minute Marriage Builder* Rob Parsons

*Surviving a Spiritual Mismatch in Marriage* Lee and Leslie Strobel

*New Baby Stress* David and Claudia Arp

*Your Marriage Can Survive a Newborn* Glen and Natalie Williams

[www.enddivorce.com](http://www.enddivorce.com)

[www.family.org](http://www.family.org)

### LATER YEARS

See also resources under **Coping with Aging Parents**

*How to Survive and Thrive In An Empty Nest* Janette and Robert Lauer

*The Second Half of Marriage* David and Claudia Arp

*Men in Midlife Crisis* Jim Conway

*Respecting Your Limits When Caring for Aging Parents* Vivian Greenberg

*Empty Nesting: Revisiting Your Marriage When Kids Leave Home* David and Claudia Arp

*Complete Guide to Caring for Aging Loved Ones* Betty Free

*A Caregivers Survival Guide* Marshall Strom

*The Final Mile: A wife's Response to Her Husband's Terminal Illness* Faye Landrum

### BEFORE MARRIAGE

*Saving Your Marriage Before It Starts* Drs. Les and Leslie Parrott

*Lies At the Alter* Robin Smith

*Before You Say 'I Do': A Marriage Preparation Manual for Couples* H. N. Wright

*Before You Remarry* H. N. Wright

## **MARRIAGE IN CRISIS**

See also resources under **Sexuality, Parenting, and Additional Challenges**

*Setting the Captives Free: A Christian Theology for Domestic Violence* Ron Clark

*The Enabler: When Helping Hurts the Ones You Love* Angelyn Miller

*Anger, Resentment, Abusiveness, Silence, Addictions and Sexual Compulsiveness* Dr. Archibald Hart

*Angry Men and the Women Who Love Them: Breaking the Cycle of Physical and Emotional Abuse*

Paul Hegstrom

[www.troubledwith.com](http://www.troubledwith.com) (Focus on the Family sponsored resource)

*Torn Asunder Workbook: Recovering from Extramarital Affairs* Dave Carder

*Surviving an Affair* Willard Harley

*When Bad Things Happen to Good Marriages; How to Stay Together When Life Pulls You Apart*

Drs. Les and Leslie Parrott

*Love Must Be Tough; New Hope for Marriages in Crisis* Dr. James Dobson

*Hope for the Separated; Wounded Marriages Can Be Healed* Gary Chapman

*Healing the Hurt in Your Marriage; Beyond Discouragement, Anger, and Resentment to Forgiveness*

Dr. Gary and Barbara Rosberg

*Surviving a Spiritual Mismatch* Les and Leslie Strobel

*Spiritual Warfare in Marriage* Bill Stonebraker

## **INFERTILITY**

*Empty Arms: Emotional Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy* Pam Vredevelt

*When the Cradle is Empty: Answering Tough Questions About Infertility* John and Sylvia Van

Regenmorter

*The Infertility Companion* Sandra Glahn and Dr. William Cutrer

*Adopting After Infertility* Patricia Johnson

## **FAMILY FINANCES**

*Five Steps to Successful Money Management* Lee Davis

*Financial Peace* Dave Ramsey

*Storm Shelter, Protecting Your Personal Finances* Ron Blue

*Taming the Money Monster* Ron Blue

*No Debt No Sweat* Steve Diggs, [www.nodebtносweat.com](http://www.nodebtносweat.com), (615) 834-3063

*Debt-Proof Your Marriage* and *Debt-Proof Your Marriage Workbook* Mary Hunt

## **FAMILY AND THE MILITARY**

*Heroes at Home: Help and Hope for American Military Families, 2<sup>nd</sup> edition* Bethany House

*When Duty Calls: A Handbook For Families Facing Military Separation* Carol Vandesteeg

*Faith Deployed: Daily Encouragement for Military Wives* Jocelyn Green

## **SEXUALITY**

### **GENERAL INFORMATION**

*Too Close to the Flame: Recognizing and Avoiding Sexualized Relationships* Dr. Gregg Jantz

*Sheet Music* Kevin Leman

*The Book of Romance, What Solomon Says About Love, Sex and Intimacy* Tommy Nelson

*Intimate Issues: Conversations Woman to Woman 21 Questions Christian Women Ask About Sex*

Linda Dillow and Lorraine Pintus

*The Sexual Man* Dr. Archibald Hart

*Secrets of Eve, Understanding the Mystery of Female Sexuality* Dr. Archibald Hart, Dr. Catherine Hart

Weber and Debra Taylor

*Sex Begins in the Kitchen* Dr. Kevin Leman

### **SEXUAL ABUSE IN CHILDHOOD**

*The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse* Dr. Dan Allender

*Allies In Healing: When the Person You Love Was Sexually Abused as a Child* Laura Davis

(See also resources under *Special Problems* and [www.troubledwith.com](http://www.troubledwith.com) )

## HOMOSEXUALITY

*A Parent's Guide to Preventing Homosexuality*, Joseph Nicolosi  
*Coming Out of Homosexuality* Bob Davies and Lori Rentzel  
*Setting the Record Straight* Dr. Larry Burtoff  
*You Don't Have to Be Gay* Jeff Konrad  
*LOVE WON OUT*, workshops and materials from *Focus on the Family*, 1-800-232-6459, [www.family.org](http://www.family.org)  
*EXODUS INTERNATIONAL*, [www.exodusglobalalliance.org](http://www.exodusglobalalliance.org) 1-888-246-0877  
*When Homosexuality Hits Home: What to do When A Loved One Says They're Gay* Joe Dallas  
*Helping People Step Out of Homosexuality* Frank Worthen  
*NATIONAL ASSOCIATION FOR RESEARCH AND THERAPY OF HOMOSEXUALITY (NARTH)*,  
[www.narth.com](http://www.narth.com) 1-818-789-4440

## PORNOGRAPHY

(See also resources under Sex Addicts and Their Spouses)

*Out of the Shadows* Patrick Carnes  
*Don't Call it Love: Recovery From Sexual Addiction* Patrick Carnes  
*Wired for Intimacy: How Pornography Hijacks the Male Brain* William M. Struthers  
*The DRUG of the New Millennium* Mark Kastleman  
*Pure Desire* Ted Roberts  
*An Affair of the Mind* Laurie Hall  
*False Intimacy* Harry Schaumburg  
*Kids Online*, Donna Rice Hughes  
*Healing the Wounds of Sexual Addiction* Mark Laaser  
*Men Confront Pornography* Michael S. Kimmel  
*Every Man's Battle* and *Every Young Man's Battle* Stephen Arterburn  
*Every Woman's Battle* and *Every Young Woman's Battle* Shannon Ethridge  
[www.xxxchurch.com](http://www.xxxchurch.com) (preventive resources for parents and teens)  
[www.safeeyes.com](http://www.safeeyes.com) (preventive resources)  
[www.covenanteyes.com](http://www.covenanteyes.com) (877) 479-1119 (provides internet accountability)  
[www.settingcaptivesfree.com](http://www.settingcaptivesfree.com) (330) 620-8448 (free 12 step internet interactive program for sexual and other addictions)  
<http://dl.esu13.org/internetsafetv.htm> (lists internet safety guidelines and sites for children)  
[www.cyber-snoop.com](http://www.cyber-snoop.com) (800) 732-7596 (provides internet monitoring and filtering)  
[www.filterreview.com](http://www.filterreview.com) (directory of internet servers that filter questionable material)  
[www.afafilter.com](http://www.afafilter.com) (850) 362-4311 (internet server provided by American Family Association)  
[www.integrityonline.com](http://www.integrityonline.com) or 1-866-449-1736 (provides an internet server, or a filter on other servers)  
[www.safekids.com](http://www.safekids.com) (801) 596-3119 (provides rules and contracts for parents with children online)  
[www.familyconnect.com](http://www.familyconnect.com) (918) 524-1010 (internet protected server)  
[www.zemericks.com](http://www.zemericks.com) (provides a variety of programs for internet protection and accountability)

## FOR SEX ADDICTS AND THEIR SPOUSES

(See also resources under Pornography)

*No Stones: Women Redeemed from Sexual Shame* Marnie Ferree  
*Breaking Free: Understanding Sexual Addiction and The Healing Power Of Jesus* Russell Willingham and Bob Davies  
*Shattered Vows: Hope and Healing for Women Who Have Been Sexually Betrayed* Debra Laaser  
*Open Hearts: Renewing Relationships with Recovery, Romance & Reality* Patrick Carnes  
*Addicted to Love: Understanding Dependencies of the Heart, Romance, Relationships and Sex* Stephen Arterburn  
*Don't Call it Love: Recovery From Sexual Addiction* Patrick Carnes  
[www.faithfulandtrueministries.com](http://www.faithfulandtrueministries.com) (866) 408-5433, Mark Laaser and Life Ministries International  
[www.bethesda workshops.org](http://www.bethesda workshops.org)  
[www.sexhelp.com/](http://www.sexhelp.com/)  
[www.pureintimacy.org](http://www.pureintimacy.org) (Focus on the Family-sponsored resource for pornography addiction)  
National Counsel on Sexual Addiction (770) 989-9754.  
[www.helpandhope.org](http://www.helpandhope.org) (888) 891-4673, Rob Jackson (affiliated with Christian Alliance)  
[www.saa-recovery.org](http://www.saa-recovery.org) Sex Addicts Anonymous  
[www.sa.org](http://www.sa.org) (866) 424-8777 Sexaholics Anonymous  
(cont)

(FOR SEX ADDICTS AND THEIR SPOUSES cont)

For a list of Christian Counselors on file in your area with the following organizations contact:  
“Every Man’s Battle” workshops and resources from the New Life Ministries (800) 639-5433  
[www.newlife.com](http://www.newlife.com) and FOCUS ON THE FAMILY COUNSELING CENTER (719) 531-3400,  
[www.family.org](http://www.family.org)

## **PARENTING**

### **GENERAL INFORMATION**

[www.focusonyourchild.com](http://www.focusonyourchild.com) (800) 232-6459 resources from **Focus on the Family**  
*1-2-3 Magic for Christian Parents: Effective Discipline for Children 2-12* Thomas Phelan and Chris Webb  
*The Blessing of a Skinned Knee* Wendy Mogel  
*Parent’s Guide to the Spiritual Growth of Children*, Focus on the Family  
*Money Matters* (teaching children money management), Jim Weimann and Larry Burkett  
*Parent’s Guide to the Spiritual Growth of Children*, Focus on the Family  
*Money Matters* (teaching children money management), Jim Weimann and Larry Burkett  
*A Parent’s Guide to Preventing Homosexuality* Joseph Nicolosi  
*Protecting Your Child in An X-Rated World* Frank York and Jan LaRue  
*How and When to Tell Your Kids About Sex* Stanton and Brenner James  
*Movie Nights for Kids: 25 Flicks to Inspire, Entertain and Teach Your Children* John Fornof  
*Setting Limits: How to Raise Responsible, Independent Children by Providing Clear Boundaries*  
Robert MacKenzie  
*Setting Limits with Your Strong-Willed Child : Eliminating Conflict by Establishing Clear, Firm, and Respectful Boundaries* Robert MacKenzie  
*Parenting with Love and Logic* Foster Cline and Jim Fay  
*Parenting Teens with Love and Logic* Foster Cline and Jim Fay  
*Love and Logic Magic for Early Childhood: Practical Parenting from Birth to Six Years* Foster Cline and Jim Fay  
*Behavior Management At Home: A Token Economy Program for Children and Teens* Harvy Parker  
*Bringing Kids Up without Tearing Them Down* Kevin Leman  
*Keeping Your Kids Afloat When it Feels Like You’re Sinking* Cyndi Lamb Curry  
*Boundaries With Kids* Drs. Henry Cloud and John Townsend  
*Answering the 8 Cries of the Spirited Child* David and Claudia Arp  
*Dare to Discipline* James Dobson  
*Hide or Seek* James Dobson  
*The Strong-willed Child* James Dobson  
*Strong Fathers, Strong Daughters* Megan Meeker  
*Bringing Up Boys* James Dobson  
*The Key to Your Child’s Heart* Gary Smalley  
[www.pluggedinonline.com](http://www.pluggedinonline.com) (provides reviews and content of games, TV programs, DVDs, and CDs)  
[www.common sense media.org](http://www.common sense media.org) (provides reviews for **all** media for parents and educators)  
[www.screenit.com](http://www.screenit.com) (provides reviews and content of movies)  
[www.pluggedinmag.com](http://www.pluggedinmag.com) (provides a lyrical breakdown of CDs released since 1998)

### **PARENTING CHILDREN WITH SPECIAL NEEDS**

*You and Your ADD Child: How to Understand and Help Kids with Attention Deficient Disorder* Paul Warren  
*ADD Hyperactivity Workbook for Parents, Teachers, and Kids* Harvey Parker  
*The Attention Deficit Child* Grant Martin  
*Driven to Distraction* (ADHD resource for children and adults) Edward Hallowell and John Riley  
*Why ADHD Doesn’t Mean Disaster* Dennis Swanberg, Dr. Walt Larimore, and Diane Passno  
CHADD (resources and support for children and adults with attention deficit disorder) 1-800-233-4050  
*A Special Kind of Love: For Those Who Love Children With Special Needs* Susan Osborn and Janet Mitchell  
*Chronic Kids, Constant Hope: Help and Encouragement for Parents of Children with Chronic Conditions* Elizabeth Hoekstra and Mary Bradford  
*Facing Autism* Lynn M. Hamilton

## PARENTING TEENS

(see also *General Information* under *PARENTING*)

*Adolescence Isn't Terminal* Dr. Kevin Leman

*The Disconnected Generation: Saving Our Youth from Self-Destruction* Josh McDowell

*Parenting Adolescents* Kevin Huggins

*Parenting Teens With Love and Logic* Cline and Foster

*Parents, Teens and Boundaries* Jane Bulestein

*Movie Nights: 25 Movies to Spark Spiritual Discussions with Your Teen* Bob Smithouser

## SINGLE PARENTING

(see also *General Information* under *PARENTING*)

*Financial Guide for the Single Parent* Larry Burkett

*365 Strategies for Positive Single Parenting* Susan Brown

*Parenting Alone: Single Parents*, Ramona Warren

*Successful Single Parenting*, Gary Richmond

*The Single Dad's Survival Guide*, Mike Klumpp

*Going It Alone: Meeting the Challenges of Being a Single Mom*, Michelle Ho

*From One Single Mother to Another*, Sandra Aldrich

*101 Ways to Be a Long-Distance Super Dad...Or Mom, too!* George Newman

Resource: Focus on the Family, Colorado Springs, CO. (800) 232-6459

## GRANDPARENTS AS PARENTS

(see also *General Information* under *PARENTING*)

*Grandparents as Parents: A Survival Guide for Raising a Second Family*, DeToledo and Brown

## DEALING WITH TROUBLED CHILDREN

(see also *General Information* under *PARENTING*)

[www.dc4k.org](http://www.dc4k.org) DivorceCare for Kids

*Setting Boundaries with Your Adult Children: Six Steps to Hope and Healing for Struggling Parents*

Allison Bottke

*Taming the Dragon in Your Child: Solutions for Breaking the Cycle of Family Anger*, Meg Eastman

*Parents in Pain: Overcoming the Hurt and Frustration of Problem Children*, John White

*Relief for Hurting Parents*, Buddy Scott

*Pills for Parents in Pain*, Lee Ezell

*Get Out of My Life*, Anthony Wolf

*Why Christian Kids Rebel: Trading Heartache for Hope*, Tim Rimmel

*You Can't Make Me*, Cynthia Tobias

*When Your Child Has Been Molested: A Parent's Guide to Healing and Recovery*, Kathryn Brohl and Joyce Case Potter

*What Children Need to Know When Parents Divorce*, William Coleman

*Helping Children Survive Divorce: What to Expect, How to Help*, Archibald Hart

*Growing Up With Divorce, Helping Your Child Avoid Immediate and Later Emotional Problems*, Neil Kalter

## STEP-PARENTING

(see also *General Information* under *PARENTING*)

Resource: [www.successfulstepfamilies.com](http://www.successfulstepfamilies.com)

*The Smart Stepfamily* Ron Deal

Resource: Step Family Association of America (800) 735-0329

*Step by Step-Parenting* James Eckler

*Making it as a Stepparent* Claire Berman

*52 Ways to be a Better Step-parent* O'Conner & Flowers

*You're a Stepparent...Now What?* Joseph Cerquone

*Winning the Heart of Your Stepchild* Bob Barnes

*God Sets the Lonely in Families* [www.godblendsfamilies.org](http://www.godblendsfamilies.org)

## **ADDITIONAL CHALLENGES**

### **ADDICTIONS**

*The Enabler: When Helping Hurts the Ones You Love*, Angelyn Miller

*Alcoholics Anonymous* [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

*Gamblers Anonymous* [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

*Narcotics Anonymous* [www.na.org](http://www.na.org)

*Overeaters Anonymous* [www.aa.org](http://www.aa.org)

*Sex Addicts Anonymous* [www.sexaa.org](http://www.sexaa.org)

*Sexaholics Anonymous* [www.sa.org](http://www.sa.org)

*Celebrate Recovery* [www.celebraterecovery.com](http://www.celebraterecovery.com)

### **ADULT ADD/ADHD**

*Driven to Distraction*, (ADHD for children and adults) Edward Hallowell and John Riley

*Healing ADD: Simple Exercises That Will Change Your Daily Life* Thorn Hartman

CHADD (resources and support for children and adults with attention deficit disorder) 1-800-233-4050

### **ANGER**

*Angry Men and the Women Who Love Them: Breaking the Cycle of Physical and Emotional Abuse*

Paul Hegstrom

*When Love Turns to Fear* Allison Ogden

*Setting the Captives Free: A Christian Theology for Domestic Violence* Ron Clark

*The Enabler: When Helping Hurts the Ones You Love* Angelyn Miller

*Anger, Resentment, Abusiveness, Silence, Addictions and Sexual Compulsiveness* Dr. Archibald Hart

*Taming the Dragon in Your Child: Solutions for Breaking the Cycle of Family Anger* Meg Eastman

*Getting the Best of Your Anger* Les Carter

*The Anger Workbook (to accompany the above book)* Les Carter

*Make Anger Your Ally* Neil Clark Warren

### **COPING WITH AGING PARENTS**

*As Parents Age: A Psychological and Practical Guide* Joseph Ilardo

*How to Care for Aging Parents* Virginia Morris and Robert Butler

*Caring for Your Aging Parents: A Sourcebook of Options and Solutions for Both Generations*

Helene MacLean

*Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive* Claire Berman

*Are Your Parents Driving You Crazy?* Joseph Ilardo and Carole Rothman

*Complete Guide to Caring for Aging Loved Ones* Betty Free

### **DEPRESSION**

*New Light on Depression: Help, Hope, & Answers for the Depressed & Those Who Love Them* David Biebel and Harold Koenig

*The Freedom from Depression Workbook* Dr. Les Carter, Dr. Frank Minirth

*The Feeling Good Handbook (self help for depression)* David Burns

*Mood Swings*, Dr. Paul Meier Dr. Frank Minirth, Stephen Arterburn

*Depression Fallout: The Impact of Depression on Couples and What You Can Do to Preserve the Bond* Ann Sheffield

*Unmasking Male Depression: Recognizing the Root Cause to Many Problems Behaviors Such As Anger, Resentment, Abusiveness, Silence, Addictions and Sexual Compulsiveness* Dr. Archibald Hart

*Unveiling Depression in Women: A Practical Guide to Understanding and Overcoming Depression*

Drs. Archibald Hart and Catherine Hart Weber

Resources for 'Attacking Anxiety and Depression' Midwest Center, [www.stresscenter.com](http://www.stresscenter.com) (800) 611-5485

### **DIVORCE**

Divorce Care Support Groups [www.divorcecare.com](http://www.divorcecare.com)

*Breaking the Cycle of Divorce: How Your Marriage Can Succeed Even if Your Parent's Didn't* John Trent

(cont)

(DIVORCE cont)

***When the Vow Breaks: A Survival and Recovery Guide for Christians Facing Divorce*** Warren Kniskern  
***Growing Through Divorce*** Jim Smoke  
***When He Leaves*** Kari West and Noelle Quinn  
***The Divorce Recovery Guide*** A. Treeson, Mary Hollingsworth, Michael Washburn,  
***Single Again, The Uncertain Journey*** Jim Smoke  
***Between Two Worlds*** Elizabeth Marquardt  
***The Unexpected Legacy of Divorce: A 25-year Landmark Study*** Judith Wallerstein  
***Helping Children Survive Divorce: What to Expect, How to Help*** Archibald Hart  
***Growing Up With Divorce, Helping Your Child Avoid Immediate and Later Emotional Problems*** Neil Kalter  
***What Children Need to Know When Parents Divorce*** William Coleman

### FOR SOMEONE TERMINALLY ILL

***The Journey Home: Finishing With Joy*** Bill Bright  
***Living Fully in the Shadow of Death*** Susan Zonnebelt-Smeenge and Robert DeVries  
***When Your World Falls Apart*** David Jeremiah  
***A Bend in the Road*** David Jeremiah  
***Packing for the Big Trip*** Charlie Walton

### GRIEF

***A Grace Disguised: How the Soul Grows Through Loss*** Gerald Sittser  
***Yet Will I Trust Him: Understanding God in a Suffering World*** John Mark Hicks  
***Beyond the Storm*** Dr. Jerry Jones  
***When there are no Words*** Charlie Walton  
***A Grief Observed*** C. S. Lewis  
***Hiding From Love: Learning to Feel and Serve Again*** Dr. John Townsend  
***When Children Grieve*** John James and Russell Friedman  
[www.griefshare.org](http://www.griefshare.org)

### IN-LAWS

***The Mother-in-Law Dance: Can Two Women Love the Same Man and Still Get Along?*** Annie Chapman  
***Toxic In-Laws: Loving Strategies for Protecting Your Marriage*** Susan Forward  
***Loving Your Relatives: Even When You Don't See Eye to Eye*** David and Claudia Arp, John and Margaret Bell.  
***Inlaws, Outlaws and the Functional Family: A Real-World Guide to Resolving Family Issues*** Harry Jackson

### ISSUES FROM YOUTH

***Addicted to Love: Understanding Dependencies of the Heart, Romance, Relationships and Sex*** Stephen Arterburn  
***Released From Shame: Recovery for Adult Children of Dysfunctional Families*** Sandra Wilson  
***Adult Children: The Secrets of Dysfunctional Families*** John and Linda Friel  
***The Healing Journey for Adult Children of Alcoholics*** Daryl Quick  
***Changes That Heal: How to Understand Your Past to a Healthier Future*** Dr. Henry Cloud  
***Broken Children, Grown-up Pain; Understanding the Effects of Your Wounded Past*** Paul Hegstrom  
***Love is a Choice: The Definitive Book on Letting Go of Unhealthy Relationships*** Drs. Frank Minirth, Paul Meier, and Robert Hemfelt  
***The Freedom from Depression Workbook, Dr. Les Carter*** Dr. Frank Minirth  
***The Feeling Good Handbook (self help for depression)*** David Burns  
***Love Hunger, Weight Loss Workbook*** Dr. Frank Minirth and Dr. Paul Meier  
Resources for 'Attacking Anxiety and Depression' Midwest Center, [www.stresscenter.com](http://www.stresscenter.com) (800) 611-5485

## PERSONALITY DISORDERS

*Fatal Flaws: Navigating Destructive Relationships with People with Disorders of Personality and Character* Dr. Stuart Yodofsky

## REMARRIAGE

See also 'Step-Parenting'

*In Love Again and Making it Work: Successful Remarriage* Dick Dunn

*Finding the Right One After Divorce: Avoiding the 13 Common Mistakes People Make in Remarriage* Edward Tauber and Jim Smoke

## SINGLENESS

*God's Call to the Single Adult*, Mike Cavanaugh

*Believing God For His Best: How to Marry Contentment and Singleness* Bill Thrasher

*Living Single: The Different Faces of Singleness* Kevin Smith

*Singleness: A Strategy for Emotional Peace Every Single Man's Battle Workbook* Stephen Arterburn

*Every Single Woman's Battle Workbook* Shannon Ethridge

*Your Single Treasure: The Good News About Singles and Sexuality* Rick Stedman

*No Sex Please (Until We're Married): The No-Compromise Search for the Love of Your Life* Ian Gregory

---

*\*The above books can be ordered online from [www.bestbookbuys.com](http://www.bestbookbuys.com), [www.christianbooks.com](http://www.christianbooks.com) or from a Christian bookstore in your area. For information from the Christian Medical Association Life & Health Resources visit [www.christianmedicalassociation.org](http://www.christianmedicalassociation.org) or call 888-231-2637. For a list of Christian counselors in your area on file with FOCUS ON THE FAMILY, contact 1-719- 531-3400. For a topical listing of articles, resources and referrals concerning specific family and individual issues, visit [www.troubledwith.com](http://www.troubledwith.com), a website sponsored by FOCUS ON THE FAMILY. For a list of Christian counselors in your area on file with the MEIER CLINICS, contact 1-888-725-4642 or on the web at [www.meierclinics.com](http://www.meierclinics.com). For a list of Christian counselors on file with the NEW LIFE CLINICS contact 1-800-NEWLIFE.. For a list of Christian counselors on file with the AMERICAN ASSOCIATION OF CHRISTIAN COUNSELORS, visit them on the web at [www.aacc.net](http://www.aacc.net).*