

# The Feminist Bookshop

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## ADDICTION & CODEPENDENCY

### **When Perfect Isn't Good Enough**

*Martin Antony* \$28.95

2<sup>nd</sup> Edition of popular book guiding into coping with perfectionism and its impact on your life. Discusses how perfectionism is often linked to anxiety and depression or alcoholic families.

### **Language Of Letting Go** \$25.00

**More Language Of Letting Go** \$37.95

*Melody Beattie*

Popular daily reading book and its sequel which offer essays and meditations to enhance the process of recovery. Touches on questions of honesty, surrender, and healthy communication.

Also available **Language of Letting Go Cards** \$24.95 and

**Language Of Letting Go Journal** \$37.95.

### **Codependent No More**

*Melody Beattie* \$25.95

Freedom from a problem that besets many in relationships with alcoholics/addicts. Learn how to stop caretaking and live your own life.

### **Beyond Codependency**

*Melody Beattie* \$27.95

Sequel to the classic *Codependent No More*. Further ideas on self-improvement and self-understanding for people who live in the grip of other people's problems.

### **Codependents Guide To The Twelve Steps**

*Melody Beattie* \$26.95

How to find the right recovery programme for you, and apply the twelve steps to your own issues.

### **The New Codependency**

*Melody Beattie* \$25.00

In her new book 2010 the author explains how codependency manifests in a new generation. More tools to reclaim your life from unhealthy dependencies.

### **Repeat After Me**

*Claudia Black* \$28.95

Step by step self-help workbook for adult children from alcoholic families to examine their lives.

### **My Dad Loves Me My Dad Has A Disease**

*Claudia Black* \$24.95

A child's view of living with addiction. Picture workbook style

### **It Will Never Happen To Me**

*Claudia Black* \$28.95

The effects of growing up with addiction/alcoholism in the family. How to overcome self-defeating behaviours.

### **Overcoming Compulsive Gambling**

*Alex Blaszczynski* \$30.95

A self-help guide for gamblers wishing to recover, using Cognitive Behavioural Techniques, and with positive references to the use of GA and Gam-Anon.

### **Healing The Shame That Binds You**

*John Bradshaw* \$35.95

A recovery classic, expanded and updated. Shows how toxic shame is the core component of addictions and compulsions.

### **Homecoming**

*John Bradshaw* \$31.95

Renowned therapist in areas of addiction and adult children shows how to reclaim and champion your inner child. We also stock all other Bradshaw books.

### **Family Secrets**

*John Bradshaw* \$36.95

Best-selling author writes on the power of the family to shape our lives.

### **The Family Recovery Guide**

*Stephanie Brown* \$38.95

A map for healthy growth, for family members affected by addiction in a loved one.

### **The Alcoholic Family In Recovery**

*Stephanie Brown* \$49.95

For clinicians working with alcoholic families in recovery. A major contribution to the addiction field.

### **Addicted And Mentally Ill**

*Carol Bucciarelli* \$29.95

Stories of courage, hope, and empowerment to help people find correct treatment options.

### **Out Of The Shadows** (3rd Edition)

*Patrick Carnes* \$36.95

For sex addicts and codependents in understanding sex addiction.

### **Gentle Path Through The Twelve Steps**

*Patrick Carnes* \$35.95

The classic guide for all people in the process of recovery, from a renowned expert in the field of addiction. A rich and powerful resource, for anyone looking into a Twelve Step programme.

### **The Food Mood Solution**

*Jack Challem* \$19.95

Looking at the connection between food and anxiety, depression, anger, stress, useful for addicts and alcoholics in recovery.

### **Ageing & Addiction**

*Carol Collieran* \$37.50

Helping older adults overcome alcohol or medication dependence.

### **Addict In The Family**

*Beverly Conyers* \$29.95

Stories of loss, hope, and recovery from the hidden victims of addiction, family members

### **Under The Weather**

*John Cooney* \$27.95

Coping with alcohol abuse and alcoholism, commonsense approach.

### **A Woman's Way Through The Twelve Steps**

*Stephanie Covington* \$29.95

Guide to the 12 Steps specifically for women.

**Woman's Way Through The Twelve Steps Workbook**

*Stephanie Covington \$24.95*

Workbook style, looking at ways women's recovery is specific and different. Based on above book.

**When Someone You Love Abuses Alcohol Or Drugs**

*James Crist \$18.95*

Guide for kids on how to deal with an alcoholic parent or relative. Suitable to 10 years and up. Or could be read to younger children.

**Over The Influence**

*Patt Denning et al \$29.95*

Harm reduction guide for managing drugs and alcohol. For people who would like to learn skills to control a drug/alcohol problem.

**Teenagers, Alcohol And Drugs**

*Paul Dillon \$29.95*

What kids need to know about alcohol, drugs, and staying safe. Also a guide for parents in talking to teens in an effective way.

**Making Lesbians Visible In The Substance Use Field**

*Elizabeth Ettore ed \$37.95*

Provides a clear picture of the impact of problem drinking on the lesbian community. Links depression with alcohol abuse.

**The Addiction Workbook**

*Patrick Fanning \$27.95*

Useful guide for identifying the problem, and developing a recovery programme for quitting alcohol and drugs.

**Workplace Intervention**

*James Fearing \$34.95*

A book for managers on addiction, Helping addicted employees become productive again. Guidance around a big problem in the workplace.

**Integrating The 12 Steps Into Addiction Therapy**

*James Finley \$68.95*

Resource collection and guide for promoting recovery, includes CD-Rom.

**Pathways To Sobriety Workbook**

*William Fleeman \$29.95*

Useful workbook, includes personal stories, and a programme towards sobriety, by a chemical dependency counselor.

**Toxic Parents**

*Susan Forward \$31.95*

Classic best seller available again. On overcoming the hurtful legacy of abusive parents. Offers hope and understanding.

**The Twelve Steps: A Way Out**

*Friends in Recovery \$27.95*

A spiritual process for healing from addictions. Revised Edition, including how to release the past and open to the present by working the 12 Steps.

**Twelve Step Prayers For A Way Out**

*Friends In Recovery \$19.95*

Companion to *The Twelve Steps: A Way Ou*, see above.

**Passages Through Recovery**

*Terrence Gorski \$35.95*

An action plan for preventing relapse, based on experiences of thousands of successfully recovering people.

**Staying Sober**

*Terence Gorski \$34.95*

Guide for relapse prevention, a must read for staff at treatment centers and all newly sober alcoholics.

**Relapse Prevention Counseling Workbook**

*Terence Gorski \$25.95*

Powerful tool for people in all stages of recovery in both group or individual therapy.

**Trapped In The Mirror**

*Elan Golomb \$25.95*

Guidelines for adult children of narcissists in their difficulties and struggle for self.

**Staying Sober Workbook**

*Terence Gorski \$53.95*

Revised version of a useful book dealing with problems of relapse, provides practical and serious solutions for a serious problem facing many recovering people.

**Addictions In The Gay & Lesbian Community**

*Jeffrey Guss \$49.95*

Researchers and clinicians share their expertise in working with addictions in the GLBT community. Includes looking at sex addiction.

**An Elephant In The Living Room**

*Jill Hastings \$32.95*

Fun workbook for children about having an alcoholic in the family.

**Day By Day**

*Hazelden \$27.95*

Daily meditations for recovering addicts, in its second edition. "God help me to stay clean and sober today!"

**Days Of Healing Days Of Joy**

*Hazelden \$21.95*

Recovery readings for adult children from alcoholic families.

**How To Get Sober And Stay Sober**

*Hazelden \$27.95*

Step-by-step guide to building a lifetime of sobriety. Workbook covering first five steps from 12 Steps.

**When A Family Is In Trouble**

*Marge Heergaard \$18.95*

Helping children cope with the grief of drug and alcohol addiction in the family. Workbook format.

**Handbook Of Alcoholism Treatment Approaches**

*Reid Hester \$114.95*

Hard cover, effective alternatives 3<sup>rd</sup> edition. Evaluates various approaches.

**Addiction, Assessment & Treatment With Adolescents, Adults, & Families**

*Carolyn Hilariski ed \$64.95*

Practical guide to providing client-centred services to those struggling with addiction.

**Sex Drugs Gambling Chocolate**

*Thomas Horvath \$29.95*

A workbook for overcoming addictions, an alternative to 12 Step programmes for those who are looking for another guide to recovery.

**Love First**

*Jeff & Debra Jay \$34.95*

Convincing new approach to intervention that puts love and respect first in the treatment of alcoholism / drug addiction.

**Meth: The Home-Cooked Menace**

*Dirk Johnson \$29.95*

How a lethal drug is devastating our communities and what's being done about it. U.S. point of view but relevant here.

**Workaholics**

*Barbara Killinger \$34.95*

Exposes the compulsive drive for approval and perfection displayed by those with "the respectable addiction".

**It's So Hard To Love You**

*Bill Klatte & Kate Thompson \$24.95*

Staying sane when in a relationship with an addict, alcoholic, or someone who is manipulative, needy, or dishonest.

**The Adult Children Of Alcoholics Syndrome**

*Wayne Kraitsberg \$13.95*

Step by step guide to recovery

**Stage 11 Recovery**

*Earnie Larsen \$31.95*

Life beyond addiction by popular 12-Step writer.

**Seven Weeks To Sobriety**

*Joan Larson \$32.60*

Describes a successful programme to fight alcoholism through nutrition.

**Take Control Of Your Drinking**

*Michael Levy \$37.95*

If you can learn how to control your drinking you may not have to quit. The author acknowledges that abstinence is the right way for some, but that others may be able to learn how to moderate their drinking to a safe level.

**When Someone You Love Is Addicted To Alcohol Or Drugs**

*Jim MacLaine \$25.95*

The alcoholic is not the only one who needs help.

**Breaking The Bonds Of Food Addiction**

*Susan McQuillan \$26.95*

Guidelines for freeing yourself from compulsive overeating, and developing a healthy relationship with food. See also our Eating Disorders Booklist.

**Overcoming Your Smoking Habit**

*David Marks \$24.95*

Self-help guide using Cognitive Behavioural Techniques.

**Facing Codependence**

*Pia Melody \$35.00*

Explains what it is, where it comes from, and how it sabotages our lives.

**Facing Love Addiction**

*Pia Melody \$37.95*

Giving yourself the power to change the way you love, and move away from codependency and addictive ways of relating.

**Breaking Free Workbook**

*Pia Melody \$29.95*

Recovery workbook to accompany *Facing Codependence*.

**Addictions And Trauma Recovery**

*Dusty Miller \$42.95*

Crossover issues of trauma and addiction. Healing the body, mind and spirit. For groups as well as for individuals.

**Controlling Your Drinking**

*William Miller \$29.95*

For drinkers who want to cut down. A balanced approach to changing your behaviour if controlled drinking is the way you want to go.

**Woman's Addiction Workbook**

*Lisa Najavits \$32.95*

Useful guide for in-depth healing. Shows how women's path through addiction may differ from men's.

**The Addictive Personality**

*Craig Nakken \$34.95*

Understanding the addictive process and compulsive behaviour.

**Reclaim Your Family From Addiction**

*Craig Nakken \$37.35*

Shows how partners and families can lose identity in relationship with an alcoholic/addict, and how they can recover. Also available workbooks for facilitators, families and couples.

**Rising From The Dead**

*Patricia Nanoff \$29.95*

Powerful stories of how spirituality can help women achieve and maintain sobriety.

**Addiction To Love**

*Susan Peabody \$24.95*

Guidelines for overcoming obsession and dependency in relationships.

**Shame, Guilt And Alcoholism**

*Ron Potter-Efron \$44.95*

Treatment issues in clinical practice Second Edition, up to date research, and insight into emotional realities of substance abuse.

**The Healing Journey Through Addiction**

*Phil Rich \$32.95*

A journal for recovery and self-renewal, as well as the building of healthy relationships with self and others.

**How To Stop Smoking And Stay Stopped For Good**

*Gillian Riley \$25.95*

Fully revised and updated with a high success rate.

**Responsible Drinking**

*Frederick Rotgers \$43.95*

Moderation management approach for problem drinkers for a balanced approach to drinking.

**Chained To The Desk**

*Bryan Robinson \$33.95*

Guidebook for workaholics, their partners, children, and the clinicians who treat them.

**Is It Love Or Is It Addiction?**

*Brenda Schaeffer \$32.95*

How can something as wonderful as love make you feel so bad? How to recognize and change addictive love.

**The Sex Addiction Workbook**

*Tamara Sbraga \$41.95*

Strategies to help you regain control of your life if your sexual behaviour is out of control.

**Quitting Meth**

*Mark Sheets \$11.95*

Workbook recovery plan, and basic information about the drug.

**How To Stop Gambling**

*Paul Symond \$25.95*

Practical guide to beating gambling problems in a loved one, in yourself. Case studies and how to find help.

**Not My Family, Never My Child**

*Tony Trimmingham \$24.95*

What to do if someone you love is a drug user.

**Breaking Free Of The Co-dependency Trap**

*Barry Weinhold \$24.95*

Revised edition of a classic book of understanding and healing dysfunctional relationships.

**Addictive Thinking** 2<sup>nd</sup> edition

*Abraham Twerski \$34.95*

Understanding self-deception, and how it affects both the addict and her/his family.

**Adolescent Substance Abuse**

*John Wodarski \$34.95*

Practical text for professionals, educators and counselors. Looks at the multiple forces that impact on teens dealing with substance abuse

**Adult Children Of Alcoholics**

*Janet Woititz \$36.95*

In a newly expanded edition, Woititz shows how to identify and approach recovery. For anyone who has grown up in an alcohol-affected home. Grandchildren of alcoholics would also find this a useful book.

**Lifeskills For Adult Children**

*Janet Woititz \$ 21.95*

Teaches adult children from alcoholic families the life skills they have missed out on.

**Complete ACOA Sourcebook**

*Janet Woititz \$38.00*

An excellent buy as this is three of her most popular books all in the one volume...*Adult Children Of Alcoholics, Struggle For Intimacy, and Self-Sabotage Syndrome.*

**Helpful phone numbers in NSW**

*Alcoholics Anonymous 02 9799 1199*

*Al-Anon (relatives & friends of alcoholics) 02 9570 3400*  
*www.al-anon.org/australia*

*Narcotics Anonymous 02 9212 3444*

*South Pacific Private Hospital 02 9905 3667*

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