



Seaside Palm Beach

Family Resources List

Recommended Books / Materials

Nar-Anon SESH by Nar-Anon Family Groups

One Day at a Time in Al-Anon by Al-Anon Family Groups

Many Voices, One Journey by Al-Anon Family Groups

Intimacy in Alcoholic Relationships by Al-Anon Family Groups

Addict in the House: A No-Nonsense Family Guide Through Addiction and Recovery by Robin Barnett, Ed.D, LCSW

Addict in the Family: Stories of Love, Hope, and Recovery by Beverly Conyers

Everything Changes: Hope for Families of Newly Recovering Addicts by Beverly Conyers

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself by Melody Beattie

The Language of Letting Go by Melody Beattie

SMART Recovery Family & Friends Handbook

On the Other Side of Chaos: Understanding the Addiction of a Loved One by Ellen Van Vechten

So You're In Love with an Addict by Heather O'Hara

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

When Your Adult Child Breaks Your Heart: Coping with Mental Illness, Substance Abuse, and the Problems That Tear Families Apart by Joel L. Young, MD

When Someone You Love Has a Mental Illness: A Handbook for Families, Friends and Caregivers by Rebecca Woolis, MFT

Staying Sober by Terence Gorski

The Power of Now by Eckhart Tolle

The Four Agreements by Don Miguel Ruiz

Recommended Faith-Based Books / Materials

Boundaries by Dr. Henry Cloud & Dr. John Townsend

Overcoming Emotional Obstacles through Faith: Navigating the Mind Field by Anthony Acampora, Director of Banyan's Faith in Recovery Program

Christian Families in Recovery: A Guide for Addiction, Recovery, and Intervention Using God's Tools of Redemption by Robert and Stephanie Tucker

Lost and Found: Recovery in Christ by Bruce Stanley

Battlefield of the Mind by Joyce Meyer

The Case for Christ by Lee Strobel

Recommended Mental Health Focus DVDs

No Kidding, Me Too! with Joe Pantoliano

This Emotional Life