

CLEAR PATH COUNSELING

Chemical Health Reading List

Chemical Dependency: A Systems Approach by McNeece and DiNitto
The Craving Brain by Rudin and Byalick
Stages of Healing by Steinberg and Joffe
Intervention by Vernon Johnson
Stage II Recovery by Ernie Larson
The Alcoholic Family by Peter Steinglass, Bennet; Wolin and Reiss
Staying Sober by Terence Gorski
The Staying Sober Workbook by Terence Gorski
Staying Clean and Sober by Merlene Miller M.A. and David Miller PhD.
A Woman's Journal: Helping Women Recover (Workbook) by Stephanie S. Covington
A Woman's Way through the 12 Steps by Stephanie S. Covington
Choicemaking by Sharon Wegscheider Cruse
Feeling Good by David Burns
Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control by Scott E. Spradlin, MA
Alcoholics Anonymous
The 12 Steps and 12 Traditions
Living Sober
Stairway to Serenity
Keep Coming Back
The Meeting by Hugh L.
It Will Never Happen to Me by Claudia Black
Will Power's Not Enough by Washton and Boundy
Rational Recovery by Jack Trimpey
Cool Water; Alcoholism, Mindfulness and Ordinary Recovery by William Alexander
Recovery By Choice by Martin Nicolas
Addictive Personality by Craig Nakken
Sex, Drugs, Gambling and Chocolate by Thomas Horvath
Dear Dad by Louie Anderson
Healing the Shame that Binds You by John Bradshaw
Homecoming by John Bradshaw
Note Found in a Bottle by Susan Cheever
Witness to the Fire: Creativity and the Veil of Addiction by Linda Schierse Leonard