

# SUGGESTIONS FOR FURTHER READING

## Books—Nonfiction

Bennett, Bija. *Emotional Yoga: How the Body Can Heal the Mind*. New York: Fireside, 2002.

Berman, Jennifer and Laura Berman. *For Women Only: A Revolutionary Guide to Overcoming Sexual Dysfunction and Reclaiming Your Sex Life*. New York: Henry Holt & Company, 2001.

Carter, Les, and Frank Minirth. *The Anger Workbook*. Nashville: Thomas Nelson, 1992.

Chapman, Constance. *Am I Worth It? How to Turn Doubt Into YES Forever*. Seattle: Createspace, 2011.

Clubb, John Mark. *Boys Cry Too: A Story of Hope, Forgiveness, Redemption and Change*. Seattle: Createspace, 2009.

Crabb, Larry. *The Marriage Builder*. New York: Zondervan, 1992.

Davidson, Jeff. *60 Second Self-Starter*. Avon: Adams Media, 2008.

De Becker, Gavin. *The Gift of Fear*. New York: Donadio & Ashworth, 1998.

Emerson, David and Elizabeth Hopper. *Overcoming Trauma through Yoga*. Berkeley: North Atlantic Books, 2012.

Gottman, John. *The Seven Principles for Making Marriage Work*. New York: Three Rivers Press, 1999.

Kane, Richard. *Bronx Street Kid*. Bloomington: AuthorHouse, 2012.

Krainin, Cynthia, and Nancy Brook. *Thriving at Work: A Guidebook for Survivors of Sexual Abuse*. Lowell: King Publishing, 2006.

Haines, Staci. *The Survivor's Guide to Sex: How to Have an Empowered Sex Life After Childhood Sexual Abuse*. Berkeley: Cleis Press, 1999.

McKinnon, Marjorie. *Repair Your Life*. Ann Arbor: Loving Healing Press, 2011.

Meyers, Joyce. *Battlefield of the Mind: Winning the Battle in Your Mind*. Nashville: Faithwords, 2002.

Meyers, Joyce. *Beauty for Ashes*. Tulsa: Harrison House Inc., 1994.

O'Donnell, Rebecca. *Freak: The True Story of an Insecurity Addict*. Bloomington: iUniverse, 2011.

Parrot, Andrea. *Coping with Date Rape and Acquaintance Rape*. New York: Rosen Publishing Group, 1993.

Pillow, Larry. *Family and Friends: Helping the Person You Care About in Recovery*. Nashville: Lifeway Publishing, 1995.

Shelton, Angela. *Be Your Own Hero Warrior Workbook*. Seattle: Createspace, 2011.

Strong, Mary. *Letters of the Scattered Brotherhood*. New York: HarperOne, 1991.

Wray Gregoire, Sheila. *Honey, I Don't Have a Headache Tonight*. Grand Rapids: Kregel Publications, 2004.

Zilbergeld, Bernie. *The New Male Sexuality: The Truth About Men, Sex, and Pleasure*. New York: Bantam, 1999.

## Books—Fiction

Fontaine, Claire. *Come Back: A Mother and Daughter's Journey Through Hell and Back*. New York: Harper Perennial, 2007.

Lamb, Wally. *She's Come Undone*. New York: Washington Square Press, 1996.

Millman, Dan. *Way of the Peaceful Warrior*. Tiburon: H.J. Kramer, Inc., 1984.

## Online Resources

**Pandora's Aquarium:** If you have been a victim of any type of sexual violence, you belong here. Join their community and take full advantage of what this online support group has to offer you as you heal and recover.

<http://pandys.org/forums/>

**SexLiesandConsciousness:** a blogtalkradio show hosted by Executive Coach, Mai Vu, The Voice of Healthy Sex. The shows are daring, meaningful and aim to reclaim OUR sex, so that we can regain our freedom, our choices around our sex.

<http://www.blogtalkradio.com/sexliesandconsciousness>

**Surviving Spirit:** a non-profit organization dedicated to promoting hope, healing, and help for those impacted by trauma, abuse, or mental health concerns through the use of the creative arts, a speakers' bureau, newsletter, website, brochure, retail gallery, coffeehouse, media center, and more.

<http://www.survivingspirit.com>