

Resources by Topic: 2021

Personal Growth (Self/Others)

The Meaning of Marriage: Facing the Complexities of Commitment with the Wisdom of God by Timothy Keller

Cry of the Soul: How our emotions reveal our deepest questions about God—by Dan Allender

How People Change —by Timothy S. Lane; Paul David Tripp

Recovery

The Healing Path—by Dan Allender

Addiction and Grace—by Gerald G. May, M.D.

Self Harm

Sacred Pain: hurting the body for the sake of the soul—by Ariel Glucklich

Female Perversions: the temptations of Emma Bovary—by Louise J. Kaplan

Sexual Abuse

The Wounded Heart: hope for adult victims of childhood sexual abuse—by Dan Allender

<https://theallendercenter.org/2018/09/sexual-brokenness-healing-1/>

Sexual Addiction Female Perversions-- Louise J. Kaplan

False Intimacy: Understanding the struggle of sexual addiction—by Harry W. Schaumburg

Borderline Personality Disorder

Stop Walking on Eggshells: Taking your life back when someone you care about has borderline personality disorder—by Paul T. Mason & Randi Kreger

Marriage & Relationships

Bold Love—by Dan Allender

Intimate Allies: rediscovering God's design for marriage and becoming soul mates for life—by Dan Allender

For Men

Wild at Heart: discovering the secret of a man's soul—by John Eldredge

Tough Relationships

Difficult Conversations: How to discuss what matters most—by Douglass Stone

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

Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents- by Lindsay C. Gibson

The Emotionally Destructive Relationship: Seeing It, Stopping It, Surviving It - by Leslie Vernick

Changes That Heal: Four Practical Steps to a Happier, Healthier- by Henry Cloud + Changes That Heal Workbook: Toughest People to Love: How to Understand, Lead, and Love the Difficult People in Your Life -- by Chuck DeGroat

When Narcissism Comes to Church: Healing Your Community From Emotional and Spiritual Abuse- by Chuck DeGroat

<https://www.youtube.com/watch?v=EIYGymDPOYo> (29 Forgiveness: What It Is)

https://www.youtube.com/watch?v=AcOfZPdCp_4 (28 Forgiveness: What It's Not)

Controlling People: How to recognize, understand, and deal with people who try to control you—by Patricia Evans

Trauma Work

The Body Keeps the Score by Bessel van der Kolk

The Soul of Shame: Retelling the Stories We Believe About Ourselves by Curt Thompson