



SUGGESTED READING FOR FAMILY & FRIENDS



SMART
Family & Friends

COMMUNICATION SKILLS

I'm Right, You're Wrong, Now What? *Break the Impasse and Get What You Need*, Xavier Amador, PhD

Boundaries: *When to Say Yes and How to Say No*, Cloud & Townsend

Boundary Power: *How I Treat You, How I Let You Treat Me, How I Treat Myself*, O'Neil

COMMUNITY REINFORCEMENT AND FAMILY TRAINING (CRAFT)

Get Your Loved One Sober: *Alternatives to Nagging, Pleading, and Threatening*, Robert J. Meyers, PhD and Brenda L. Wolfe, PhD

Beyond Addiction – *How Science and Kindness Help People Change*, Jeffrey Foote, PhD, Carrie Wilkens, PhD, Nicole Kosanke, PhD

EMOTIONAL SELF-MANAGEMENT

Anger Management for Everyone: *Seven Proven Ways to Control Anger and Live a Happier Life*, Raymond Chip Tafrate, PhD, and Howard Kassinove, PhD, ABPP

Three Minute Therapy: *Change Your Thinking, Change your Life*, Michael Edelstein, PhD (Glenbridge)

FOR PARENTS

Don't Let Your Kids Kill You – *A Guide for Parents of Drug and Alcohol Addicted Children*, Charles Rubin

RECOVERY

Everything Changes: *Help for Families of Newly Recovering Addicts*, Beverly Conyers

SELF-CARE

Loving an Addict, Loving Yourself. Candace Plattor, MA

