

Resources for Help

The National Domestic Violence Hotline:

Check out www.thehotline.org or 1-800-799-7233 (or 1-800-787-3224 for TTY): Call for help in a crisis or for assistance in developing a safety plan. Staffed twenty-four hours a day, 365 days a year.

American Association of Christian Counselors:

Visit www.AACC.net for help in finding a professional Christian counselor.

Recommended Reading

Marriage/Relationships

Bottke, Allison. *Setting Boundaries with Difficult People: Six Steps to Sanity for Challenging Relationships.* Eugene, OR: Harvest House Publishers, 2011.

Chapman, Gary. *The 5 Love Languages: The Secret to Love That Lasts.* Chicago: Northfield Publishing, 2004.

Cloud, Henry, and John Townsend. *Boundaries: When to Say Yes, When to Say No to Take Control of Your Life.* Grand Rapids, MI: Zondervan, 1992.

Cloud, Henry, and John Townsend. *Safe People: How to Find Relationships That Are Good for You and Avoid Those That Aren't.* Grand Rapids, MI: Zondervan, 1992.

Evans, Patricia. *The Verbally Abusive Relationship: How to Recognize It and How to Respond.* Avon, MA: Adams Media, 2010.

Ferguson, David and Teresa, and Chris and Holly Thurman. *Intimate Encounters: A Practical Guide to Discovering the Secrets of a Really Great Marriage.* Cedar Park, TX: Relationship Press, 1997.

Gottman, John, and Nan Silver. *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert.* New York: Crown Publishers, Inc., 1999.

Gottman, John, and Nan Silver. *What Makes Love Last? How to Build Trust and Avoid Betrayal.* New York: Simon and Schuster, 2012.

Gunn, Robin Junes. *Victim of Grace: When God's Goodness Prevails.* Grand Rapids, MI: Zondervan, 2013.

Markman, Howard J., Scott M. Stanley, and Susan L. Blumberg. *Fighting for Your Marriage.* San Francisco: John Wiley & Sons, Inc., 2010.

Rosenau, Douglas. *Slaying the Marriage Dragons: Protecting Your Marriage from the Enemies of Intimacy: Busyness, Little Neglects, Passive Husbands & Angry Wives, Affairs, Codependent Crazyness, Poor Communication.* Wheaton, IL: Victor Books, 1991.

VanVonderen, Jeff. *Families Where Grace Is in Place: Building a Home Free of Manipulation, Legalism, and Shame.* Bloomington, MN: Bethany House Publishers, 2010.

Vernick, Leslie. *The Emotionally Destructive Relationship: Seeing It, Stopping It, Surviving It.* Eugene, OR: Harvest House Publishers, 2007.

Vernick, Leslie. *How to Act Right When Your Spouse Acts Wrong.* Colorado Springs, CO: WaterBrook Press, 2001.

Wile, Daniel B. *After the Fight: Using Your Disagreements to Build a Stronger Relationship.* New York: The Guilford Press, 1993.

Overcoming Destructive Emotions

Arterburn, Stephen. *Healing Is a Choice: Ten Decisions That Will Transform Your Life & Ten Lies That Can Prevent You from Making Them.* Nashville: Thomas Nelson, 2005.

Beattie, Melody. *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself.* Center City, MN: Hazelden Foundation, 1986.

Bottke, Allison. *Setting Boundaries for Women: Six Steps to Saying No, Taking Control, and Finding Peace.* Eugene, OR: Harvest House Publishers, 2013.

Brown, Brené. *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead.* New York: Penguin Books Ltd., 2012.

Carnes, Patrick J. *The Betrayal Bond: Breaking Free of Exploitive Relationships.* Deerfield Beach, FL: Health Communications, Inc., 1997.

Carter, Les, and Frank Minirth. *The Anger Workbook: A 13-Step Interactive Plan to Help You Understand How Unmet Needs Can Feed Anger.* Nashville: Thomas Nelson, Inc., 1993.

Cloud, Henry. *Changes That Heal: The Four Shifts That Make Everything Better ... And That Anyone Can Do.* Grand Rapids, MI: Zondervan, 1990–92.

DeMuth, Mary. *Not Marked: Finding Hope and Healing After Sexual Abuse.* Rockwall, TX: Uncaged Publishing, 2013.

Hawkins, David. *When Pleasing Others Is Hurting You: Finding God's Patterns for Healthy Relationships.* Eugene, OR: Harvest House Publishers, 2004.

Hunt, June. *Counseling Through Your Bible Handbook.* Eugene, OR: Harvest House Publishers, 2008.

Levine, Peter A. *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness.* Berkley, CA: North Atlantic Books, 2010.

Porterfield, Kay. *Violent Voices: 12 Steps to Freedom from Emotional Abuse and Verbal Abuse.* Deerfield Beach, FL: Health Communications, Inc., 1989.

Shapiro, Francine. *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy.* New York: Rodale Inc., 2012.

Spiritual and Emotional Growth

Kent, Carol. *Between a Rock and a Grace Place: Divine Surprises in the Tight Spots of Life.* Grand Rapids, MI: Zondervan, 2010.

Lucado, Max. *Grace: More Than We Deserve, Greater Than We Imagine.* Nashville: Thomas Nelson, 2012.

Morris, Robert. *From Dream to Destiny: The Ten Tests You Must Go Through to Fulfill God's Purpose for Your Life.* Ventura, CA: Regal Books/Gospel Light, 2005.

Scazzero, Peter. *Emotionally Healthy Spirituality: Unleash a Revolution in Your Life in Christ.* Nashville: Thomas Nelson, 2006.

Swenson, Richard A. *The Overload Syndrome: Learning to Live Within Your Limits.* Colorado Springs, CO: NavPress, 1998.

Swindoll, Charles. *The Grace Awakening: Believing in Grace Is One Thing, Living It Is Another.* Nashville: Thomas Nelson, 2010.

Wilkerson, Bruce, with David and Heather Kopp. *The Dream Giver: Following Your God-Given Destiny.* Colorado Springs, CO: Multnomah Books, 2003.