



## Family Resources List

**Nar-Anon SESH** by Nar-Anon Family Groups

**One Day at a Time in Al-Anon** by Al-Anon Family Groups

**Many Voices, One Journey** by Al-Anon Family Groups

**Intimacy in Alcoholic Relationships** by Al-Anon Family Groups

**Addict in the House: A No-Nonsense Family Guide Through Addiction and Recovery** by Robin Barnett, Ed.D, LCSW

**Addict in the Family: Stories of Love, Hope, and Recovery** by Beverly Conyers

**Everything Changes: Hope for Families of Newly Recovering Addicts** by Beverly Conyers

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

**The Language of Letting Go** by Melody Beattie

**SMART Recovery Family & Friends Handbook**

**On the Other Side of Chaos: Understanding the Addiction of a Loved One** by Ellen Van Vechten

**So You're In Love with an Addict** by Heather O'Hara

**The Enabler: When Helping Hurts the Ones You Love** by Angelyn Miller

**When Your Adult Child Breaks Your Heart: Coping with Mental Illness, Substance Abuse, and the Problems That Tear Families Apart** by Joel L. Young, MD

**When Someone You Love Has a Mental Illness: A Handbook for Families, Friends and Caregivers** by Rebecca Woolis, MFT

## Faith-Based Books / Materials

**Boundaries** by Dr. Henry Cloud & Dr. John Townsend

**Overcoming Emotional Obstacles through Faith: Navigating the Mind Field** by Anthony Acampora, Director of Banyan's Faith in Recovery Program

**Christian Families in Recovery: A Guide for Addiction, Recovery, and Intervention Using God's Tools of Redemption** by Robert and Stephanie Tucker

**Lost and Found: Recovery in Christ** by Bruce Stanley