

# STAR Foundation

## Recommended Reading

### Addictions and Recovery:

- John Bradshaw                      *Healing the Shame that Binds You*
- Robert Burney                      *Codependence: Dance of Wounded Souls—A Cosmic Perspective of  
Codependence and the Human Condition*
- Patrick Carnes                      *Don't Call It Love: Recovery from Sexual Addiction*  
*Out of the Shadows: Understanding Sexual Addiction*
- Judy Hollis                          *Fat is a Family Affair*
- Pia Mellody                          *Facing Codependence: What It Is, Where It Comes From, How It  
Sabotages Our Lives*  
*Facing Love Addiction: Giving Yourself the Power to Change the  
Way You Love—The Love Connection to Codependence*

### Creativity:

- Julia Cameron                      *The Artist's Way: A Spiritual Path to Higher Creativity*  
*Vein of Gold: A Journey to Your Creative Heart*
- Susan O'Doherty                      *Getting Unstuck Without Coming Unglued: A Woman's Guide to  
Unblocking Creativity*

### Emotional Release:

- Arthur Janov                          *The New Primal Scream: Primal Therapy Twenty Years On*  
*The Primal Scream: Primal Therapy—The Cure for Neurosis*  
*Primal Healing: Access the Incredible Power of Feelings to Improve  
Your Health*
- John Lee                              *Facing the Fire: Experiencing and Expressing Anger Appropriately*  
*Growing Yourself Back Up*
- T.I. Rubin                              *The Angry Book*

**Family/Parenting/Childhood:**

- Thomas Armstrong                      *The Radiant Child*  
*Seven Kinds of Smart: Identifying and Developing Your Multiple*  
*Intelligences*
- Robin Karr-Morse &  
Meredith S. Wiley                      *Ghosts From the Nursery: Tracing the Roots of Violence*
- R.D. Laing                                  *The Politics of the Family, and Other Essays*
- Ken Magid                                  *High Risk: Children Without a Conscience*
- Alice Miller                                *Drama of the Gifted Child: The Search for the True Self*  
*For Your Own Good: Hidden Cruelty in Child-Rearing and the Roots*  
*of Violence*  
*Thou Shalt Not Be Aware: Society's Betrayal of the Child*
- Joseph Chilton Pearce                  *Magical Child*
- Mary Piper                                 *The Shelter of Each Other: Rebuilding Our Families*
- Virginia Satir                               *New Peoplemaking*
- Daniel Siegel &  
Mary Hartzell                              *Parenting From the Inside Out*

**Grief:**

- Margaret Bouvard &  
Evelyn Gladu                              *The Path Through Grief: A Compassionate Guide*
- John Bowlby                                *Loss: Sadness and Depression*
- Alexandra Kennedy                      *Your Loved Ones Live On Within You*
- Elisabeth Kubler-Ross                  *On Death and Dying*
- Christine Longaker                      *Facing Death and Finding Hope: A Guide to the Emotional and*  
*Spiritual Core of Dying*
- Sukie Miller                                *Finding Hope When a Child Dies: What Other Cultures Can Teach*  
*Us*
- Raymond Moody Jr. &  
Diane Arcangel                            *Life After Loss: Conquering Grief and Finding Hope*
- Ashley Davis Prend                      *Transcending Loss: Understanding the Lifelong Impact of Grief and*  
*How to Make It Meaningful*

Phil Rich *The Healing Journey Through Grief: Your Journal for Reflection and Recovery*

Dr. Catherine M. Sanders *Surviving Grief and Learning to Live Again*

Judy Tattlebaum *The Courage to Grieve*

**Inner Child Work:**

Jeremiah Abrams, Editor *Reclaiming the Inner Child*

John Bradshaw *Homecoming: Reclaiming and Championing Your Inner Child*

Margaret Paul *Inner Bonding: Becoming a Loving Adult to Your Inner Child*

Cathryn Taylor *The Inner Child Workbook: What to Do With Your Past When It Just Won't Go Away*

**Pre- and Perinatal Psychology:**

Arthur Janov *Imprints: The Lifelong Effects of the Birthing Process*

Marshall Klaus *Your Amazing Newborn*

Ashley Montagu *Touching: The Human Significance of the Skin*

Peter Nathanielsz *Life In the Womb: The Origins of Health and Disease*

Randolph Heiniger *Kids Learn from the Inside Out*

Tomas Verny *The Secret Life of the Unborn Child*

Myrium Szejer *Talking with Babies: Healing with Words in a Maternity Ward*

**Relationships:**

Sharon Ellison *Taking the War Out of Our Words: The Art of Powerful Non-Defensive Communication*

John M. Gottman *The Seven Principles For Making Marriage Work: A Practical Guide From the Country's Foremost Relationship Expert*

John M. Gottman & Joan DeClaire *The Relationship Cure: A Five-Step Guide to Strengthening Your Marriage, Family, and Friendships*

Harville Hendrix *Getting the Love You Want: A Guide for Couples*  
*Keeping the Love You Find*  
*Receiving Love: Transform Your Relationship by Letting Yourself Be Loved*

Dean Ornish	<i>Love and Survival: The Scientific Basis for the Healing Power of Intimacy</i>
David Schnarch	<i>Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships</i>
Maurice Taylor & Seana McGee	<i>The New Couple: Why the Old Rules Don't Work and What Does</i>
Charles Whitfield	<i>Boundaries and Relationships: Knowing, Protecting &amp; Enjoying Self</i>
<b><u>Self-care:</u></b>	
Elaine Aron	<i>The Highly Sensitive Person</i>
Jacquelyn Aldana	<i>The 15-Minute Miracle</i>
Mary Ellen Copeland	<i>Wellness Recovery Action Plan</i>
Wayne Dyer	<i>Power of Intension: Learning to Co-Create Your World Your Way</i>
Louise Hay	<i>You Can Heal Your Life</i>
Shad Helmstetter	<i>What to Say When You Talk to Your Self</i>
Anne Katherine	<i>Where to Draw the Line: How to Set Healthy Boundaries Every Day</i>
Tama Kieves	<i>This Time I Dance! Trusting the Journey of Creating the Work You Love: How One Harvard Lawyer Left It All to Have It All!</i>
John Robbins	<i>Reclaiming Our Health</i>
Thom Rutledge	<i>Embracing Fear and Finding the Courage to Live Your Life</i>
Manuel Smith	<i>When I Say No, I Feel Guilty</i>
<b><u>Spirituality:</u></b>	
Angeles Arrien	<i>The Four-Fold Way: Walking the Paths of the Warrior, Teacher, Healer, and Visionary</i>
Deepak Chopra	<i>Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old</i>
Pema Chodron	<i>When Things Fall Apart: Heart Advice for Difficult Times</i>
Florinda Donner	<i>Being-in-Dreaming: An Initiation to the Sorcerers' World</i>
Foundation for Inner Peace	<i>A Course In Miracles</i>
Taro Gold	<i>Open Your Mind, Open Your Life: A Book of Eastern Wisdom</i>

Willis Harmon *Higher Creativity: Liberating the Unconscious for Breakthrough Insights*

Roger Housden *Ten Poems to Change Your Life*  
*Dancing with Joy*  
*Risking Everything: 110 Poems of Love and Revelation*

Deborah Johnson *Living the Sacred Yes: Affirmations for Action*

Wayne Muller *Legacy of the Heart: The Spiritual Advantage of a Painful Childhood*

Don Miguel Ruiz *Four Agreements: A Practical Guide to Personal Freedom*

Eckhart Tolle *The Power of Now: A Guide to Spiritual Enlightenment*  
*A New Earth: Awakening to Your Life's Purpose*

Marianne Williamson *The Healing of America*  
*A Return to Love: Reflections on the Principles of "A Course in Miracles"*  
*A Woman's Worth*

Gary Zukav *The Seat Of the Soul*

**Stress Management:**

David Burns *The Feeling Good Handbook*

Richard Carlson *Don't Sweat Small Stuff and It's All Small Stuff: Simple Ways to Keep the Little Things From Taking Over Your Life*

Doc Lew Chidre *Freeze Frame: One Minute Stress Management – A Scientifically Proven Technique for Clear Decision Making and Improved Health*

Peter Williams *You Can't Afford the Luxury of a Negative Thought*

Jon Kabat-Zinn *Wherever You Go, There You Are: Mindfulness Meditation In Everyday Life*

**Trauma:**

Judith Herman *Trauma and Recovery*

Maggie Scarf *Secrets, Lies, Betrayals: The Mind/Body Connection*

Peter A. Levine *Waking the Tiger: Healing Trauma—The Inner Capacity to Transform Overwhelming Experiences*

**Other:**

- Daniel Amen *Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness*
- Bonnie Badenoch *Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology*
- Ram Dass *Still Here: Embracing Aging, Changing, and Dying*
- Stanislav Grof *Beyond the Brain: Birth, Death, and Transcendence in Psychotherapy*
- Candace Pert *Molecules of Emotion: The Science Behind Mind-Body Medicine*
- Daniel Siegel *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are*