



TRANSFORMATIONS
LIFE+HEALTH+HAPPINESS

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Recommended Reading for Recovery

- Harriet Lerner
 - 'The dance with anger'
- Norman Vincent Peale
 - 'The Power of Positive Thinking'
- Og Mandino
 - 'A Better Way to Live'
- Dr M. Scott Peck
 - 'The Road Less Travelled'
- Dr Viktor E. Frankl
 - 'Man's Search for Meaning'
- Gary Chapman
 - 'The 5 Love Languages'
- Dr Henry Cloud & Dr John Townsend
 - 'Boundaries'
- Your Erroneous Zones
 - Dr Wayne Dyer
- Dr John Gray
 - 'Men Are from Mars, Women Are from Venus'
 - 'Mars and Venus Starting Over'
- Narcotics Anonymous / Hazelden Meditations
 - 'Just for Today' / 'A Day at a Time'
- Stephen Covey
 - 'The 7 Habits of Highly Effective People'

The above authors have further published text available for continued enrichment.

Consider signing up for a membership at your local library where many of these books are available for you to hire freely.

Should you wish to purchase these and other recovery books they are available online for a discounted price with free shipping worldwide from:

www.bookdepository.com or <http://www.fishpond.com.au/> or <http://www.betterworldbooks.com/>

'Chemically Speaking' video on Youtube:

<http://www.youtube.com/watch?v=Qgpofcn5ZHA>

Chemically Speaking is a Brief Intervention drug & alcohol video that explains the cycle of addiction, the stages of change and the grief cycle that often predisposes people to use chemicals as a way of coping with these underlying issues.