

Books and More to Recommend to Patients

By Renee Nicole Torio

Substance Use

1. Books
 - a. ["Never Enough: The Neuroscience and Experience of Addiction" by Judith Grisel](#)
 - b. ["In the Realm of Hungry Ghosts: Close Encounters with Addiction" by Gabor Mate](#)
 - c. ["Reframe Your Shame: Experience Freedom from What Holds You Back" by Irene Rollins](#)
 - d. ["Quit Like a Woman: The Radical Choice to Not Drink in a Culture Obsessed with Alcohol" by Holly Whitaker](#)
2. Workbooks
 - a. ["The Addiction Recovery Workbook: Powerful Skills for Preventing Relapse Every Day" by Paula A. Freedman](#)
 - b. ["The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques" by Suzette Glasner-Edwards and Richard A. Rawson](#)
3. Podcasts
 - a. [A New Way to Think About Addic... - 10% Happier with Dan Harris - Apple Podcasts](#)
 - b. [The Addicted Mind Podcast - Podcast - Apple Podcasts](#)
 - c. [A Controversial New Way To Thi... - 10% Happier with Dan Harris - Apple Podcasts](#)
4. Mobile Apps
 - a. [I Am Sober](#)
 - b. [Nomo Sobriety Clocks](#)
 - c. [SMART Recovery app](#)

Anxiety

1. Books
 - a. ["The Wisdom of Anxiety: How Worry and Intrusive Thoughts Are Gifts to Help You Heal" by Sheryl Paul and Sheryl Lisa Finn](#)
 - b. ["The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self" by Harriet Lerner](#)
 - c. ["No Time To Panic: How I Curbed My Anxiety and Conquered a Lifetime of Panic Attacks" by Matt Gutman](#)

- d. ["Beyond Anxiety: Curiosity, Creativity, and Finding Your Life's Purpose" by Martha Beck](#)
 - e. ["How to Breathe" by Ashley Neese](#)
 - f. ["The Worry Cure: Seven Steps to Stop Worry from Stopping You by Robert L. Leahy](#)
2. Workbooks
- a. ["The Anxiety and Phobia Workbook" by Edmund J. Bourne](#)
 - b. ["The Big Activity Book for Anxious People" by Jordan Reid and Erin Williams](#)
 - c. ["52 Lists for Calm" by Moorea Seal](#)
 - d. ["Goodbye, Anxiety" by Terri Bacow](#)
3. Podcasts
- a. [You Can Change Your Brain: Neu... - The Mel Robbins Podcast - Apple Podcasts](#)
 - b. [The Secret to Stopping Anxiety... - The Mel Robbins Podcast - Apple Podcasts](#)
 - c. [How to Avoid the Toilet Vortex... - 10% Happier with Dan Harris - Apple Podcasts](#)
 - d. [How To Regulate Your Nervous S... - 10% Happier with Dan Harris - Apple Podcasts](#)
 - e. [The 90 Second Rule: Feel Your ... - We Can Do Hard Things - Apple Podcasts](#)
4. Mobile Apps
- a. Mindfulness apps- [Calm](#), [Headspace](#)
 - b. [Rootd](#)
 - c. [DARE](#)

Stress

1. Books
- a. ["The Science of Stress Management: A Guide to Best Practices for Better Well-being" by Amitava Dasgupta](#)
 - b. ["Burnout: The Secret to Unlocking the Stress Cycle" by Emily Nagoski and Amelia Nagoski](#)
2. Workbooks
- a. ["The Stress Management Workbook" by Ruth C. White](#)
 - b. ["The Relaxation and Stress Reduction Workbook" by Martha Davis, Elizabeth Rollins Eshelman, and Matthew McKay](#)
3. Podcasts
- a. [How To Regulate Your Nervous S... - 10% Happier with Dan Harris - Apple Podcasts](#)
4. Mobile Apps
- a. Mindfulness apps- [Calm](#), [Headspace](#)
 - b. [Daylio](#)

Sleep

1. Books

- a. ["Goodnight Mind: Turn Off Your Noisy Thoughts and Get a Good Night's Sleep"](#) by Colleen E. Carney and Rachel Manber
 - b. ["Goodnight Mind for Teens: Skills to Help You Quiet Noisy Thoughts and Get the Sleep You Need"](#) by Colleen E. Carney
2. Workbooks
 - a. ["The Sleep Workbook: Easy Strategies to Break the Anxiety-Insomnia Cycle"](#) by Renata Alexandre
 - b. ["The Insomnia Workbook"](#) by Stephanie Silberman
3. Podcasts
 - a. [Sleep Toolkit: Tools for Optim... - Huberman Lab - Apple Podcasts](#)
 - b. [The Matt Walker Podcast - Podcast - Apple Podcasts](#)
4. Mobile Apps
 - a. Mindfulness apps- [Calm](#), [Headspace](#)
 - b. [Sleepful](#)
 - c. [CBT-I Coach](#)

Depression and Mindfulness

1. Books
 - a. ["I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression"](#) by Terrence Real
 - b. ["The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time"](#) by Alex Korb and Daniel J. Siegal
 - c. ["The Happiness Trap: How to Stop Struggling and Start Living"](#) by Russ Harris
 - d. ["Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone"](#) by Brene Brown
2. Workbooks
 - a. ["The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program"](#) by William J. Knaus and Albert Ellis
 - b. ["The Mindfulness and Acceptance Workbook for Depression: Using Acceptance & Commitment Therapy to Move Through Depression & Create a Life Worth Living"](#) by Patricia Robinson and Kirk Strosahl
3. Podcasts
 - a. [Use Your Mind to Heal Your Bod... - The Mel Robbins Podcast - Apple Podcasts](#)
 - b. [#509: George Mumford, Mindfuln... - The Tim Ferriss Show - Apple Podcasts](#)
 - c. [#122: The Magic of Mindfulness... - The Tim Ferriss Show - Apple Podcasts](#)
 - d. [Rewire How You Talk To Yoursel... - 10% Happier with Dan Harris - Apple Podcasts](#)
4. Mobile Apps
 - a. [Finch](#) for self-care
 - b. [What's Up?](#)
 - c. Mindfulness apps- [Calm](#), [Headspace](#)

Organization/Time Management/Habits

1. Books
 - a. ["Four Thousand Weeks: Time Management for Mortals" by Oliver Burkeman](#)
 - b. ["168 Hours" by Laura Vanderkam](#)
 - c. ["Building a Second Brain" by Tiago Forte](#)
 - d. ["Atomic Habits: Tiny Changes, Remarkable Results: An Easy & Proven Way to Build Good Habits and Break Bad Ones" by James Clear](#)
2. Workbooks
 - a. ["The Smart but Scattered Guide to Success: How to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home" by Peg Dawson and Richard Guare](#)
3. Podcasts
 - a. [Why You Can't Pay Attention—An... - We Can Do Hard Things - Apple Podcasts](#)
4. Mobile Apps
 - a. [Todoist](#)
 - b. [Focus Keeper](#)

ADHD

1. Books
 - a. ["Scattered Minds: The Origins and Healing of Attention Deficit Disorder" by Gabor Mate](#)
 - b. ["Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder" by Edward M. Hallowell and John J. Ratey](#)
 - c. ["You Mean I'm Not Lazy, Stupid, or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder" by Kate Kelly and Peggy Ramundo](#)
 - d. ["The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done" by Terry Matlen, with foreword by Sari Solden](#)
2. Workbooks
 - a. ["The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control by Lawrence E. Shapiro](#)
 - b. ["Thriving with Adult ADHD: Skills to Strengthen Executive Functioning" by Phil Boissiere](#)
 - c. ["The Adult ADHD & Anxiety Workbook: Cognitive Behavioral Therapy Skills to Manage Stress, Find Focus, and Reclaim Your Life" by J. Russell Ramsay](#)
3. Podcasts
 - a. [The Truth About Anxiety & ADHD... - The Mel Robbins Podcast - Apple Podcasts](#)
4. Mobile Apps
 - a. [Inflow](#)
 - b. [Focusmate](#)
 - c. [Brili](#)

Peripartum and Postpartum Mental Health

1. Books
 - a. [“Matrescence: On Pregnancy, Childbirth, and Motherhood” by Lucy Jones](#)
 - b. [“Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers” by Karen Kleiman and Molly McIntyre](#)
 - c. [“The Parental Leave Playbook: 10 Touchpoints to Transition Smoothly, Strengthen Your Family, and Continue Building Your Career” by Amy Beacom and Sue Campbell](#)
2. Workbooks
 - a. [“The Postpartum Depression Workbook: Strategies to Overcome Negative Thoughts, Calm Stress, and Improve Your Mood”](#)
3. Podcasts
 - a. [Beyond Postpartum](#)
 - b. [Mom and Mind](#)
4. Mobile Apps
 - a. [Expectful](#)
 - b. [Mindful Mamas](#)
 - c. [Connect by PSI](#)
 - d. [Peanut](#)

Grief

1. Books
 - a. [“On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss” by Elisabeth Kubler-Ross and David Kessler](#)
 - b. [“Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief” by Joanne Cacciatore](#)
 - c. [“How To Go On Living When Someone You Love Dies” by Therese A. Rando](#)
2. Workbooks
 - a. [“Navigating Grief: A Guided Journal: Prompts and Exercises for Reflection and Healing” by Mia Roldan](#)
 - b. [“Grief One Day at a Time: 365 Meditations to Help You Heal After Loss \(Understanding Your Grief\)” by Alan Wolfelt](#)
3. Podcasts
 - a. [What’s Your Grief](#)
 - b. [Shapes of Grief](#)
4. Mobile Apps
 - a. [Grief Refuge](#)
 - b. [Grief Works](#)
 - c. [Actively Moving Forward](#)

Trauma

1. Books
 - a. [“Waking the Tiger: Healing Trauma” by Peter A. Levine](#)

- b. [“What Happened To You?: Conversations On Trauma, Resilience, and Healing” by Oprah Winfrey and Dr. Bruce D. Perry](#)
 - c. [“You Don’t Need to Forgive: Trauma Recovery on Your Own Terms” by Amanda Ann Gregory](#)
2. Workbooks
- a. [“Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists” by Janina Fisher](#)
 - b. [“The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole by Arielle Schwartz](#)
3. Podcasts
- a. [Why You Feel Lost in Life: Dr.... - The Mel Robbins Podcast - Apple Podcasts](#)
 - b. [Dr. Gabor Maté: The Shocking L... - The Mel Robbins Podcast - Apple Podcasts](#)
4. Mobile Apps
- a. [PTSD Coach](#)
 - b. [Mindfulness Coach](#)
 - c. For veterans
 - i. [Beyond MST](#)
 - ii. [VetChange](#)

Parenting

1. Books
- a. [“Good Inside: A Guide to Becoming the Parent You Want to Be” by Becky Kennedy](#)
 - b. [“The 5 Principles of Parenting: Your Essential Guide to Raising Good Humans” by Aliza Pressman](#)
 - c. [“The Whole-Brain Child” by Daniel L. Siegal and Tina Payne Brison](#)
2. Workbooks
- a. Parenting Workbook: found online: <https://www.choosingtherapy.com/wp-content/uploads/2024/09/Parenting-Workbook.pdf>
 - b. [“Emotional Regulation for Parents: Actionable Strategies and Mindfulness Techniques to Understand Triggers, Reduce Household Conflict, and Build Stronger Family Bonds” by T.R. Fosters](#)
3. Podcasts
- a. [Good Inside with Dr. Becky - Podcast - Apple Podcasts](#)
4. Mobile Apps
- a. [The Happy Child](#)
 - b. [Happy Kids Timer](#)

Body Image

1. Books
- a. [“The Wisdom of Your Body: Finding Healing, Wholeness, and Connection through Embodied Living” by Hillary L. McBride](#)

- b. [“More Than A Body: Your Body Is an Instrument, Not an Ornament” by Lexie Kite and Lindsay Kite](#)
- 2. Workbooks
 - a. [“Practice for Embodied Living: Experiencing the Wisdom of Your Body—A Self Esteem Body Image Workbook” by Hillary L. McBride](#)
 - b. [“The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks” by Thomas Cash](#)
- 3. Podcasts
 - a. [The Body Image Podcast](#)
 - b. [Body Kindness](#)
- 4. Mobile Apps
 - a. [Body+](#)
 - b. [Worth Warrior](#); geared towards ages 12+

Food/Diet

- 1. Books
 - a. [“Intuitive Eating” by Evelyn Tribole and Elyse Resch](#)
 - b. [“Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling” by Anita Johnson](#)
- 2. Workbooks
 - a. [“The Intuitive Eating Workbook: 10 Principles for Nourishing a Healthy Relationship with Food” by Evelyn Tribole and Elyse Resch](#)
 - b. [“The Food and Feelings Workbook: A Full Course Meal on Emotional Health” by Karen R. Koenig](#)
 - c. [“The DBT Solution for Emotional Eating: A Proven Program to Break the Cycle of Bingeing and Out-of-Control Eating” by Dr. Debra L. Safer, Dr. Sarah Adler, and Dr. Philip C. Masson](#)
- 3. Podcasts
 - a. [How to Embrace the Anti-Diet |... - 10% Happier with Dan Harris - Apple Podcasts](#)
 - b. [The Body Reset: How Women Shou... - The Mel Robbins Podcast - Apple Podcasts](#)
 - c. [What Is Intuitive Eating? Evel... - We Can Do Hard Things - Apple Podcasts](#)
 - d. [Food Psych Podcast with Christy Harrison - Podcast - Apple Podcasts](#)
- 4. Mobile Apps
 - a. [Eating Buddy](#)
 - b. [Am I Hungry?](#)

Women’s Health

- 1. Books
 - a. [“Burnout: The Secret to Unlocking the Stress Cycle” by Emily Nagoski and Amelia Nagoski](#)
 - b. [“Untamed” by Glennon Doyle](#)

- c. ["Playing Big: Find Your Voice, Your Mission, Your Message" by Tara Mohr](#)
 - d. ["Drop the Ball: Achieving More by Doing Less" by Tiffany Dufu](#)
 - e. ["Brave Not Perfect: Fear Less, Fail More, and Live Bolder" by Reshma Saujani](#)
2. Workbooks
 - a. ["Self-Love Workbook for Women: Release Self-Doubt, Build Self-Compassion, and Embrace Who You Are" by Megan Logan](#)
 - b. ["Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve Well-Being" by Nashay Lorick](#)
 3. Podcasts
 - a. [The Ultimate Guide to the Fema... - The Mel Robbins Podcast - Apple Podcasts](#)
 - b. [Women's Mental Health Podcast](#)
 4. Mobile Apps
 - a. [Moody Month](#)

Masculinity

1. Books
 - a. ["The Will to Change: Men, Masculinity, and Love" by bell hooks](#)
 - b. ["I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression" by Terrence Real](#)
2. Workbooks
 - a. ["Mental Health Workbook for Men: Exercises to Improve Your Emotional, Psychological, and Social Well-Being" by David Khalili](#)
3. Podcasts
 - a. [The Anxiety Guy Podcast](#)
 - b. [On Purpose with Jay Shetty](#)
4. Mobile Apps:
 - a. [Mettle](#)

Family Conflict

1. Books
 - a. ["Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents" by Lindsay C Gibson](#)
 - b. ["Drama Free: A Guide to Managing Unhealthy Family Relationships" by Nedra Glover Tawwab](#)
2. Workbooks
 - a. ["The Essential Family Therapy Workbook: Exercises to Improve Communication, Resolve Conflict, and Build Connection" by Emily Simonian](#)
 - b. ["The Family Therapy Workbook: 96 Guided Interventions to Help Families Connect, Cope, and Heal" by Kathleen Mates-Youngman](#)
3. Podcasts

- a. [Family Roles: Which Part Did Y... - We Can Do Hard Things - Apple Podcasts](#)
- 4. Mobile Apps- Coparenting
 - a. [OurFamilyWizard](#)
 - b. [TalkingParents](#)

Friendships and Relationships

- 1. Books
 - a. [“Big Friendship: How We Keep Each Other Close” by Aminatou Sow and Ann Friedman](#)
 - b. [“Platonic: How the Science of Attachment Can Help You Make—and Keep—Friends” by Marisa G. Franco](#)
 - c. [“Modern Friendship: How to Nurture Our Most Valued Connections” by Anna Goldfarb](#)
 - d. [“Us: Getting Past You and Me to Build a More Loving Relationship” by Terrence Real, with foreword by Bruce Springsteen](#)
- 2. Podcasts
 - a. [Why Making Friends as an Adult... - The Mel Robbins Podcast - Apple Podcasts](#)
 - b. [How to Deal With Emotionally I... - 10% Happier with Dan Harris - Apple Podcasts](#)
 - c. [How to Disentangle from Toxic ... - 10% Happier with Dan Harris - Apple Podcasts](#)
 - d. [Are You A High Functioning Cod... - We Can Do Hard Things - Apple Podcasts](#)

Romantic Relationships and Sexual Health

- 1. Books
 - a. [“The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships” by John Gottman](#)
 - b. [“In Each Other’s Care: A Guide to the Most Common Relationship Conflicts and How to Work Through Them” by Stan Tatkin and Lin Chen](#)
 - c. [“Fair Play: A Game-Changing Solution for When You Have Too Much to Do \(and More Life to Live\)” by Eve Rodsky](#)
 - d. [“The Seven Principles for Making Marriage Work: A Practical Guide from the Country’s Foremost Relationship Expert” by John Gottman and Nan Silver](#)
- 2. Workbooks
 - a. [“Couples Therapy Workbook: 30 Guided Conversations to Re-Connect Relationships” by Kathleen Mates-Youngman](#)
 - b. [“The Attachment Theory Workbook: Powerful Tools to Promote Understanding, Increase Stability, and Build Lasting Relationships” by Annie Chen](#)
 - c. [“Couples Communication Workbook” by South Denver Therapy](#)
 - i. Online resource: [linked here](#)
- 3. Podcasts
 - a. [Lori Gottlieb ON: How to Set a... - On Purpose with Jay Shetty - Apple Podcasts](#)
 - b. [Your Guide to Better Sex, Inti... - The Mel Robbins Podcast - Apple Podcasts](#)
 - c. [Pillow Talks - Podcast - Apple Podcasts](#)

4. Mobile Apps
 - a. [Gottman Card Decks](#)
 - b. [Deeper Talks](#)

Communication Strategies

1. Books
 - a. [“Setting Boundaries That Stick: How Neurobiology Can Help You Rewire Your Brain to Feel Safe, Connected, and Empowered” by Juliana Taylor Shore and Rebecca Wong](#)
 - b. [“Set Boundaries, Find Peace: A Guide to Reclaiming Yourself” by Nedra Glover Tawwab](#)
 - c. [“The Book of Boundaries: Set the Limits That Will Set You Free” by Melissa Urban](#)
 - d. [“Nonviolent Communication: A Language of Life” by Marshall B. Rosenberg, with foreword by Deepak Chopra](#)
2. Workbooks
 - a. [“I Said This, You Heard That: How Your Wiring Colors Your Communication” by Kathleen Edelman](#)
3. Podcasts
 - a. [The Boundaries.me Podcast - Podcast - Apple Podcasts](#)
 - b. [49. Dr. Brenè Brown: On Holdin... - We Can Do Hard Things - Apple Podcasts](#)
 - c. [The Let Them Theory: How to Ta... - The Mel Robbins Podcast - Apple Podcasts](#)
 - d. [How To Repair the Damage After... - 10% Happier with Dan Harris - Apple Podcasts](#)