

## RESOURCE LIST FOR PARENTS AND COUPLES

### Books for Couples:

- Perfect Love, Imperfect Relationships: Healing the Wound of the Heart, by John Welwood
- Bonds That Make Us Free: Healing Our Relationships, Coming To Ourselves, by C. Terry Warner
- The Seven Principles For Making Your Marriage Work, by John M. Gottman
- Why Marriages Succeed or Fail ...And How You Can Make Yours Last, by John Gottman
- Married for Better, Not Worse, by Gary and Joy Lundberg (LDS audience)
- Living a Covenant Marriage, by Douglas E. Brinley and Daniel K. Judd (LDS audience)
- Strengthening Marriage: Instructor's Guide, by LDS Family Services (Manual for LDS Strengthening Marriage Course)
- Loving What Is, by Byron Katie
- The Color Code, by Taylor Hartman, Ph.D.
- Whale Done: The Power of Positive Relationships, by Ken Blanchard
- 8 Great Ways to Build a Better Marriage, by Troy Dunn – DVD (LDS audience)
- For All Eternity – Dr. John Lund (Audio Lecture – LDS audience)

### For Parents:

- The 7 Habits of Highly Effective Families, by Stephen R. Covey
- Family First, by Dr. Phil McGraw
- Parents, Teens, and Boundaries: How To Draw The Line, by Jane Bluestein, Ph.D.
- Raising an emotionally intelligent child: The heart of parenting, by John M. Gottman
- How to Hug a Teenage Porcupine, by John Lund (LDS audience) (Also available in lecture format on CD)

### General Reading:

- The Present, by Spencer Johnson
- Who Moved My Cheese?, by Spencer Johnson, M.D.
- The Knight in Rusty Armor, by Robert Fisher
- The Four Agreements, by Don Miguel
- Peaceful Warrior – DVD, (Based on “The Way of the Peaceful Warrior” by Dan Millman)
- The Opportunity In Every Problem, Scott L. Taylor