

Book List

Relationship Building

- ACT with Love - Russ Harris
- 8 Dates - John Gottman
- Emotional Fitness for Couples - Barton Goldsmith
- 5 Love Languages - Gary Chapman

Parenting

- The Whole Brain Child and No Drama Discipline - Dan Siegle
- The Joy of Parenting - Amy Murrell and Lisa Coyne
- Simple Blessings - John Kabat Zinn
- And Baby Makes Three (transition to parenthood) - John Gottman
- Raising and Emotionally Intelligent Child - John Gottman

Sex

- Love Worth Making - Stephen Snyder
- She Comes First - Ian Kerner
- He Comes Next - Ian Kerner
- Come as you are - Emily Nagoski
- Taking Sexy Back - Alexandra Solomon
- Guide to Getting it on - Paul Joannides, PsyD., Daerick Gross, Sr.

Stress Management

- The Upside of Stress - Kelly McGonagal, PhD
- The Stress Proof Brain - Melanie Greenberg, PhD

Meditation and Mindfulness

- Wherever you go there you are - John Kabat Zinn
- How to Meditate - Pema Chodron
- Natural Meditation - Dean Sluyter

Personal Growth

- The Happiness Trap - Russ Harris
- Daring Greatly - Brene Brown
- The Untethered Soul - Michael Alan Singer
- One Small Step Can Change Your Life - Robert Maurer