

The Feminist Bookshop

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ADDICTION & CODEPENDENCY

Twelve Steps and Twelve Traditions

Alcoholics Anonymous \$26.95

Detailed recovery program for alcoholics.

When Perfect Isn't Good Enough

Martin Antony \$34.95

2nd Edition of popular book guiding into coping with perfectionism and its impact on your life. Discusses how perfectionism is often linked to anxiety and depression or alcoholic families.

Language Of Letting Go \$39.95

More Language Of Letting Go \$35.00

Melody Beattie

Popular daily reading book and its sequel which offer essays and meditations to enhance the process of recovery. Touch on questions of honesty, surrender, and healthy communication.

Also available **Language of Letting Go Cards** \$24.95 and

Language Of Letting Go Journal \$37.95.

Codependent No More

Melody Beattie \$40.95

Charts to freedom and happiness from a problem that besets many in relationships with alcoholics/addicts. Learn how to stop caretaking and live your own life.

Beyond Codependency

Melodie Beattie 40.95

Sequel to the classic *Codependent No More*. Further ideas on self-improvement and self-understanding for people who live in the grip of other people's problems.

Codependents Guide To The Twelve Steps

Melody Beattie \$26.95

How to find the right recovery programme for you, and apply the twelve steps to your own issues.

Repeat After Me

Claudia Black \$28.95

Step by step self-help workbook for adult children from alcoholic families to examine their lives.

My Dad Loves Me My Dad Has A Disease

Claudia Black \$24.95

A child's view of living with addiction. Picture workbook style

A Hole In The Sidewalk

Claudia Black \$28.95

A journey along the road to recovery, the recovering person's guide to relapse prevention.

It Will Never Happen To Me

Claudia Black \$28.95

The effects of growing up with addiction/alcoholism in the family. How to overcome self-defeating behaviours.

Straight Talk

Claudia Black \$22.95

What recovering parents should tell their kids about drugs and alcohol.

Overcoming Compulsive Gambling

Alex Blaszczyński \$24.95

A self-help guide for gamblers wishing to recover, using Cognitive Behavioural Techniques, and with positive references to the use of GA and Gam-Anon.

Healing The Shame That Binds You

John Bradshaw \$34.95

A recovery classic, expanded and updated. Shows how toxic shame is the core component of addictions and compulsions.

Homecoming

John Bradshaw \$33.95

Renowned therapist in areas of addiction and adult children shows how to reclaim and champion your inner child. We also stock all other Bradshaw books.

Family Secrets

John Bradshaw \$36.95

Best-selling author writes on the power of the family to shape our lives.

The Family Recovery Guide

Stephanie Brown \$38.95

A map for healthy growth, for family members affected by addiction in a loved one.

The Alcoholic Family In Recovery

Stephanie Brown \$49.95

For clinicians working with alcoholic families in recovery. A major contribution to the addiction field.

Addicted And Mentally Ill

Carol Bucciarelli \$31.95

Stories of courage, hope, and empowerment to help people find correct treatment options.

Out Of The Shadows (3rd Edition)

Patrick Carnes \$36.95

For sex addicts and codependents in understanding sex addiction.

Gentle Path Through The Twelve Steps

Patrick Carnes \$39.95

The classic guide for all people in the process of recovery, from a renowned expert in the field of addiction. A rich and powerful resource, for anyone looking into a Twelve Step programme.

The Food-Mood Solution

Jack Challem \$20.95

Looking at the connection between food and anxiety, depression, anger, stress, useful for addicts and alcoholics in recovery.

Co-Dependents Anonymous

CODA \$32.95

Big Book for the fellowship of CODA

Ageing & Addiction

Carol Collieran \$37.50

Helping older adults overcome alcohol or medication dependence.

Addict In The Family

Beverly Conyers \$29.95

Stories of loss, hope, and recovery from the hidden victims of addiction, family members

Under The Weather

John Cooney \$27.95

Coping with alcohol abuse and alcoholism, commonsense approach.

A Woman's Way Through The Twelve Steps

Stephanie Covington \$31.95

Guide to the 12 Steps specifically for women.

Woman's Way Through The Twelve Steps Workbook

Stephanie Covington \$24.95

Workbook style, looking at ways women's recovery is specific and different. Based on above book.

When Someone You Love Abuses Alcohol Or Drugs

James Crist \$18.95

Guide for kids on how to deal with an alcoholic parent or relative. Suitable to 10 years and up. Or could be read to younger children.

Over The Influence

Patt Denning et al \$29.95

Harm reduction guide for managing drugs and alcohol. For people who would like to learn skills to control a drug/alcohol problem.

Teenagers, Alcohol And Drugs

Paul Dillon \$29.95

What kids need to know about alcohol, drugs, and staying safe. Also a guide for parents in talking to teens in an effective way.

Making Lesbians Visible In The Substance Use Field

Elizabeth Ettore ed \$37.95

Provides a clear picture of the impact of problem drinking on the lesbian community. Links depression with alcohol abuse.

The Addiction Workbook

Patrick Fanning \$36.95

Useful guide for identifying the problem, and developing a recovery programme for quitting alcohol and drugs.

Easy Does It Recovery Pack

Mary Faulkner \$43.95

Pack of 52 cards full of 12-Step wisdom to remind you of recovery skills, a small book of meditations, and a little journal, all included in this fun tool for recovery.

Workplace Intervention

James Fearing \$34.95

A book for managers on addiction, Helping addicted employees become productive again. Guidance around a big problem in the workplace.

Integrating The 12 Steps Into Addiction Therapy

James Finley \$68.95

Resource collection and guide for promoting recovery, includes CD-Rom.

Pathways To Sobriety Workbook

William Fleeman \$29.95

Useful workbook, includes personal stories, and a programme towards sobriety, by a chemical dependency counselor.

Toxic Parents

Susan Forward \$31.95

Classic best seller available again. On overcoming the hurtful legacy of abusive parents. Offers hope and understanding.

The Twelve Steps: A Way Out

Friends In Recovery \$32.95

A spiritual process for healing from addictions. Revised Edition, including how to release the past and open to the present by working the 12 Steps.

Twelve Step Prayers For A Way Out

Friends In Recovery \$19.95

Companion to *The Twelve Steps: A Way Ou*, see above.

Taking Charge Of My Mind & Body

Gladys Folkers \$29.95

Girls' guide to dealing with alcohol, drug, smoking, and eating problems. Looking at addictions before they take hold.

Passages Through Recovery

Terrence Gorski \$35.95

An action plan for preventing relapse, based on experiences of thousands of successfully recovering people.

Staying Sober

Terence Gorski \$34.95

Guide for relapse prevention, a must read for staff at treatment centers and all newly sober alcoholics.

Relapse Prevention Counseling Workbook

Terence Gorski \$25.95

Powerful tool for people in all stages of recovery in both group or individual therapy.

Trapped In The Mirror

Elan Golomb \$28.95

Guidelines for adult children of narcissists in their difficulties and struggle for self.

Staying Sober Workbook

Terence Gorski \$62.50

Revised version of a useful book dealing with problems of relapse, provides practical and serious solutions for a serious problem facing many recovering people.

Addictions In The Gay & Lesbian Community

Jeffrey Guss \$49.95

Researchers and clinicians share their expertise in working with addictions in the GLBT community. Includes looking at sex addiction.

An Elephant In The Living Room

Jill Hastings \$32.95

Fun workbook for children about having an alcoholic in the family.

Day By Day

Hazelden \$27.95

Daily meditations for recovering addicts, in its second edition. "God help me to stay clean and sober today!"

Days Of Healing Days Of Joy

Hazelden \$29.95

Recovery readings for adult children from alcoholic families.

How To Get Sober And Stay Sober

Hazelden \$27.95

Step-by-step guide to building a lifetime of sobriety. Workbook covering first five steps from 12 Steps.

When A Family Is In Trouble

Marge Heergaard \$18.95

Helping children cope with the grief of drug and alcohol addiction in the family. Workbook format.

Handbook Of Alcoholism Treatment Approaches

Reid Hester \$114.95

Hard cover, effective alternatives 3rd edition. Evaluates various approaches.

Addiction, Assessment & Treatment With Adolescents, Adults, & Families

Carolyn Hilariski ed \$64.95

Practical guide to providing client-centred services to those struggling with addiction.

Sex Drugs Gambling Chocolate

Thomas Horvath \$29.95

A workbook for overcoming addictions, an alternative to 12 Step programmes for those who are looking for another guide to recovery.

Love First

Jeff & Debra Jay \$34.95

Convincing new approach to intervention that puts love and respect first in the treatment of alcoholism / drug addiction.

Meth:The Home-Cooked Menace

Dirk Johnson \$29.95

How a lethal drug is devastating our communities and what's being done about it. U.S. point of view but relevant here.

Workaholics

Barbara Killinger \$34.95

Exposes the compulsive drive for approval and perfection displayed by those with "the respectable addiction".

It's So Hard To Love You

Bill Klatter & Kate Thompson \$29.95

Staying sane when in a relationship with an addict, alcoholic, or someone who is manipulative, needy, or dishonest.

The Adult Children Of Alcoholics Syndrome

Wayne Kraitsberg \$12.95

Step by step guide to recovery

Stage 11 Recovery

Earnie Larsen \$31.95

Life beyond addiction by popular 12-Step writer.

Seven Weeks To Sobriety

Joan Larson \$32.60

Describes a successful programme to fight alcoholism through nutrition.

Take Control Of Your Drinking

Michael Levy \$35.95

If you can learn how to control your drinking you may not have to quit. The author acknowledges that abstinence is the right way for some, but that others may be able to learn how to moderate their drinking to a safe level.

When Someone You Love Is Addicted To Alcohol Or Drugs

Jim Maclaine \$25.95

The alcoholic is not the only one who needs help.

Breaking The Bonds Of Food Addiction

Susan McQuillan \$26.95

Guidelines for freeing yourself from compulsive overeating, and developing a healthy relationship with food. See also our Eating Disorders Booklist.

Overcoming Your Smoking Habit

David Marks \$24.95

Self-help guide using Cognitive Behavioural Techniques.

Facing Codependence

Pia Melody \$37.95

Explains what it is, where it comes from, and how it sabotages our lives.

Facing Love Addiction

Pia Melody \$37.95

Giving yourself the power to change the way you love, and move away from codependency and addictive ways of relating.

Breaking Free

Pia Melody \$34.95

Recovery workbook to accompany *Facing Codependence*.

Addictions And Trauma Recovery

Dusty Miller \$38.95

Crossover issues of trauma and addiction. Healing the body, mind and spirit. For groups as well as for individuals.

Controlling Your Drinking

William Miller \$32.95

For drinkers who want to cut down. A balanced approach to changing your behaviour if controlled drinking is the way you want to go.

Woman's Addiction Workbook

Lisa Najavits \$43.95

Useful guide for in-depth healing. Shows how women's path through addiction may differ from men's.

The Addictive Personality

Craig Nakken \$32.95

Understanding the addictive process and compulsive behaviour.

Reclaim Your Family From Addiction

Craig Nakken \$37.35

Shows how partners and families can lose identity in relationship with an alcoholic/addict, and how they can recover. Also available workbooks for facilitators, families and couples.

Rising From The Dead

Patricia Nanoff \$29.95

Powerful stories of how spirituality can help women achieve and maintain sobriety.

Addiction To Love

Susan Peabody \$24.95

Guidelines for overcoming obsession and dependency in relationships.

Shame, Guilt And Alcoholism

Ron Potter-Efron \$44.95

Treatment issues in clinical practice Second Edition, up to date research, and insight into emotional realities of substance abuse.

Secret Keeping

John Prin \$29.95

Overcoming hidden habits and addictions.

The Healing Journey Through Addiction

Phil Rich \$27.95

A journal for recovery and self-renewal, as well as the building of healthy relationships with self and others.

How To Stop Smoking And Stay Stopped For Good

Gillian Riley \$21.95

Fully revised and updated with a high success rate.

Responsible Drinking

Frederick Rotgers \$43.95

Moderation management approach for problem drinkers for a balanced approach to drinking.

Chained To The Desk

Bryan Robinson \$33.95

Guidebook for workaholics, their partners, children, and the clinicians who treat them.

Is It Love Or Is It Addiction?

Brenda Schaeffer \$36.50

How can something as wonderful as love make you feel so bad? How to recognize and change addictive love.

The Sex Addiction Workbook

Tamara Sbraga \$41.95

Strategies to help you regain control of your life if your sexual behaviour is out of control.

Quitting Meth

Mark Sheets \$11.95

Workbook recovery plan, and basic information about the drug.

Sex And Love Addicts Anonymous

SLA Members \$45.95

Handbook from the SLAA Fellowship.

How To Stop Gambling

Paul Symond \$22.95

Practical guide to beating gambling problems in a loved one, in yourself. Case studies and how to find help.

Alcohol

Philip Tate \$24.95

How to give it up and be glad you did. A Rational Emotive Behaviour Therapy approach, a system of recovery that has been set up as an alternative to Alcoholics Anonymous.

Not My Family, Never My Child

Tony Trimmingham \$24.95

What to do if someone you love is a drug user.

Breaking Free Of The Co-dependency Trap

Barry Weinhold \$24.95

Revised edition of a classic book of understanding and healing dysfunctional relationships.

Addictive Thinking 2nd edition

Abraham Twerski \$32.95

Understanding self-deception, and how it affects both the addict and her/his family.

Adolescent Substance Abuse

John Wodarski \$34.95

Practical text for professionals, educators and counselors. Looks at the multiple forces that impact on teens dealing with substance abuse

Adult Children Of Alcoholics

Janet Woititz \$39.95

In a newly expanded edition, Woititz shows how to identify and approach recovery. For anyone who has grown up in an alcohol-affected home. Grandchildren of alcoholics would also find this a useful book.

Lifeskills For Adult Children

Janet Woititz \$ 21.95

Teaches adult children from alcoholic families the life skills they have missed out on.

Complete ACOA Sourcebook

Janet Woititz \$41.95

An excellent buy as this is three of her most popular books all in the one volume...*Adult Children Of Alcoholics, Struggle For Intimacy, and Self-Sabotage Syndrome.*

Helpful phone numbers in NSW

Alcoholics Anonymous 02 9799 1199

*Al-Anon (relatives & friends of alcoholics) 02 9570 3400
www.al-anon.org/australia*

Narcotics Anonymous 02 9212 3444

South Pacific Private Hospital 02 9905 3667

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