

My Top 5 Book Picks

In my experience, the most useful books at either a personal level or a professional one.

Grief

1. *Rebuilding: When Your Relationship Ends*
Bruce Fisher and Robert Alberti; 2016

Personal Growth and Healing

2. *Reinventing Your Life: The Breakthrough Program to End Negative Behavior...and Feel Great Again*
Jeffrey E. Young, Janet S. Klosko, et al.; 1994

Relationships

3. *Attached: The New Science of Adult Attachment and How It Can Help You Find- and Keep- Love*
Amir Levine and Rachel Heller; 2012

Shame

4. *Healing the Shame That Binds You: Recovery Classics Edition*
John Bradshaw; 2005

Suicide

5. *Why People Die by Suicide*
Thomas Joiner; 2007

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