

Recommended Reading Material

The following books come highly recommended by Southworth Associates as a good educational base for those seeking to assist their friends and families with their addiction. Most all of these books can be found in the larger national bookselling chains, but if needed, Southworth Associates can ship these books world-wide for just the cost of the books plus shipping.

Recommended Reading on Interventions & General Addictions

“Love First: A New Approach to Intervention for Alcoholism and Drug Addiction”

Jeff and Debra Jay **\$14.95**
www.lovefirst.net

“The Language of Letting Go”

Melody Beattie **\$16.95**

“No More Letting Go: The Spirituality of Taking Action Against Alcoholism and Drug Addiction”

Debra Jay **\$15.00**

“The Family Recovery Guide: A Map for Healthy Growth”

Stephanie Brown **\$24.95**

“At Wit’s End: What You Need to Know When a Loved One is Diagnosed With Addiction and Mental Illness:

Jeff Jay **\$13.95**
Jerry A.Q. Boriskin, Ph.D

“Quiet Mind”

White Eagle **\$4.00**

“Bradshaw on: The Family: A New Way of Creating Solid Self-Esteem”

John Bradshaw **\$13.95**

“I’ll Quit Tomorrow”

Vernon Johnson **\$15.95**

“The Recovery Book”

Al J. Mooney, M.D. **\$15.95**
Arlene Eisenberg
Howard Eisenberg

Recommended Reading on Adolescents

“Choices and Consequences: What to do When a Teenager Uses Alcohol/Drugs”

Dick Schaefer **\$14.95**

Southworth Associates also recommends Al-Anon attendance and the following book:

“Courage to Change”

(Acquire at an Al-Anon meeting) **\$8.00**

For meeting information for your area call (800) 4AL-ANON or visit their website at www.al-anon.org

Recommended Reading on Chronic Pain Management

“A Day Without Pain”

Dr. Mel Pohl **\$14.95**