

“He shall heal them, every one: Overcoming Enslaving Habits and Addictions”

Dianne Nielsen

RESOURCES

Books

Change

Hansen, Pam

Running with Angels

Heath, Chip and Dan

Switch

Patterson, Kerry et al.

Influencers

Prochaska, di Clemente and Norcross

Changing for Good

Pryor, Karen

Don't Shoot the Dog

Acceptance

Hayes, Steven and Smith, Spencer

How to get out of your mind and into your life

Ulrich, Wendy

Forgiving Ourselves: Getting back up when we let ourselves down

Relationships

Gottman, John

The Relationship Cure (and others)

Lewis, C.S.

The Screwtape Letters

Warner, C. Terry

The Bonds that Make us Free

Weiner-Davis, Michele

Divorce Busting

Ryan, Terry

The Prize-Winner of Defiance Ohio

Assertiveness

Ury, Fischer and Patton

Getting to Yes

Patterson, Kerry et al.

Crucial Conversations and Crucial Confrontations

Eating , Body Image and Food

Cash, Thomas

The Body Image Workbook

Fairburn, Christopher

Overcoming Binge Eating

Wansink, Brian

Mindless Eating

Pornography

Chamberlain, Mark et al.

Love you, Hate the Porn

Manning, Jill

What's the Big Deal about Pornography?

Websites

Cybersecrets Conference

<http://www.byub.org/talks/EventSearch.aspx?event=cs>

Organizations

AA - 12 step (overeaters anonymous, gamer's anonymous, others)

LDS Family Services - 12 step program applied to pornography

Recovery International: <http://www.lowselfhelpsystems.org/meetings/ridiscovery.asp>