

Chemical Dependency Ministry

Book Library

12 Steps

- *A New Pair of Glasses* By: Chuck C. and Alcoholic Anonymous
- *Alateen, Hope for Children of Alcoholics* By: Al-Anon Family Group
- *Al-Anon Faces Alcoholism* By: Al-Anon Family Group
- *Alcoholics Anonymous 4th Edition* By: AA World Services
- *Alcoholics Anonymous-Comes of Age* By: AA Publishing
- *Annotated AA Handbook-A Companion of the Big Book* By: Frank D
 - A companion to the Big Book. Amplifies and explains significant passages of the Big Book, a cross reference, and a table illustrating what the Big Book has to say about many key topics.
- *Courage To Be Me-Living with Alcoholism* By: Al-Anon
 - Written by and for all the thousands of young people who have been or are still affected by another person's drinking.
- *Courage to Change* By: Bill Pittman/Dick B.
 - Deals with the history of the Twelve Steps, 12 Chapters highlighting each step, and thoughts of AA
- *Courage to Change-One Day at a Time* By: Al-Anon Family Groups
 - Daily readings designed to keep the reader's focus on today and give them courage to change the things that can be changed.
- *Hope for Today* By: Al-Anon Family Group
 - Collection of daily thoughts and meditations based on the sharing's of Al-Anon members who grew up with the Family Disease of alcoholism.
- *Language of the Heart* By: Bill W's Grapevine Writings
- *Living Sober* By: AA World Services
 - A Booklet divided into 31 Chapters, each "tip" on preventing relapse.
- *Living with Sobriety-Another Beginning* By: Al-Anon Family Group
- *Meditations for the 12 Steps-A Spiritual Journey* By: Friends in Recovery with Jerry S.
- *Pass It On* By: Bill Wilson and the AA Message
- *Paths to Recovery* By: Al-Anon's Steps Traditions and Concepts
 - Al-Anon members throughout the world share their experiences in working and living the Steps, Traditions, and Concepts
- *Road to Recovery* By: Dennis C. Morreim
 - Bridges Between the Bible and the Twelve Steps
- *Twelve Step Christianity* By: Saul Selby
- *Twelve Steps for Christians*
- *Twelve Steps-A Spiritual Journey* By: Recovery Publications
- *Twelve Steps and Twelve Traditions (2)* By: AA World Services
 - A co-founder of Alcoholics Anonymous tells how members recover and how the society functions

- ***Wife of the Alcoholic-A Pattern to Happiness*** By: Lewis Presnall
 - For those who sincerely wish to improve their way of living, either wives of alcoholics or not.
- ***Womensafe-The Recovering Women of AA*** By: Stephanie E.
- ***101 Meeting Starters-A Guide to Better Twelve Step Discussion*** By: Mel B.

Alcohol and Drugs

- ***Addiction and Change*** By: Carlo C. DiClemente
- ***Aging and Addiction-Helping Older Adults Overcome Alcohol or Medication Dependence*** By: Carol Couran and Debra Jay
- ***Alcohol and Other Drugs-Self Responsibility*** By: Ruth Engs
- ***Anti-Addiction Medications-A Clinical Perspective*** By: Marvin D. Seppale M.D.
- ***Chalk Talks on Alcohol*** By: Father Joseph C. Martin
 - This no-nonsense guide to understanding and recovering from alcoholism provides new hope for alcoholics, their families, and friends. Written by one of the most respected authorities in the country on alcoholism.
- ***Choices and Consequences*** By: Dick Schaefer
 - The Johnson Institute puts together the step-by-step process called intervention that you can use to stop a teenager's harmful involvement with chemicals.
- ***Dangerous Drugs*** By: Carol Falkowski
 - Includes the latest information on the newest drugs to hit your community and who's abusing them.
- ***Drugs-Complete Guide to Prescription and Non Prescription***
By: H. Winter Griffith, M.D.
- ***Dying for a Drink*** By: Anderson Spickard Jr., MD and Barbara Thompson
 - A compelling and important book for anyone in search of answers concerning alcohol abuse, its symptoms, the effect on family dynamics, and the hope that treatment provides
- ***Handbook of Abusable Drugs*** By: Kenneth Blum Ph. D
 - Provides a detailed, critical review of the biochemical, pharmacological, and sociological aspects of drugs of abuse. Includes chapters on various classes of drugs, with topics such as history, chemistry, pharmacology, as well as causes and treatment.
- ***How to Spot Hidden Alcoholics*** By: Doug Thorburn
- ***Prenatal Exposure to Drugs/Alcohol*** By: Jeanette M. Soby
- ***Impaired Nurse*** By: Barbara Blueston
 - A concise booklet addressing the prevalence of addiction among nurses. Discusses peer assistance and advocacy programs.
- ***Meth the Basics (Pamphlet)(2)*** By: Michael McCann, M.A., Jeanne Obert, M.F.T., Patricia Marinellucasey PhD, Richard Rawson, PhD
- ***PMS & Alcoholism (Pamphlet)*** By: Theresa Casey

- ***Strong Choices, Weak Choices*** By: Rosellini/Worden
 - Presents a healthy and constructive approach to making choices and changes in our lives. Contains “effective, time proven strategies” as this book describes the relationships between self-awareness, serenity, stress, choice and change.
- ***When Painkillers become Dangerous*** By: Drew Pinsky, M.D.
- ***Women’s Powerlessness (Pamphlet)*** By: Janice N.
- ***Women and Relapse*** By: Suzanne Boylston Cusack, C.A.C

Co-Dependency and Other Addictions

- ***A Gentle Path Through Twelve Steps for All People in the Process of Recovery***
By: Patrick Carnes, PhD
 - For all people in the process of recovery
- ***Addictive Organization*** By: Anne Wilson Schaef and Diane Fassel
 - Why we overwork, cover up, pick up the pieces, please the boss, and perpetuate sick organizations.
- ***Behind the 8 Ball*** By: Linda Berman M.S.W. and Mary Ellen Siegel, M.S.W.
- ***Born to Lose-Memoirs of a Compulsive Gambler*** By: Bill Lee
- ***Caring Connections*** By: Eric Dlugokinski, PhD
- ***Co Dependents Guide to Twelve Steps*** By: Melody Beattie
 - How to find the right program for you and apply each of the twelve steps to your own issues.
- ***Compulsive Gambling (Pamphlet)*** By: Henry R. Lesieur
 - This pamphlet describes compulsive gambling, a definition, theories, phases of progression, its impact on the family and work, the “closet” gambeler, and dual addiction/abuse.
- ***Compulsive Overeater*** By: Bill B.
- ***Diagnosing and Treating Co-Dependence*** By: Timonen L. Cermack
 - A guide for professionals who work with chemical dependents, their spouses and children
- ***Don’t Call it Love*** By: Patrick Carnes
- ***Emotions Anonymous*** By: EA International
 - A book formed by a group of individuals who found a New Way of Life by working the Twelve-Step Program of Alcoholics Anonymous, as adapted for people with emotional problems.
- ***Get Your Loved One Sober-Alternatives to Nagging, Pleading and Threatening***
By: Robert J. Meyers
- ***Good News for the Chemical Dependent and Thos Who Love Them***
By: Jeff VavVonderen
- ***House of Cards-Hope for the Gamblers and Families*** By: Tom Raabe
- ***Luck: A Secular Faith*** By: Wayne Oates
- ***Out of the Shadows*** By: Patrick Carnes
- ***The Tobacco Atlas*** By: Dr. Judith Mackay and Dr. Michael Eriksen
- ***This Must Be Hell*** By: Hale Humphrey, PhD
- ***When Society Becomes and Addict:*** Anne Wilson Schaef

Prevention

- ***A Hunger for Healing Workbook (2)*** By: J. Keith Miller
 - A practical, exercise-filled companion to *A Hunger For Healing* that puts into practice the Christian principles of healing and growth.
- ***Clinical Preventive Services in Substance Abuse and Mental Health Update: From Science to Service*** By: US Department of Health and Human Services
- ***Preventing Alcohol Abuse-Alcohol, Culture, and Control*** By: David Hanson
- ***Relapse Prevention*** Alan Marlatt and Judith R. Gordon
 - A comprehensive presentation of the Relapse Prevention Model. Part 1: Relapse prevention: General overview; Part II: Application with specific addictive behaviors
- ***Search for Serenity*** By: Lewis Presnall
- ***Christian Parenting*** By: Betsy Dawn Smylie and John Sheridan Smylie

Addiction Recovery/Family Systems

- ***Addiction to Love*** By: Susan Peabody
 - An in depth and easy to follow recovery program for people suffering from painful and often dangerous addiction. Also explains how to create a nurturing, safe, and fulfilling relationship once recovery has taken hold.
- ***Adult Children of Alcoholics*** By: Rachel Callahan C.S.C and Rea McDonnell, S.S.N.D.
 - Ministers and the Ministries Focuses on the growing awareness of many adults that their childhood experiences with an alcoholic parent continues to affect them today.
- ***Adult Children of Alcoholics*** By: Janet Geringer Woititz, Ed.D
- ***Alcoholic Family*** By: Peter Steinglass, M.D.
 - The authors show the profound generational effects of living in an alcoholic family. Includes a description of a family-therapy model of treating alcoholism within a developmental perspective.
- ***Alcoholics and their Families*** By: John E. Keller
 - A look at what pastors and congregations need to know about alcoholism and what they can do to help their alcoholic members.
- ***Another Change-Hope & Health for the Alcoholic Family*** By: Sharon Wegscheider Cruse
 - Describes the family disease of alcoholism and its effects on each family member
- ***At Risk Bring HOPE to Hurting Teenagers*** By: Dr. Scott Larson
- ***Bottles Break*** By: Nancy Maria Grande Tabor
- ***Children of Alcoholics*** By: Judith S. Seixas and Geraldine Youcha
- ***Different Like Me*** By: Evelyn Leite and Pamela Espeland
 - How it feels to live with parents who abuse alcohol/drugs

- ***Dragon Slayer with a Heavy Heart*** By: Marcia Powers
- ***Drop the Rock-Removing Character Defects-Steps Six and Seven*** By: Bill P., Todd W., and Sara S.

- ***Family Recovery-Growing Beyond Addiction*** By: Merlene Miller and Terence T. Gorski
 - A guide for recovering family members from understanding alcoholism to skills for restructuring the family unit.
- ***From Survival to Recovery-Growing Up in an Alcoholic Home*** By: Al-Anon Family Groups
 - Written by Al-Anon members who grew up in alcoholic homes, this thought-provoking books offers a peek into our own homes and an opportunity to better understand ourselves.
- ***Gift of Anger*** By: Carroll Saussy
- ***Healing and the Addicted Brain*** By: Harold C. Urschel, III, MD
- ***Healing Hidden Wounds*** By: Tom Klaus
- ***I Want to Change my Life*** By: Steven M. Melemis, Ph.D, MD
- ***I'll Quit Tomorrow*** By: Vernon E. Johnson
- ***It Will Never Happen To Me*** By: Claudia Black, Ph. D
- ***Relax, Recover-Stress Management for Recovering People*** By: Patricia Whertzer and Lucinda May
 - A complete stress management program for the recovering person. Presented in clear, non-technical language; also includes self-tests and checklists to teach social and personal skills that recovering persons may never have mastered.
- ***The Resilient Self*** By: Steven J. Wolin, M.D. and Sybil Wolin, PhD
 - How survivors of troubled families rise above adversity.
- ***Speaking Out-An Advocacy Handbook for Recovered People, their Families, and their Friends*** By: Johnny Allem
- ***Survival Handbook for the Newly Recovering*** By: Scott Sheperd, PhD
 - Chapters covering low self-esteem, boredom, loneliness, resentment, and depression.
- ***Thirst-God and the Alcoholic Experience*** By: James B. Nelson
- ***Will Powers Not Enough*** By: Arnold Washton, PhD and Donna Boundy, M.S.W.
 - Recovering from addictions of every kinds.

Church Recovery Resources

- ***A Hunger for Healing Workbook*** By: J. Keith Miller
- ***An Elephant in the Living Room*** By: Marion Typo, PhD and Jill M. Hastings
 - Much needed help for children in families where drinking or drug abuse is a problem.
- ***Creating Communities for Addiction Recovery*** By: Leonard A. Jason, Joseph Ferrari, Margaret I. Davis, and Bradley Olson
- ***Doing Life with God 2*** By: Real Stories written by Students

- *Eight Concepts of Bowen Theory* By: Roberta M. Gilbert
- *God's Neighborhood* By: Roley/Elliott
- *Healing Places* By: Johnny Allem and Tish Merrill (Johnson Institute)
- *Journal of Ministry in Addiction and Recovery Volume 6, Number 1&2, 1999*
- *Let's Go make Some History* By: William L. White (Johnson Institute)
- *Seeking Serenity Through Spiritual Recovery* By: Margaret A. White

Church and Society

- *Addiction and Grace* By: Gerald G. May, M.D.
- *Addiction and Spirituality* By: Oliver J. Morgan and Merle Jordan
- *Awakened Heart-Living beyond Addiction* By: Gerald G. May, MD
- *Creating a Healthier Church* By: Ronald Richardson
- *Conversation Matters-Way United Methodist Should Talk with One Another*
By: Henry H. Knight and Don E. Saliers
- *From Pulpit...To Couch* By: Rabbi Abraham J. Twerski M.D.
- *Generation to Generation* By: Edwin H. Friedman
- *Healing Services* By: James K. Wagner
- *How Your Church Family Works* By: Peter L. Steinke
- *Ice Cube is Melting-What Is Really At Risk in United Methodism* By: Lyle E. Schaller
- *Jesus the Bible and Homosexuality* By: Jack Rogers
- *Justice in Everyday Life* By: Howard J. Mason and Neal Christie
- *Leadership in the Wesleyan Spirit* By: Lovett H. Weems, Jr.
- *Life Together-The Classic Exploration of Faith in the Community* By: Dietrich Bonhoeffer
- *Oklahoma United Methodist Church Centennial Celebration Devotion*
- *Reclaiming the Church-Where the Mainline Church Went Wrong and What to do About It* By: John B. Cobb, Jr.
- *Restoring Methodism* By: Dr. James Scott and Dr. Molly Davis Scott
- *Thirst for Wholeness-Attachment, Addiction, the Spiritual Path* By: Christina Grof
- *Tree of Renewed Life-Spiritual Renewal of the Church Through the Twelve Step Program* By: Terry Webb
 - Spiritual Renewal of the church through the Twelve-Step Program

Spiritual Formation

- *Angel and the Frog* By: Leo Booth
- *Celebration of Discipline* By: Richard J. Foster
- *Change* By: Robert C. Grupe, PhD
- *Divine Conspiracy* By: Dallas Willard
- *Dream Giver* By: Bruce Wilkinson
- *Friedman's Fables* By: Edwin Friedman

- ***God Calling*** By: A.J. Russell
 - Daily readings, words of counsel, comfort, encouragement and wisdom.
- ***Have You Felt Like Giving Up Lately?*** By: David Wilkerson
- ***He-Understanding Masculine Psychology*** By: Robert A. Johnson
- ***Hell in the Hallway*** By: Sandi Bachom
- ***How Do I Help a Hurting Friend*** By: Rod J.K. Wilson
- ***I Ain't Much Baby, But I'm All You've Got*** By: Jess Lair, PhD
- ***Messy Spirituality*** By: Michael Yaconelli
 - Dares to suggest that imperfection, unfinishedness, and messiness are in fact earmarks for true Christianity.
- ***More God*** By: Constance Bovier
- ***Reflection for Ragamuffins*** By: Brennan Manning
- ***Relax God's In Charge***
- ***She-Understanding Feminine Psychology*** By: Robert A. Johnson
- ***Spirit of the Disciplines*** By: Dallas Willard
- ***Spirituality of Imperfection*** By: Ernest Kurtz and Katherine Ketchum
 - Story Telling and the Journey to Wholeness. Over 100 stories from many spiritual and philosophical paths weaving past traditions into a spirituality and new way of thinking and living.
- ***Spiritual Self*** By: Abraham J. Twerski, M.D.
- ***Walking a Scared Path*** By: Lauren Artress
- ***We-Understanding the Psychology of Romantic Love*** By: Robert A. Johnson
- ***When Bad Things Happen to Good People*** By: Harold S. Kershner
- ***When God Becomes a Drug-Understanding Religious Addiction and Religious Abuse*** By: Father Leo Booth
- ***Wisdom of Letting Go*** By: Father Leo Booth
 - How to live in the moment
- ***Wounded Healer*** By: Henri J.M. Nouwen

Reference Books

- ***Addiction and the Vulnerable Self*** By: Edward J. Khantzian, Kurt S. Halliday, and William E. McAuliffe
 - MDGT combines the important aspects of the traditional group setting with a rational and organized therapeutic approach derived from individual dynamic psychotherapies. A manual of “clear and well specified instructions.”
- ***Addictive Thinking*** By: Abraham J. Twerski, MD
 - Understanding Self Deception
- ***Addictive Organization*** By: Anne Wilson Schaef and Diane Fassel
 - Why We Overwork, Cover Up, Pick Up the Pieces, Please the Boss and Perpetuate Sick Organizations
- ***Addictive Personality*** By: Craig Nakken
 - Understanding the addictive process and compulsive behavior
- ***Alcoholism and the Family-A Guide to Treatment and Prevention*** By: Gary Lawson, James S. Peterson, and Ann Lawson

- A systems approach designed to aid alcoholism counselors who wish to work with families and family counselors who encounter problems associated with alcohol abuse. Explains a broad spectrum of intervention approaches and demonstrates their application to real life situations.
- ***Alcoholism and Substance Abuse-Strategies for Clinical Intervention*** By: Thomas E. Bratter and Gary Forrest
 - Addresses the clinical aspects of providing effective therapeutic services drug abusers and alcoholics.
- ***Assessment of Addictive Behaviors*** By: Dennis Donovan and G. Alan Marlatt
 - Incorporates all relevant biopsychosocial elements and examines factors common to food and tobacco addiction, as well as alcohol and drug addiction. Suggests strengthening the individual's commitment to change and selecting a treatment that closely matches the individual's need by utilizing a more comprehensive assessment process.
- ***Counseling the Culturally Diverse: Theory and Practice*** By: Derlad Wing Sue and David Sue
- ***Counseling Troubled Teens and Their Families-A Handbook for Pastors and Youth Workers*** By: Andrew J. Weaver, John D. Preston, and Leigh W. Jerome
- ***Dual Disorders-Counseling Clients with Chemical Dependency and Mental Illness*** By: Dennis C. Daley, Howard Moss, and Frances Campbell
 - Individual chapters on the psychiatric disorders most common among alcoholics.
- ***Encyclopedic Handbook of Alcoholism*** By: Mansell Pattison, MD and Edward Kaufman, MD
 - Offers a comprehensive perspective on the field of alcoholism, each section devoted to a major aspect of the field. I: The definition and diagnosis of alcoholism; II: The biology of alcoholism; III: Medical aspects of alcoholism; VI: Psychiatric disorders and alcoholism; V: Psychological perspectives on alcoholism; VI: Psychiatric disorders and alcoholism; VII: Distinctive treatment populations; VIII: Alcoholism treatment personnel; IX: Alcoholism treatment facilities; X: Alcoholism treatment methods; XI: Organization and evaluation of alcoholism treatment systems.
- ***Family Therapy of Drugs and Alcohol Abuse*** By: Edward Kaufman and Pauline Kaufman
- ***Healthy Dependency: Leaning on Others Without Losing Yourself*** By: Robert Bornstein, Ph. D and Mary Languirand, Ph. D
- ***Rational-Emotive Therapy with Alcohols and Substance Abusers*** By: John F. McInerney, Raymond DiGiuseppe, and Raymond J. Yeager
 - Providing therapy to alcoholics and substance abusers from a RET perspective.
- ***Self Recovery-Treating Addictions Using Transcendental Meditation and Maharishi Ayur-Veda*** By: David O'Connell and Charles N. Alexander

- *Treatment of Adolescents with Substance Use Disorders* By: US Department of Health and Human Services
- *Understanding and Counseling Persons with Alcohol, Drug, and Behavioral Addictions* By: Howard Clinebell PhD

Curriculum

- *A Program to Prevent Problem Gambling: Stacked Deck*
 - Grades 9-12
- *Alateen Talks Back On: Acceptance*
- *Alateen Talks Back On: Detachment*
- *Alateen Talks Back On: Higher Power*
- *Alateen Talks Back On: Serenity*
- *Alateen Talks Back On: Slogans*
- *Alateen Talks Back On: Sponsoring an Alateen Group*
- *A Channel For Changes-Practical Skills for Addiction Counseling* By: H. Leroy Thompson
- *A New Pair of Glasses-A Chemical Dependency Workshop for Youth Directors* By: United Methodist Chemical Dependency Services
- *Alcohol and Drugs-A Planning Guide for Congregations* By: Roger Svendsen and Thomas Griffin
- *Children's Program Kit-Supportive Education for Children of Addicted Parents*
- *Church and Alcohol-A Resource Manual* By: Rev. A. Philip Parham, Doctor of Ministry
- *Clergy Codependency: When Caring is Not Loving* By: H. Leroy Thompson
- *Committed Caring Communities-A Congregational Resource Guide for Addiction Ministries* By: Trish Merrill, R.N.
- *Enabling Change-When Your Child Returns Home from Treatment (Pamphlet) (6)* By: Jane Nakken
- *Family Talk-How to Talk to Your Kids About Drinking*
- *Free to Parent-Parenting Skills for Drug Prevention* By: H. Leroy Thompson, MacKenzie Thompson, and Peter S. Pierro
- *Hunger for Healing*
- *Pathways to Prevention (2)* By: National Youth Anti-Drug Media Campaign
- *Protecting You, Protecting Me-An Alcohol Use Prevention Curriculum (Grade 3 and Grade 5)*
- *Recovery is a Family Affair-Step by Step System* By: Johnson Institute
- *Setting Limits-Parents, Kids, and Drugs (Pamphlet) (3)* By: William L. LaFountain
- *Too Smart to Start* By: US Department of Health and Human Services