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'All the world's a stage; And all the men and women merely players; They have their exits and their entrances, And one man in his time plays many parts, His acts being seven ages.....Jaques, Act II, Scene VII, lines 139-166

*As You Like It*, Shakespeare

## SUGGESTED READING, 2016

### **Communication Skill and Dealing with Conflict**

- Fisher, R. & Ury, W. (1981). *Getting to yes: Negotiating agreement without giving in*. NY, NY: Penguin Books
- Fisher, R. & Brown, S. (1988). *Getting together: Building Relationships As We Negotiate*. NY, NY: Penguin Books.
- Ury, William(1991). *Getting past no: Negotiating your way from confrontation to cooperation*. NY, NY: Bantam Books
- Fisher, R. & Sharp, A. (1998). *Getting it done: How to lead when you're not in charge*. NY, NY: Harper Business.
- Runkel, Hal Edward. (2007). *Scream-free parenting*. Colorado Springs, CO: Waterbrook Press.

### **Intimate Relationships, Couples**

- Gottman, J. & Schwartz Gottman, J. (2006). *Ten Lessons to Transform Your Marriage*. Crown Publishers.
- Gottman, J. (2001) *The relationship cure: The five step guide for building better connections with family, friends, and lovers*. NY: Random House.
- Gottman, John. (1994). *Why marriages succeed or fail*. Simon & Shuster.

### **Self-Understanding and Awareness for Pre-Marital/Marital Counseling**

- Briggs Myers, I. (1980). *Gifts Differing: Understanding Personality Type*. Palo Alto:CA. Consulting Psychologists Press.**
- Gottman, J. (2001) *The relationship cure: The five step guide for building better connections with family, friends, and lovers*. NY: Random House.
- Keirsey, D. & Bates, M. (1984). *Please understand me: Character and temperament types*. Prometheus Nemesis.
- Keirsey, D. (1998) *Please understand me II: Temperament, character, intelligence*. Del Mar, CA: Prometheus Nemesis Books.
- Kroeger, O. & Thuesen, J. (2002). *Type talk at work: How the 16 personality types determine your success on the job*. Especially the chapter on stress management. NY, NY: Dell Publishing.
- Kroeger, O. & Thuesen, J. (1989). *Type Talk: The 16 personality types that determine how we live, love, and work*. Delacorte Press.
- Runkel, Hal Edward. (2007). *Screamfree Parenting*. Colorado Springs, CO: Waterbrook Press.

## Discernment Counseling, Separation and Divorce

Leach, P. (2015). *When parents part: How mothers and fathers can help their children deal with separation and divorce*. NY: Knopf.

Weiner-Davis, M. (2001). *The divorce remedy: A proven 7-step program for saving your marriage*. NY: Simon & Schuster.

[This is not actually a program guaranteed to save your marriage. It is a prompt to help you think about *how to save yourself* while you consider whether you want to do what might change your relationship with your partner. A changed relationship might or might not preserve your marriage. Also, the author makes blanket statements about many things that are simply her opinion. Focus on the strategies she suggests; feel free to ignore her opinions.]

## Parenting

Driekers, Rudolf. *Children, the Challenge*

Books on Positive Parenting

Gottman, John M. Any and all of his books on relationships, parenting, etc.

Leach, P. (2015). *When parents part: How mothers and fathers can help their children deal with separation and divorce*. NY: Knopf.

Runkel, Hal Edward. (2007). *Scream-free parenting*. Colorado Springs, CO: Waterbrook Press.

**PEPparent.org** Parent Encouragement Program: Educating Parents. Enriching Families, 10100 Connecticut Avenue, Kensington, MD 20895; 301-929-8824  
Classes for parents in different locations.

CHADD.org for parents and/or children with AD/HD

## Adult ADD/ADHD

Barkley, R. (2010). *Taking Charge of Adult ADHD*

Barkley, R. (2008). *ADHD in adults: What the science says*.

Dukarm, C.P. (2006). *Pieces of a puzzle: The link between eating disorders and ADD*. WDC: Advantage Books.

**Hallowell, E. & Ratey, J. (2006). *Delivered from distraction: Getting the most out of life with ADD*. New York, NY: Ballantine Books.**

Kelly, K. & Ramundo, P. (2006). *You Mean I'm Not Lazy, Stupid or Crazy?*

Nadeau, K. (1997). *Add in the Workplace: Choices, Changes, & Challenges*. Routledge: New York.

Orlov, M. (2010). *The ADHD Effect on Marriage*. Plantation, FL: Specialty Press.

Pera, G. (2008). *Is It You, Me, or ADD?*

Quinn, P.O. (2011). *100 Questions & Answers about ADHD in Women and Girls*. Sudbury, MA: Jones & Bartlett

**CHADD.org**

TotallyADD.com - Help4ADHD.org - Add.org - ADDwarehouse.com

### **Vocational Choices**

**[www.mynextmove.org/explore/ip](http://www.mynextmove.org/explore/ip)** for interest testing and careers

[www.myplan.com](http://www.myplan.com)