

Here are some books I recommend to clients and supervisees:

- ◆ [**A Child Called "It"**](#) - Pelzer, about a boy that was severely abused, he has a whole series on the boy until adulthood, good read
- ◆ [**ACT for Gender Identity**](#) – Alex Stitt, LMHC, A comprehensive Guide for clinicians
- ◆ [**Adult Children of Emotionally Immature Parents**](#) - Lindsay Gibson, PhD, understanding parental unavailability
- ◆ [**Am I Trans Enough?: How to Overcome Your Doubts and Find Your Authentic Self**](#) - Alo Johnston, it unveils what happens after you come out, or begin questioning living as a trans person
- ◆ [**Attached**](#) - Amir Levine, MD & Rachel Heller, MA: an understanding of adult attachment
- ◆ [**Beyond the Gender Binary**](#) by Alok Vaid-Menon
- ◆ [**Boundaries Where you Begin and I End**](#) - Anne Katherine, MA, excellent boundary read
- ◆ [**Come As You Are**](#) - Emily Nagasaki, PhD, excellent info about women's sexuality
- ◆ [**Drama Free: A Guide to Managing Unhealthy Family Relationships**](#) - Nedra Tawwab, LCSW, excellent book about dysfunctional families
- ◆ [**DSM 5 TR Made Easy: The Clinician's Guide to Diagnosis**](#) - James Morrison, MD, detailed case vignettes to assist clinicians with understanding of diagnosis
- ◆ [**Ethical Standards in Social Work: A Critical Review of the NASW Code of Ethics**](#) - Frederic Reamer, PhD
- ◆ [**From the First Bite: A Complete Guide to Recovery from Food**](#) - Kay Sheppard, interesting read about food recovery issues
- ◆ [**Gender Euphoria**](#) - Laura Kate Dale, a powerful feeling of happiness experienced as a result of moving away from one's birth-assigned gender
- ◆ [**Gender Magic**](#) - Rae McDaniel MED LCPC CST, reading for anyone who is gender non-conforming
- ◆ [**Good Morning Monster**](#) - Catherine Gildner, PhD, discusses cases, engaging
- ◆ [**How Good do You have to Be?**](#) - Harold Kushner, Rabbi, guilt and shame
- ◆ [**How to Not Die Alone**](#) - Logan Ury, about dating
- ◆ [**It's Not You: Identifying and Healing from Narcissistic People**](#) - Dr. Ramani Durvasula, PhD, excellent about narcissists
- ◆ [**Man's Search for Meaning**](#) - Viktor E. Frankl, PhD, great read, surviving the Holocaust and spiritual meaning
- ◆ [**Maybe You Should Talk to Someone**](#) -Lori Gottlieb, LMFT - discusses cases, good read
- ◆ [**Mistakes Were Made \(But Not by Me\)**](#) - Carol Tarvis, PhD & Elliot Aronson, PhD - good read about cognitive dissonance
- ◆ [**My Child is Trans, Now What?: A Joy-Centered Approach to Support**](#) by Ben Greene

- ◆ [My Grandmother's Hands](#) - Resmaa Menakem, LCSW, history, examines racialized trauma
- ◆ [Polysecure: Attachment, Trauma and Consensual Non-monogamy](#) - Jessica Fern, MS, Evie Rickert, Nora Samran, PhD, provide non-monogamous people with a set of tools
- ◆ [Raising the Transgender Child: A Complete Guide for Parents, Families and Caregivers](#) by Michele Angello, PhD and Ali Bowman
- ◆ [Risk Management in The Behavioral Health Profession](#) – Frederic Reamer, PhD, How to avoid liability
- ◆ [Set Boundaries, Find Peace](#) - Nedra Tawwab, LCSW, excellent book about Boundaries, recommend to most of my clients
- ◆ [Should I Stay or Should I Go?: Surviving a Relationship with a Narcissist](#) - Ramani Durvasula PhD, a survival manual, a guidebook, and a shot of reality.
- ◆ [Start With the Why](#) - Simon Sinek, great read for learning 'why' we do what we do
- ◆ [Supporting Transgender Autistic Youth and Adults](#) – Finn V. Gratton, LMFT, LPCC, A Guide for Professionals and Families
- ◆ [The Betrayal Bond](#) - Patrick Carnes, PhD, Discusses Trauma Bonds
- ◆ [The Body Keeps The Score](#) - Bessel VanDer Kolk, MD, dense read but classic trauma information
- ◆ [The Boy who was Raised as a Dog](#) - Bruce Perry, MD, PhD
- ◆ [The Dance of Anger](#)- Harriet Lerner, PhD, Anger issues
- ◆ [The Ethical Slut](#) - Janet Hardy and Dossie Easton, LMFT, great read about polyamory and other types of relationships
- ◆ [The Four Agreements: A Practical Guide to Personal Freedom](#) - Don Miguel Ruiz, MD, life lessons
- ◆ [The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients](#) - Irvin D Yalom, MD
- ◆ [The Grief Recovery Handbook](#) – John James and Russell Friedman, Action program for moving beyond death, divorce and other losses
- ◆ [The Let Them Theory](#) - Mel Robbins, discussing how to live peacefully
- ◆ [The Making of a Therapist](#) - Louis Cozolino, PhD, good info for Therapist
- ◆ [The Reflective Workbook for Parents and Families of Transgender and Non-Binary Children: Your Transition as Your Child Transitions](#) – D.M. Maynard, Assisting parents of trans children
- ◆ [The Reflective Workbook for Partners of Transgender People: Your Transition as Your Partner Transitions](#) – D. M. Maynard – assisting partners of trans persons
- ◆ [The Self Love Workbook](#) - Shainna Ali, PhD, A guide to boost your Self Esteem
- ◆ [The Subtle Art of no Giving a F@ck: A Counterintuitive Approach to Living a Good Life](#) - Mark Manson

- ◆ [**The Trans Partner Handbook: A Guide for When Your Partner Transitions**](#) – Jo Green, Assisting partners of trans persons
- ◆ [**The Transgender Child: A Handbook for Families and Professionals**](#) by Stephanie A. Brill and Rachel Pepper
- ◆ [**Thriving Through Transition Self Care for Parents of Transgender Children**](#) - Denise O'Doherty, LPC, LMFT, For parents of trans children, any age
- ◆ [**TransSex**](#) – Lucie Fielding, MA, Clinical Approaches to Trans Sexualities and Erotic Embodiments
- ◆ [**Trauma Stewardship**](#) - Laura van Dernoot Liosky MSW & Connie Burk, A MUST READ FOR THERAPIST- discusses the need for self-care as a therapist and first responder
- ◆ [**UNF*CK yourself: Get out of your head an into your life**](#) - Gary John Bishop
- ◆ [**Untamed**](#) - Glennon Doyle
- ◆ [**What Does God Think?: Transgender People and The Bible**](#) - Cheryl B. Evans
- ◆ [**What Happened to You?**](#) - Bruce Perry, MD, PhD, Oprah - great book about trauma, favorite for clients, this book rather this book for clients about trauma
- ◆ [**When Bad Things Happen to Good People**](#) - Harold Kushner, Rabbi
- ◆ [**Yes, You Are Trans Enough**](#) – Mia Violet, deeply personal and witty account of growing up as the kid who never fitted in
- ◆ [**You and Your Gender Identity**](#) – Dara Hoffman Fox, LPC, for clients to work on their gender issues
- ◆ [**You are a Badass at Making Money**](#) - Jen Sincero, excellent book about money relationships
- ◆ [**You are a Badass**](#)- Jen Sincero, great read to increase self-esteem, MUST READ for most of my clients