

## Recommend/Requested Book List

Below are some titles we recommend for those who are interested in learning more about domestic violence and sexual assault. We would also appreciate donations of these books so that we may give them out to clients.

The Gift of Fear and Other Survival Signals that Protect Us from Violence  
By Gavin de Becker

Protecting the Gift: Keeping Children and Teenagers Safe (and Parents Sane)  
By Gavin de Becker

Why Does He Do That?: Inside the Minds of Angry and Controlling Men  
By Lundy Bancroft

When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse  
By Lundy Bancroft

Hands are Not for Hitting (Board Book)  
Written by Martine Agassi, Illustrated by Marieka Heinlen

The Courage to Heal Workbook: A Guide for Women and Men Survivors of Child Sexual Abuse  
By Laura Davis

Allies in Healing: When the Person You Love Was Sexually Abused as a Child  
By Laura Davis

Victims No Longer: The Classic Guide for Men Recovering from Sexual Child Abuse  
By Mike Lew

When Love Goes Wrong: Strategies for Women with Controlling Partners  
By Amy Jones and Susan Schechter

It's My Life Now: Starting Over After an Abusive Relationship or Domestic Violence, 2nd Edition  
By Meg Kennedy Dugan

The Domestic Violence Survival Workbook  
By John J Liptak

Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress (Second Edition)  
By Elizabeth G. Vermilyea

The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms  
By Mary Beth Williams PhD LCSW CTS, Soili Poijula PhD