

## Reading and Audio/Visual Material

Here are some books, DVDs, and Web-based material that you may find of interest. If you're interested in buying a book or DVD, links are provided to the [bookstore of the Virginia Satir Global Network](#) and to some online sites.

In Ottawa, much of this material may be found at [Singing Pebble Books](#) on Main Street opposite St. Paul's University and near the Green Door restaurant.

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### General

Book	Author(s)	More info	Author's site	Purchase	Notes
The New Peoplemaking (1988)	Virginia Satir			<a href="#">indigo.ca</a>	Virginia's seminal work describing family dynamics.
The Satir Model (1994)	Virginia Satir, John Banmen, Jane Gerber & Maria Gomori			<a href="#">indigo.ca</a> <a href="#">amazon.ca</a>	This book details the evolution of Satir's strategy and the powerful interventions she developed.
Working with the Family in Primary Care: A Systems Approach to Health and Illness (1984)	Janet Christie-Seely			<a href="#">amazon.ca</a>	A systematic approach to the role that the family can and should play in improving health care management.
Making Peace with Your Parents (1996)	Harold Bloomfield & Leonard Felder			<a href="#">amazon.ca</a>	Your relationship with your parents is one of the most fundamental in your life. This book can help open your eyes to who they really are and, in turn, let you become the happy, creative and fulfilled person you are meant to be.
Taming Your Gremlin: A	Rick Carson		<a href="#">The Gremlin Taming Institute</a>	<a href="#">amazon.ca</a>	Who's controlling your life? You? Or

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Surprisingly Simple Method for Getting Out of Your Own Way (2003)	John Bradshaw		<a href="#">John Bradshaw</a>	<a href="#">indigo.ca</a>	is it your gremlin, the inner voice that's talking to you all the time? Bring your wounded inner child into adulthood.
Homecoming: Reclaiming and Championing Your Inner Child (1992)	John Bradshaw		<a href="#">John Bradshaw</a>	<a href="#">amazon.ca</a>	John Bradshaw shows us how toxic shame is the core problem in our lives.
Healing the Shame that Binds You (1988)					Wayne Dyer sees intention as a field of energy that you can harness to co-create the life you want.
The Power of Intention: Learning To Co-create Your World Your Way (2004)	Wayne Dyer	<a href="#">Hay House Publishers</a>	<a href="#">Wayne Dyer</a>	<a href="#">amazon.ca</a>	Learn how to get demonstrably true answers to your questions, and know what true success is and how to create it.
Power vs Force: The Hidden Determinants of Human Behavior (2002)	David Hawkins	<a href="#">Veritas Publishing</a>		<a href="#">indigo.ca</a>	Terry Real feels that depression is a silent epidemic in men, one that men hide from nearly everyone.
I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression (1997)	Terry Real	<a href="#">MenWeb</a>	<a href="#">Terry Real</a>	<a href="#">amazon.ca</a>	According to Toltec wisdom, these four agreements with yourself can positively transform your life: (1) Be impeccable with your word. (2) Don't take anything personally (3) Don't make assumptions. (4) Always do your best.
The Four Agreements: A Practical Guide to Personal Freedom - A Toltec Wisdom Book (1997)	don Miguel Ruiz		<a href="#">don Miguel Ruiz</a>	<a href="#">amazon.ca</a>	A follow-on to <i>The Four Agreements</i> , this book summarizes the first four agreements and adds a fifth: Be skeptical, but learn to listen.
The Fifth Agreement: A Practical Guide to Self-Mastery (2010)	don Miguel Ruiz & don Jose Ruiz		<a href="#">don Miguel Ruiz</a>	<a href="#">amazon.ca</a>	From the
A Course in	Helen Schucman &		<a href="#">A Course in</a>	<a href="#">amazon.ca</a>	

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Miracles (1999)	William Thetford		<a href="#">Miracles</a>		introduction to the <i>Course</i> : it "...aims at removing the blocks to the awareness of love's presence."
The Biology of Belief (2008)	Bruce Lipton		<a href="#">Bruce Lipton</a>	<a href="#">amazon.ca</a>	From the description: "... he demonstrates how the new science of Epigenetics is revolutionizing our understanding of the link between mind and matter."
Healing Your Aloneness (1990)	Erica J. Chopich & Margaret Paul		<a href="#">Inner Bonding</a>	<a href="#">amazon.ca</a>	From the description: "Erika Chopich and Margaret Paul show how anyone can reconnect with his or her Inner Child to short-circuit self-destructive patterns, resolve fears and conflicts, and build satisfying relationships. <i>Healing Your Aloneness</i> outlines a self-healing process that can be used every day to restore a nurturing balance between loving Adult and loved Inner Child."
The Shadow Effect (DVD [2009], book [2010])	Debbie Ford, Deepak Chopra, Marianne Williamson	Free program on <a href="#">Oprah's website</a>	<a href="#">The Shadow Effect</a>	<a href="#">amazon.ca</a>	In Debbie Ford's <i>The Shadow Effect</i> , she and the other authors talk about the "shadow" that each of us has, the shadow that can take over our lives. In early 2010, Oprah highlighted <i>The Shadow Effect</i> and Debbie Ford, and there is now a six-week free online <a href="#">program available on her</a>

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Sacred Pleasure (1996)	Riane Eisler	<a href="#">Riane Eisler</a>	<a href="#">amazon.ca</a> <a href="#">indigo.ca</a>	<a href="#">website.</a> Riane Eisler, with a basis of historical research, says that many societies in the past were based on partnership and not domination.
Radical Honesty, The New Revised Edition: How to Transform Your Life by Telling the Truth (2005)	Brad Blanton	<a href="#">Radical Honesty</a>	<a href="#">indigo.ca</a> <a href="#">amazon.ca</a>	Brad Blanton thinks that the best way to live is to be absolutely honest 100% of the time. (This means no white lies, either.)
The Angry Book (1998)	Dr. Theodore I. Rubin	<a href="#">Publisher's site</a> (with book excerpts)	<a href="#">indigo.ca</a> <a href="#">amazon.ca</a>	Dr. Rubin says that it's important to express anger (in a healthy way) instead of burying it.
Loving What Is: Four Questions That Can Change Your Life (2003)	Byron Katie	<a href="#">The Work</a>	<a href="#">indigo.ca</a> <a href="#">amazon.ca</a>	Byron Katie's website notes that "...'The Work' of Byron Katie is a way of identifying and questioning the thoughts that cause all the anger, fear, depression, addiction, and violence in the world."

## Adoption

Book	Author(s)	More info	Author's site	Purchase	Notes
Journey of the Adopted Self (1994)	Betty Jean Lifton	<a href="#">Google search results</a>	<a href="#">Betty Jean Lifton</a>	<a href="#">amazon.ca</a>	From one of our members: "This book gave me huge insights into what it's like to be an adopted person. There is a lot of information for adoptees, adoptive parents and birth parents alike. Very informative and well written."
The Adoption Reunion Survival Guide	Julie Jarrell Bailey & Lynn N. Giddens	<a href="#">Canadian Council of Natural Mothers'</a>		<a href="#">indigo.ca</a>	From one of our members: "Very informative with

(2001)

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practical advice on how to arrange and carry out a successful reunion with one's birth parent or relinquished child."

## Couples

Book	Author(s)	More info	Author's site	Purchase	Notes
The Seven Principles for Making Marriage Work (2000)	John Gottman	<a href="#">Review</a>	<a href="#">John Gottman</a>	<a href="#">amazon.ca</a>	Based on 20 years of research
The Couple's Journey: Intimacy As a Path to Wholeness (1980)	Susan Campbell		<a href="#">Susan Campbell</a>	<a href="#">amazon.ca</a>	Clarifies the power struggle stage of a relationship
The Five Love Languages: How to Express Heartfelt Commitment to Your Mate (2008)	Gary Chapman		<a href="#">Gary Chapman</a>	<a href="#">amazon.ca</a>	
You Just Don't Understand: Women And Men In Conversation (2001)	Deborah Tannen		<a href="#">Deborah Tannen</a>	<a href="#">amazon.ca</a>	Helps you understand gender differences
Getting the Love You Want: A Guide for Couples (2007)	Harville Hendrix	<a href="#">Book website</a>	<a href="#">Harville Hendrix</a>	<a href="#">amazon.ca</a>	
Making Peace with Your Parents (1996)	Harold Bloomfield & Leonard Felder			<a href="#">amazon.ca</a>	Your relationship with your parents is one of the most fundamental in your life. This book can help open your eyes to who they really are and, in turn, let you become the happy, creative and fulfilled person you are meant to be.