HEALING BOOK LIST
FOR COUPLES

Hold Me Tight By Sue Johnson

Attachment theory in therapy form. Sue Johnson is the creator of the most empirically validated form of couples therapy that exists today.

Getting the Love You Want By Harville Hendrix and Helen La Kelly Hunt

This couple had their divorce papers in hand and had been told by five couples therapists that they were "hopeless." They created IMAGO therapy and are still together today, reportedly in a very happy marriage. The exercises at the end of the book are essential.

Come As you Are Workbook by Emily Nagoski

Understanding sex therapy and putting it into practice through a workbook. Do with a partner.
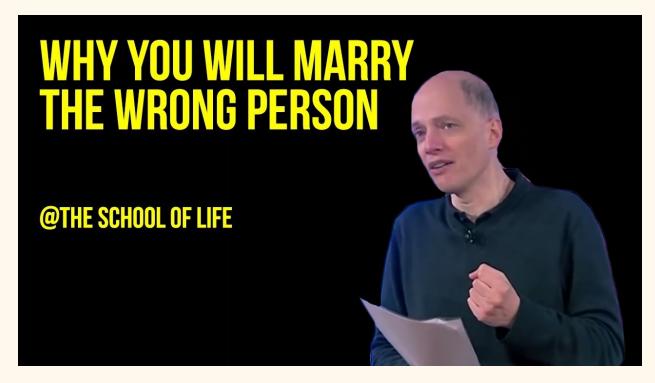
Your Brain on Love By Stan Tatkin

A five hour Ted Talk style presentation that will change the way you think about your partner's reactions. Excellent explanation of Attachment Theory and how it relates to your relationship.

Wired for Love By Stan Tatkin

An overview of attachment theory and how it shapes adult relationships.

HEALING RESOURCES
FOR COUPLES

Video: Why You Will Marry the Wrong Person By Alain de Boudin

A short video on the most popular New York Times article ever written. (You're not alone.)

Podcast: Relationship Alive and The Smart Couple with Jason Gaddis

This podcast covers love and attachment from every angle—searching the above authors is a good place to start.