

HEALING BOOK LIST FOR SINGLES

Deeper Dating By Ken Page

Hands down the most life-changing, paradigm-shifting guide to dating from a place of dignity and love. He has a podcast of the same name.

Set Boundaries, Find Peace By Nedra Glover Tawwab

Tawwab's definition of boundaries is "what you need to feel safe and comfortable in relationships." Did you know you deserved that? She shows you how.

Keeping the Love You Find By Harville Hendrix

Harville Hendrix and his wife Helen La Kelly Hunt had their divorce papers in hand and had been told by five couples therapists that they were "hopeless." From that place, they created IMAGO therapy and now lead countless couples through the dark forest of mature love.

Hendrix wrote this book for people who are beginning new relationships, and finding that they end too soon. The main message: you're not looking for someone "easy." You're looking for someone who is willing to get through the hard work of relationship with you, into mature love.

Come As you Are Workbook by Emily Nagoski

Revolutionize your relationship to your sexuality before you invite someone else to join the party.

Your Brain on Love By Stan Tatkin

A five hour Ted Talk style presentation that will change the way you think about your your dating partner's reactions. Excellent explanation of Attachment Theory and how it relates to your relationship. (Much better than *Attached!*)

Wired for Dating By Stan Tatkin

A short, to-the-point overview of how adult attachment shapes your dating 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.