



# RESOURCE LIST

WANT TO EXPLORE OUR FAVORITE RESOURCES FOR HEALING AND HOPE? CHECK OUT THE BREAKING GROUND COUNSELORS' FAVORITE BOOKS, WEBSITES, AND TEACHERS. CLICK EACH UNDERLINED TITLE TO LINK DIRECTLY TO THE RESOURCE.

# RESOURCES FOR PARENTING & CHILDREN

**BOUNDARIES WITH KIDS** by DR. HENRY  
CLOUD AND JOHN TOWNSEND

**BOUNDARIES WITH TEENS** by DR. HENRY  
CLOUD AND JOHN TOWNSEND

**1-2-3 MAGIC** by THOMAS W. PHELAN

**INTENTIONAL PARENTING** by DOUG AND  
KATHY FIELDS

**LOVE & RESPECT IN THE FAMILY** by DR.  
EMERSON EGGERICHS

**GRACE BASED PARENTING** by TIM KIMMEL

**FIVE LOVE LANGUAGES OF TEENAGERS** by  
GARY CHAPMAN

# RESOURCES FOR MARRIAGE & RELATIONSHIPS

*HOW WE LOVE* by MILAN YERKOVICH

*THE CHRISTIAN CODEPENDENCE RECOVERY  
WORKBOOK* by STEPHANIE TUCKER

*THE EMOTIONALLY DESTRUCTIVE  
MARRIAGE* by LESLIE VERNICK

*THE MARRIAGE BUILDER* by LARRY CRABB

*COMMUNICATION: KEY TO YOUR  
MARRIAGE* by H. NORMAN WRIGHT

*BEFORE YOU SAY "I DO"* by H. NORMAN  
WRIGHT

*EVERY MAN'S BATTLE* by STEPHAN  
ARTERBURN

# RESOURCES FOR MARRIAGE & RELATIONSHIPS

**BOUNDARIES IN MARRIAGE** by DR. HENRY  
CLOUD AND DR. JOHN TOWNSEND

**WOMEN WHO TRY TOO HARD** by DR. KEVIN  
LEMAN

**THE FIVE LOVE LANGUAGES** by GARY  
CHAPMAN

**RUNNING ON EMPTY** by JONICE WEBB PhD

**DIVORCE CARE** WEBSITE

# RESOURCES FOR TRAUMA & SOUL CARE

**THE SOUL CARE BIBLE** by TIM CLINTON  
AND EDWARD HINDSON

**HEALING THE HURTS OF YOUR PAST** by F.  
REMY DIEDERICH

**THE GIFTS OF IMPERFECTION** by BRENÉ  
BROWN

**THE WOUNDED HEART** by DAN B.  
ALLENDER

**SHATTERED DREAMS: GOD'S UNEXPECTED  
PATH TO JOY** by LARRY CRABB

**THE ROAD BACK TO YOU** by IAN MORGAN  
CRON AND SUZANNE STABILE

**FREE ENNEAGRAM TEST, COURSES, AND  
COACHING** WEBSITE

# RESOURCES FOR RECOVERY, ANXIETY, OCD, AND BPD

**OVERCOMING OBSESSIVE THOUGHTS** by  
DAVID A. CLARK AND CHRISTINE PURDON

**I HATE YOU, DON'T LEAVE ME** by JEROLD J.  
KREISMAN AND HAL STRAUS

**THE LIFE RECOVERY WORKBOOK** by  
STEPHEN ARTERBURN AND DAVID STOOP

**ANXIOUS FOR NOTHING** by MAX LUCADO

**TRY SOFTER** by AUNDI KOLBER

WE HOPE THESE RESOURCES ARE A  
SOURCE OF HEALING AND HELP.

IF YOU NEED MORE COUNSELING,  
ENCOURAGEMENT, OR HELP, WE'RE HERE.

VISIT [THEBREAKINGGROUND.COM](https://www.thebreakingground.com) TO  
CONNECT.