

RELATIONSHIPS

Updated September/10

R 1

Sisters : shared histories, lifelong ties / Elizabeth Fishel
1979 ISBN 0943233704

Sisterhood is one of women's most significant life relationships. This bond, the influence of sisters on each other's sexuality and creativity, the implications of birth order, and the patterns of family roles are explored.

R 2 (2 copies A & B)

Men are from Mars, women are from Venus / John Gray
1992 ISBN 072252840X

A practical guide for improving communication and getting what you want in your relationships. The author aims to promote a greater understanding of differences in communication styles, emotional needs and modes of behaviour between individual partners.

R 3

Coming out to parents : a two-way survival guide for lesbians and gay men and their parents / Mary V. Borhek

1993 Revised and updated edition ISBN 0829809570

Contains suggestions for homosexual men and lesbians and their parents on accepting their sexuality. Also investigates homosexuality and religion, and living in the age of HIV/AIDS.

R 4

The good listener : better relationships through better communication / Hugh Mackay

Originally published in 1994 as 'Why don't people listen'

1998 2nd edition ISBN 0732909317

Using a blended family, examples of better day-to-day communication by reinforcing, being relevant and understanding relationship issues are presented, and the art of listening, ways of handling change and being aware of self-insight issues are explained.

R 5

Growing up again : parenting ourselves, parenting our children / Jean Illsley Clarke and Connie Dawson

1989 ISBN 0894865668

This book is for people who inherited unsatisfying parenting and don't want to pass it on to their children.

R 6

Mars and Venus, together forever / John Gray

1994 ISBN 0733603645

The author offers relationship skills for creating and sustaining a mutually fulfilling intimacy that only grows richer with time.

R 7

After the affair : healing the pain and rebuilding trust when a partner has been unfaithful / Janis Abrahms Spring and Michael Spring

1996 ISBN 0733604587

R 8

Living in a stepfamily / Ruth Webber

1994 2nd edition ISBN 0864311451

The authors approach to parenting is very positive. It is simple, direct and full of hope. She focuses on what works and wants parents to do the same.

R 9

Just me and the kids : how to survive and succeed as a sole-supporting parent in Australia / Diana Kupke

1987 ISBN 0140092889

Contains information on single women's and children's rights and emotions, budgeting and housework, accommodation services, health services, financial services, legal services, self-help networks and community support for sole parents.

R 10

Women, sex and addiction : a search for love and power / Charlotte Davis Kasl

1989 ISBN 0749303220

The causes of sexual addiction and co-dependency are often rooted in childhood sexual abuse and neglect. Recognising an addictive relationship and ways to self-understanding and recovery are explained.

R 11

Women with alcoholic husbands : ambivalence and the trap of co-dependency

/ Ramona M. Asher

1992 ISBN 0807843733

The process of coming to terms with the crisis of a relationship with an alcoholic and the resulting co-dependency is described through case studies. Treatment and sociological insights are covered.

R 12

Letting go : relationships between adults and their parents / David De Vaus

1994 ISBN 0195535731

This ground-breaking study draws together the evidence of some remarkably candid and often moving interviews to illuminate a much neglected subject-adult's relationships with their parents, so often complex and unresolved..

R 13

Getting on with the oldies / Bob Montgomery and Laurel Morris

1988 ISBN 0850913152

Ways to minimise conflict with parents are presented for young people living in two-parent, one-parent or in step-families.

R 14

Divorced parenting / Sol Goldstein

ISBN 0749300981

R 15

Five cries of parents : help for families on troublesome issues / Merton P

Strommen and A Irene Strommen

1993 ISBN 0060677430

This book is addressed to parents and other adults who are in a parenting role with children and adolescents. Its purpose is to provide a rationale for parenting, to encourage reflection, and to supply clear directions regarding the help parents may need.

R 16

The 7 habits of highly effective families / Stephen R Covey

1998 ISBN 1864488883

The author explains that strong families don't just happen, but need the combined energy, talent, desire, vision and dedication of all members. He shows how families can learn to incorporate principles into their daily lives through activities, meetings, and games that involve all family members and help to create a spirit of understanding, support and enthusiasm.

R 17

We have to talk / Samuel Shem and Janet Surrey

1998 ISBN 073361003X

Healing dialogues between men and women – this book offers suggestions for getting to a new 'we' in relationships and offers proof that men and women are from the same planet after all.

R 18

Facing codependence / Pia Mellody, Andrea Wells Miller and J Keith Miller

1989 ISBN 0062505890

A guide to understanding the origins of co-dependence and the path to recovery.

R 19

Getting to commitment : overcoming the 8 greatest obstacles to lasting connection and finding the courage to love / Steven Carter and Julia Sokol

1998 ISBN 1865081132

R 20

Partnering : starting life in another relationship / Ian Marshall and Cecilia Morris

1997 ISBN 1864483423

Using thirteen 'voices', issues of the social and sexual contexts of re-partnering are explored, including entering later partnerships, living together before marriage, moving from de facto to marriage, and starting a partnership after living alone for a long time. Key areas of potential conflict, and insights into establishing new and long-lasting relationships are identified.

R 21

Women and their fathers : the sexual and romantic impact of the first man in your life / Victoria Secunda

1996 ISBN 0749315008

Written for daughters and fathers, this book reveals the crucial importance of resolving the attachment to the first man in a woman's life.

R 22

Turning points : understanding the changes in family relationships / Terry Colling

1996 Revised edition ISBN 0731805763

The transitions and events in family life (marriage, parenthood, school-age, adolescence, mid-life, growing older) and the changes that affect the family members are outlined.

R 23

Resolving conflict sooner : the powerfully simple 4-step method for reaching better agreements more easily in everyday life / Kare Anderson

1999 ISBN 0895949768

Understanding conflict, then identifying your main need and the need of your opponent, enlisting support, and connecting and offering solutions make for lasting

agreements.

R 24

The good relationship guide : how to understand and improve male-female relationships / Maryon Tysoe

1995 ISBN 0749916966

Psychological insights into choosing a mate, courting, communicating, empowering, coping with crisis, understanding issues of sex, repairing troubled relationships, and recovering from relationship breakdown are explained.

R 25

Fathers after divorce : building a new life and becoming a successful separated parent / Michael Green

1998 ISBN 1876451009

Covers issues of separation, change, parenting, re-partnering, step-families, relationships with former partner, legal issues and self-esteem from men's point of view.

R 26

Self-esteem : a family affair / Jean Illsley Clarke

1978 ISBN 0866836152

The author offers creative ways to help self esteem flourish for everyone using theory and techniques based on Transactional Analysis.

R 27

My father, my self : understanding Dad's influence on our life / Mas Aiba Goetz

1974 ISBN 1862042918

R 28

Raising teenagers : a practical guide for parents / Kathy Macdonald et al

1999 ISBN 8195583949

The book is packed with information covering all relevant topics in raising teenagers including: family relationships, divorce and separation, alcohol and drug use, eating disorders and other issues.

R 29

Is my teenager in trouble : a parent's guide to serious adolescent problems / Joseph Rey

1995 ISBN 0731804961

This book has been written to alleviate parent's concerns-to reduce the fear of the unknown and to show that with love, support, and the appropriate diagnosis and treatment, teenagers with serious problems, and their families, can find the road to recovery.

R 30

Working parents : happy families / Carol and Jack Flanagan

1988 ISBN 0207157286

Relationships, the household, stresses and strains, money matters, child care, single parents.

R 31

Looking for Lisa / Libby Harkness

1991 ISBN 0091699215

Six stories of the search for adult adopted children by their New Zealand birth mothers.

R 32

So, Mum and Dad have separated / Dally R Messenger

1980 Second revised edition ISBN 0646174584

Advice to help young people handle the grief that comes from the loss of a family unit.

R 33

Parents who care too much : breaking the cycle of codependence when a child's dysfunctional behaviour threatens your family's sanity and survival /

James M Farris

1992 ISBN 0896382753

The attitudes and behaviour of parents towards their adolescent need to change to face the difficulties of changing relationships without becoming codependent.

R 34

Getting on with your teenagers / Bob Montgomery and Laurel Morris

1988 ISBN 0850913144

Topics covered are curfew, hygiene and clothes, friends, chores, dates, homework and study, drugs, tidiness, and sex for adolescents.

R 35

The making of love : the nuts, bolts and roses of staying in love as a couple...even with kids / Steve and Sharon Biddulph

1988 Revised and expanded edition ISBN 1864710225

The book makes it clear all healthy couples fight, and that learning to be close and yet individual is what relationships are all about.

R 36

The tangled triangle / Gordon Hammond

2000 ISBN 0646386530

How to make relationships work with the triangle of you, me and us. How to have successful relationships by improving existing ones, by starting new ones off on the right foot or by walking away from unhealthy situations.

R 37

Father-son healing : an adult son's guide / Joseph Ilardo

1994 ISBN 1879237474

This book offers practical help and real hope to any man who wants to re-establish or improve his relationship with his father..

R 38

Bradshaw on: The family : a revolutionary way of self-discovery

/ John Bradshaw

1988 ISBN 0932194540

The dynamics of the family are related to the 'rules' and attitudes learned while growing up but dysfunctional families (problems with alcohol, abuse, co-dependence) can be healed.

R 39

Stepfamily realities / Margaret Newman

ISBN 1879237695

How to overcome difficulties and have a happy family.

R 40

Supercouple syndrome : how overworked couples can beat stress together

[also titled '**Beat stress together : BEST**'] / Wayne M Sotile and Mary O Sotile

1998 ISBN 0471356271

Stories and exercises for coping with hectic day-to-day routines which can affect relationships and the balance between work, family and social life.

R 41

Men, mateship, marriage : exploring macho myths and the way forward / Don Edgar

1997 ISBN 0732257166

Masculinity in the Australian context, mateship myths, challenges of marriage (intimacy and autonomy), courtship, companionship, home-making, fatherhood and step-fatherhood, divorce and the future of marriage are explored.

R 42

Steptrouble : a survival guide for teenagers with step-parents / William L Coleman

1993 ISBN 0896382850

Insight and advice about setting boundaries and relationships in a step-family.

R 43

Raising boys : why boys are different - and how to help them become happy and well-balanced men / Steve Biddulph

1997 ISBN 0646314181

Discusses three stages of boys' development, the effect of male hormones on boys' psychology and how to help them develop, the vulnerability of boys' brains and how to help them, promotion of better communication skills, the relationship between mothers and sons, the place of fathers in the family, school life, sport, sex and community support for men.

R 44

Mars and Venus in the bedroom / John Gray

ISBN 0733602266

R 45

You don't have to take it : a woman's guide to confronting emotional abuse at work / Ginny Nicarchy, Naomi Gottlieb, Sandra Coffman

1993 ISBN 1878067354

Dealing with sexual harassment at work is explained.

R 46

Motherhood : making it work for you / Jo Lamble and Sue Morris

1999 ISBN 1876451033

The experiences of Australian mothers and the basic psychological skills and strategies which help with the pressures of family life are explained.

R 47

I'm not mad, I just hate you : a new understanding of mother-daughter conflict / Roni Cohen-Sandler and Michelle Silver

1999 ISBN 0733612199

Surviving and thriving during your daughter's teenage years.

R 48

Women who stay with men who stray / Debbie Then

1998 ISBN 0732258308

Boldly tackles the taboo issue of men's extramarital affairs and why so many women stand by a cheating husband.

R 49

Resolving conflict sooner / Kare Anderson

1999 ISBN 0895949768

A four step method for reaching better agreements more easily in your everyday life.

R 50

The Organics of Relationships / Natalie Rhinehart

2005 ISBN 0 85572 365 3

A do it yourself relationship manual for women, using gardening as a metaphor.

R 51

Help, I'm living with a man/boy / Betty McLellan

1999 ISBN 1875559795

This book offers 41 scenarios and suggestions for dealing with the irresponsibility of many grown men.

R 52

Father daughter mother son / Verena Kast

ISBN 1852309407

Freeing ourselves from the complexes that bind us.

R 53

The father lode : a new look at becoming and being a Dad / Phil Dye

1998 ISBN 1864486201

Men's experiences and emotional responses to fatherhood, their role as supporter during their partner's pregnancy and childbirth, the effect of fatherhood on sex life and their relationship with their young children are explored. Nuclear family values, a new style of fathering and engaging the community are also covered.

R 54 (also DV 25)

Too good to leave, too bad to stay : a step-by-step guide to help you decide whether to stay in or get out of your relationship / Mira Kirshenbaum

1996 ISBN 0718141776

.After answering questions and analysing the relationship, guidelines on deciding whether to continue or to leave a partner can be followed. Case studies illustrate the process and outcome.

R 55

Someone you know : a friend's farewell / Maria Pallotta-Chiarolli

1991 ISBN 1862542716

This book is about friendship and AIDS.

R 56

The Dance of Intimacy : a woman's guide to courageous acts of change in key relationships / Harriet Goldhor Lerner

1989 ISBN 006091646X

Combining clear advice with vivid case examples, the author offers us the most solid, helpful book on intimate relationships that both women and men may ever encounter.

R 57

Love health and happiness : understanding your self and your relationships through 'the four temperaments' / Xandria Williams

1995 ISBN 034062244X

In this remarkably revealing guide, you can discover your strengths and weaknesses- and test your compatibility with family, friends, lovers and colleagues.

R 58

Creating love : the next great stage of growth / John Bradshaw

1994 ISBN 0553373056

Creating healthy loving relationships with parents, children, friends, co-workers, ourselves, and with God depends on ignoring the patterns of past counterfeit loves and others things as they really are

R 59

So, Mum and Dad have separated / Dally R Messenger

1980 Second revised edition ISBN 0646174584

Advice to help young people handle the grief that comes from the loss of a family unit - and how to become a better person for it.

R 60

Regaining intimacy / Bruce Stevens

ISBN 0091830567

Dealing with the pain of a broken relationship.

R 61

Everyone can win : how to resolve conflict / Helena Cornelius and Shoshana Faire

1998 ISBN 0731801113.

The book shows how to recognise typical conflict patterns and how to avoid them.

R 62

Before you love again : starting a successful new relationship / John Hosie

1993 ISBN 0855749229

The book for everyone who has been through a painful break-up and loss. It is a "how-to guide for making the next commitment a long-term, happy one.

R 63

Manhood : an action plan for changing men's lives / Steve Biddulph

1995 ISBN 0646261444

Manhood tackles the key areas of a man's life - parenting, love and sexuality, finding meaning in work and making real friends.

R 64

Everything a bloke needs to know about marriage / Peter Downey

2000 ISBN 0731809521

A marriage book for men, about men, by a man.

R 65

Loving him without losing you : how to stop disappearing and start being yourself / Barbara De Angelis

2000 ISBN 0471355585

Seven empowering strategies for better relationships.

R 66

Getting together and staying together : solving the mystery of marriage /

William Glasser and Carleen Glasser

2000 ISBN 006095633X

A practical, insightful guide to loving, nurturing, and lasting relationships.

R 67

Side by side : how to think differently about your relationship / Jo Lamble and Sue Morris

2000 ISBN 1876451092

The authors ask you to look at how you can think and act differently instead of looking to your partner to change.

R 68

Working with Monsters / John Clarke

2005 ISBN 978 1 74051 154 4

Shows you how to recognise and manage a workplace psychopath.

R 69

Mirror, mirror... : when self-love undermines your relationship / Bruce A Stevens

2000 ISBN 0646407740

Nine types of narcissism [excessive self-love] are described: Craver, Special Lover, Power Broker, Body Shaper, Rager, Trickster, Fantasy Maker, Martyr, and Rescuer. Understanding the personality dynamics and getting support can make more healthy and mature relationships.

R 70

Rebuilding : when your relationship ends / Bruce Fisher and Robert Alberti

2000 3rd edition ISBN 188623017X

If you're hurting after a divorce, you need this supportive step-by-step program for putting your life together and getting through the confusing and often-painful process.

R 71

Children, feelings and divorce : finding the best outcome / Heather Smith

1999 ISBN 1853434345

When divorcing parents understand their children's feelings (and how they express their emotions), they can reduce their distress. Chapters cover separation, children's behaviour, domestic violence, listening to children, counselling, contact by divorced parents, mediation for parents and children and a chapter written for children which addresses issues of divorce from their point of view.

R 72

Lesbian couples : a guide to creating healthy relationships / D. Merilee Clunis and G. Dorsey Green

2000 ISBN 1580050417

Living arrangements, work, money, separateness and togetherness, coming out to family and friends, resolving conflict, and understanding each other are some of the topics discussed. Race, class, and age differences and physical disabilities are explored and issues of partners who are recovering from alcohol, drug abuse or sexual abuse are covered. Lesbian cultural and political issues in USA are also mentioned.

R 73

The Pocket Psycho / John Clarke

2007 ISBN 978 1 74166 488 1

Tricks, tips and advice from the book Working with Monsters to help identify and protect yourself from the workplace psychopath.

R 74

The emotionally abused woman : overcoming destructive patterns and reclaiming yourself / Beverly Engel

1990 ISBN 0449906442

Emotional abuse is the most widespread and the most hidden form of abuse that

women experience. Examples from case histories are used to show women how to recognise and understand abusers, how to identify the patterns of emotional abuse, how to complete unfinished business, how to heal the damage by building self-esteem and how to break the cycle of abuse and build healthy relationships.

R 75

The 9 types of lovers : why we love the people we do and how they drive us crazy / Daphne Rose Kingma

1999 ISBN 0717130711

Understanding your personality type and that of your partner builds successful, long-lasting relationships.

R 76

Meet the Love of your Life / Jan Yager

2005 ISBN 1 7415 7003 4

Explains 125 ways that you can find the partner for life. Shows you how to develop a plan of action and gives you hints and tips on how to get the most out of your search.

R 78

Don't sweat the small stuff in love : simple ways to nurture and strengthen your relationships while avoiding the habits that break down your loving connection / Richard Carlson and Kristine Carlson

1999 ISBN 1863251782

Improved relationships are possible by setting goals, forgiving weaknesses, and dealing with minor aggravations.

R 79

The marriage plan : how to meet and marry your soulmate in a year – or less / Aggie Jordan

2000 ISBN 1863252657

Finding a way to a successful and happy life partnership is possible by desiring to get married and having the courage to trust your abilities. How to set and share goals, communicate feelings, and grow the relationship are explained. Stories of six couples are included.

R 80

My mother, my friend : ten most important things to talk about with your mother / Mary Marcdante

2001 ISBN 0684866064

Ways of breaking down barriers and enriching daughter-mother relationships are explained so that issues of health and sexuality, money, self-image and beauty, romantic intimacy and men, resolving conflict, family secrets, ageing, spirituality, death and dying and expressing appreciation can be resolved.

R 81

Opening our hearts to men : taking charge of our lives and creating a love that works. / Susan Jeffers

1989 ISBN 0 7499 1578 1

A book written from a woman's perspective about relationships and becoming more loving human beings.

R82

Relationship rescue : start repairing your relationship today. /

Dr Phillip C McGraw

1992 ISBN 0 09 185618 3

R 83

Hold Me Close, Let Me Go / Adair Lara

1998 ISBN 0 7322 7499 0

What does a mother do when her teenage daughter is spinning out of control and nothing is bringing her back? Here is a searingly honest memoir of motherhood and a treatise to the power of love and family.

R 84 & R 84B

Passionate Marriage / David Schnarch

1997 ISBN 0 908011 38 5

Keeping love and intimacy alive in committed relationships..a respectful, erotic, uplifting, and spiritual guide.

R 85

National Forum on Men and Family Relationships / Commonwealth Government

1997 ISBN 0 642 20972 3

Held in Canberra 9-11 June 1998. The forum had a particular focus on men's family relationships and provision of support services appropriate for men. You will find examples of best practice work with men in areas of parenting, violence and relationship support. (Also includes a video)

R 86

Living and Loving Together / Dr Bob Montgomery & Dr Lynette Evans

1995 ISBN 0140250476

How to make your personal relationships more fulfilling.

R 87

Friends / Dr Helen McGrath

1998 ISBN 0947277536

R 88

After the Affair / Janis Abrahms Spring

1997 ISBN 10: 0 06 092817 9

Healing the pain and rebuilding trust when a partner has been unfaithful.

R 89

Why do I Love These People? / Po Bronson

2005 ISBN 0 4362 0533 5

The families we come from and the families we form. Nineteen stories from multicultural and multigenerational families.

R 90

Power Games / Kay Douglas & Kim McGregor

1999 ISBN 0 7043 44742

Confronting hurtful behaviour and transforming our own.

R 91

When Anger Hurts Your Kids / M. McKay, P Fanning, K. Paleg, D. Landis

1996 ISBN 1572240458

A parent guide to how anger affects children; how to tell if your family has anger problems; 18 mistaken beliefs that fuel your anger; & the art of problem-solving communication.

R 92

Living, Loving & Learning / Leo F. Buscaglia

1982 ISBN 449901815

a delightful collection of Dr. Buscaglia's informative and amusing lectures. This inspirational treasure is for all those eager to accept the challenge of life and to profit from the wonder of love.

R 93

Winning Relationships / Dr Charmaine Saunders

2001 ISBN 1863512918

Aims to help you understand how stress works, how relationships work and how you can change your life for the better.

R 94

If I Am So Wonderful Why Am I Single / Susan Page

2003 ISBN 074992411X

Using revealing anecdotes, case studies and quizzes, Page reveals ten essential steps to help you define your own approach to dating and love forever.

R 95

How Can I Get Through To You. Reconnecting Men And Women / Terrence Real

2003 ISBN 0717131084

Presents a practical context for couples to reconnect and re-ignite their passion. For any women who feels unheard, any man who feels unappreciated.

R 96

The Hookup Handbook / Andrea Lavinthal and Jessica Rozler

2005 ISBN 0 689 87646 7

A single woman's guide to living it up. Explores the new non-dating game, for women who live life by their own rules.

R 97

Women Who Love Too Much / Robin Wood /

1986 ISBN 0099482304

Looks at how addictive unhealthy relationships are and gives a programme for recovery from the disease of too much love.

R 98

Stories of Manhood / Edited by Steve Biddulph /

2000 / ISBN 1876451106

Steve Biddulph presents his selection of the best writings from around the world on the inner lives of men. By turns powerful, heart rendering, wise and funny, these stories are chosen with a single purpose – to break down the narrow stereotypes that men are crushed into

R 99

People Who Make Your Life Hell. Managing the People Who Try To Control You

/ Lois Grant / 2001 / ISBN 0 7318 1042 2

If you are suffering at the hands of a bully, you need quick access to specific information.

R 100

You Just Don't Understand. Women and Men in Conversation / Deborah Tannen

/ 1990 / ISBN 0 09 1826144

The author shows how once we understand the differences in the way that women and men communicate, we can change our assumptions and methods – and really talk to each other.

R 101

Mothers and Daughters. A Book Of Loving Quotes/Maggie Pinkney

2003 ISBN 1 86503 753 2

Reflects the invisible tie between mothers and daughters.

R102

Creating Love: The next great stage of growth/ John Bradshaw

1992 ISBN 7 80553 37305 9

Creating healthy loving relationships.

R103

The Family Court book / Family Court of Australia

2000 ISBN 0 642 70463 5 2nd edition

“How to get a divorce and be nice to each other.”

R104

Toxic Friends True Friends / Florence Isaacs

1999 ISBN 0 8065 2451 0

How your friendships can make or break your health happiness family and career.

R105

Happily ever Parted / Bronwyn Marquardt

2006 ISBN 1 74110 390 8

A guide for separating couples including advice on: coping strategies, how to cut costs, sex with your ex, dividing property, kids and custody.

R106

It's never too late: finding love at any age/ Barbara and Dick Jarvis

2003 ISBN 0 7344 0547 2

Personal stories and advice about relationships later in life.

R107

The rules for online dating: capturing the heart of Mr Right in cyberspace/

Ellen Fein and Sherrie Schneider

2002 ISBN 0 7434 5147 3

The do's and don'ts of e-courtship; step-by-step through the process.

R 108

Hot Buttons: How to resolve conflict and cool everyone down/ Sybil Evans and Sherry Suib Cohen

2000 ISBN 0 74992302 4

An outline to help you manage conflict better and bring about an effective solution for everyone involved. This book will help you to better understand and manage anger and conflict.

R 109

101 Things I wish I knew when I got married/ Linda and Charlie Bloom

2004 ISBN 1 55739-424-7

This book explores ways in which couples can strengthen their relationship to allow deeper intimacy and honesty. It is practical and realistic and will suit readers who are married or plan on marrying.

R 110

Mating in Captivity / Esther Perel

2007 ISBN 978 0340 943731

Looks at whether domesticity and sexual desire are compatible and suggests how, by challenging notions of correctness, couples can reconcile secure love with the pursuit of passion.

R 111

Workbook for Rebuilding: When your relationship ends/ Bruce Fisher,

Ed.D/2000/

ISBN 93423-6016

This workbook will assist those when a relationship ends. It will help you step by step by completing sections designed to help you learn to take charge of your life. This educational model is proven to be highly effective method to help people adjust to the ending of a love relationship.

R 112

When your lover leaves you/ Richard Whiteside & Frances Steinberg

2000 ISBN 0 330 36236 4

This book outlines the stages encountered after a break-up and offers realistic, practical steps towards recovery.

R 113

I thought we'd never speak again/ Laura Davis

2002 ISBN 009 1884 195

This book looks at the issues that tear people apart (from extremes such as incest, violence and betrayal to money, sex and sibling rivalry) and provides with practical and sensitive approach to explore what causes conflict and provides strategies to achieve reconciliation.

R114

Anything she can do I can do better/ Rachel Oakes-Ash

2003 ISBN 1 74051 118 2

An exploration on the competition between females in the western world and what keeps women from realising their full potential.

R115

Keeping the Love you Find/ Harville Hendrix

1995 ISBN 0 7434 9593 4

A single persons Guide to achieving lasting love.

R116

Toxic In-laws/ Susan forward

2002 ISBN 0 06 019681 5

How to manage difficult in-laws without jeopardising your relationship with your spouse.

R117

Friends and Enemies/ Dorothy Rowe

2002 ISBN 0 00 255939 0

A book about the essence of a good relationship and why we need enemies as well as friends.

R 118

Coping with your Partner's Jealousy / Nina Brown

ISBN 1-57224-368-6

Understand why your partner gets jealous; recognise the four styles of jealousy; set healthy boundaries; take care of yourself.

R119

How to Manage your Mother /Alyce Cleese & Brian Bates

2000 ISBN 0 09 945197 2

Understand the most difficult, complicated and fascinating relationship in your life.

R 120

Mars and Venus in the Workplace/John Gray PhD

2002 ISBN 0 7329 1114 1

Practical guide for improving communication and getting results at work.

R 121

Controlling People/Patricia Evans

2002 ISBN 1 58062 569 X

This book helps the reader to identify people with a "controlling personality". It also explains the reasoning behind this type of behaviour and, by understanding it, you could become a catalyst for change.

R 122

Boundaries in Marriage/Dr Henry Cloud and Dr John Townsend

1999 ISBN 187 682 5308

This book will help establish personal boundaries, healthy communication and how to work through conflict.

R 123

Nasty Bosses/Jay Carter PsyD

2004 ISBN 0 07 143247 7

A guide that provides insights into bad behaviour and helps the reader deal with snide remarks from bosses. It combines humour and know-how.

R 124

Strengthening Your Stepfamily/Elizabeth Einstein M.A., MFT and Linda Albert PhD

2006 ISBN 1 886230 62 5

A guide for successful stepfamilies and includes help with the challenges that can often be expected from blended families.

R 125

Receiving Love / Harville Hendrix and Helen LaKelly Hunt

2005 ISBN 0 7432 6364 2

This book shows you how to dissolve the barriers, enabling you to open your heart to love.

R 126

Set Yourself Free in Relationships / Shirley Smith

2005 ISBN 0 9772760 0 7

A guide to help you create positive relationships. Includes essential skills to teach others how to treat you.

R 127

Is he Mr Right? / Mira Kirshenbaum

2007 ISBN 13 978 0 14 300661 9

Is he the one you should commit to? Helps women focus on what they need to make them happy and how to get it.

R 128

Untangling the Web / Robert Weiss and Jennifer Schneider

2006 ISBN 1 55583 968 1

Sex, porn, and fantasy obsession in the internet age. A resource for anyone struggling with the effects of porn on intimacy, relationships, family, career, health and self-respect.

R 129

My Dearest Enemy by Dangerous Friend / Dorothy Rowe

2000 ISBN 978-0-415-39048-4

In this book the author presents a radically new way of thinking about sibling relationships and aims to help the reader reach a deeper understanding of their siblings and themselves.

R 130

Narcissistic Lovers / Cynthia Zain and Kevin Dibble

2007 ISBN 13 978 0 88282 283 9

A revealing look at narcissists and their victims including insights into what draws victims to narcissists and what steps to take to escape them.

R 131

The Dance of Intimacy / Harriet Goldhor Lerner

1990 ISBN 0 06 016067 5

Outlines the steps to take so that good relationships can be strengthened and difficult ones can be healed by taking a careful look at those relationships where intimacy is most challenged by too much intimacy, too much distance or too much pain.

R 132

Say goodbye to your Personality Disordered Individual / Stan Kapuchinski

2007 ISBN 13 978 0 7573 0615 0

Recognise people who make you miserable and eliminate them from your life for good. Includes advice on how PDIs ensnare us into repeatedly dealing with them and how to spot a PDI at work and in our personal lives.

R 133

Receiving Love / Harville Hendrix and Helen LaKelly Hunt

2005 ISBN 0 7432 6364 2

This book shows you how to dissolve the barriers, enabling you to open your heart to love.

R 134

Co-dependence and the Power of Detachment: how to set boundaries and make your life your own / Karen Casey

2008 ISBN 978 1 57324 362 9

Casey shares insights and tools to practice detachment on a daily basis – tools she's discovered in her own decades of sobriety and in talking with hundreds of other co-dependents.

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Taking the War Out of Our Words: the art of powerful non-defensive communication / Sharon Strand Ellison

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In this book, Ellison takes us to the root of our communication problems. She shows us how defensiveness functions in our lives and can lead to hurtful power struggles. Using her non-defensive communication process, you can express yourself with a compelling blend of vulnerability and honesty.

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A Passion for Friends / Janice Raymond

1986 ISBN 0 7043 3997 8

A vision of female friendship with clear-sighted analysis and acute observations unclouded by sentimentality.

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Sex and Love / Sue Cartledge and Joanna Ryan

1983 ISBN 0 7043 3913 7

The contributors to this collection of articles are all women who have confronted what sex and love mean in their lives. Looks at the kinds of relationships women want.

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Help I'm Living with a Boy / Betty McLellan

2006 ISBN 978186756628

The author points out that as long as society accepts and glorifies the bad behaviour of immature men, they will continue to be irresponsible and their relationships destructive. Offers advice on relationship dynamics and practical problem solving.

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Navigating the Empty Nest and Re-creating Relationships / Robyn Vickers-Willis

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Empty Nesting - Reinventing your Marriage when the Kids Leave Home / David Arp, Claudia Arp, Scott Stanley, Howard Markham and Susan Blumberg

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A guide book to help couples to prepare for and make the most of this stage of their lives.

R 141

The Dance of Anger : a Woman's Guide to Changing the Patterns of intimate Relationships / Harriet Lerner

1997 ISBN 00609156X

Teaches women to identify the true sources of anger and to use anger as a powerful vehicle for creating meaningful and lasting change.

R142

When Venus and Mars Collide / John Gray

2008 ISBN 13 978 0 00 724745 5

A manual to help men and women thrive together in the 21st century. Shows how everyday pressures can be used to build greater intimacy and strengthen relationships.