



Resources for Relationships

Relationship support for all phases of commitment

For more resource ideas, visit the *Resource Place*: Edmonds Community College Counseling and Resource Center in MLT 145 (425) 640-1358 and see our *When Someone You Know...brochures*.

LINKS to INFORMATION

<http://www.uwec.edu/counsel/pubs/bhr.htm> Read about **Building Healthy Relationships** from the University of Wisconsin-Eau Claire.

www.parentswithoutpartners.org **Parents Without Partners**: provides single parents with an opportunity for enhancing personal growth, self-confidence & sensitivity towards others by support, friendship, & exchange of parenting techniques.

www.wamft.org **Washington Association for Marriage and Family Therapy**: to find a marriage or family therapist near you.

www.prepare-enrich.com **PREPARE/ENRICH** program for couples. To help couples prepare for marriage (PREPARE Program) and to enrich the marriage of those already married (ENRICH Program).

<http://www.gottman.com> The **Gottman Institute** applies leading-edge research on marriage in a practical, down-to-earth therapy. Their therapy relies on intensive, detailed, and long-term scientific study of why marriages succeed or fail.

<http://buddybuddy.com/partners.html> **Partners Task Force for Gay & Lesbian Couples** supports the diverse community of committed gay and lesbian partners through a variety of media.

<http://www.counselingseattle.com> **CounselingSeattle.Com** is an online site where you can find a Therapist or Support Group in your area.

<http://www.utexas.edu/student/cmhc/booklets/romrelations/romrelations.html>
University of Texas: Healthy romantic relationships during College.

http://www.helpguide.org/mental/improve_relationships.htm **Help Guide:** Building Great Relationships with Emotional Intelligence

<http://www.goaskalice.columbia.edu/Cat8.html> **Uifeline:** Healthy vs. unhealthy relationships, True love ...could it be true? And much more...

SOME BOOKS ON RELATIONSHIPS

Many of these books are available at the Edmonds Community College Library with student EdPass at <http://www.edcc.edu/library>. Others are available through the Sno-Isle Regional Library System at <http://www.sno-isle.org>.

1. 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 by Mira Kirshenbaum.
2. Women who love too much : when you keep wishing and hoping he'll change by Robin Norwood.
3. Women, sex, and addiction : a search for love and power / Charlotte Davis Kasl.
4. Other half : wives of alcoholics and their social-psychological situation by Jacqueline P. Wiseman
5. Beyond codependency: and getting better all the time by Melody Beattie
6. Codependent No More: Melody Beattie
7. Facing codependence : what it is, where it comes from, how it sabotages our lives by Pia Mellody with Andrea Wells Miller and J. Keith Miller.
8. Positive discipline for parenting in recovery : a guide to help recovering parents by Jane Nelsen, Riki Intner, and Lynn Lott
9. Marriage is for loving Muriel James.
10. Psychology of romantic love : what love is, why love is born, why it sometimes grows, why it sometimes dies by Nathaniel Branden.
11. Men who can't love : when a man's fear makes him run from commitment (and what a smart woman can do about it) by Steven Carter and Julia Sokol.
12. This is how love works : 9 essential secrets you need to know by Steven Carter.
13. Embracing life : growing through love and loss by Dorothy Corkille Briggs.
14. Intimate partners : patterns in love and marriage by Maggie Scarf.
15. Is it love or is it addiction , Brenda Schaeffer

16. How to survive the loss of a love / Colgrove,. Bloomfield & Peter A. McWilliams.
17. The illusion of love why the battered woman returns to her abuser by David Celani.
18. How to break your addiction to a person Howard m. Halpern
19. Loving him without losing you Beverly. Engel
20. Why Marriages Succeed or Fail... And How You Can Make Yours Last John Gottman
21. The co-dependent parent Becnel, Barbara Cottman.
22. *By John Gottman:*
The Seven Principles for Making Marriage Work
When Men Batter Women: New Insights into Ending Abusive Relationships
The Relationship Cure
23. Permanent Partners: Building Gay and Lesbian Relationships That Last Betty Berzon
24. The Lesbian Couples Guide -- by Judith McDaniel
25. Lesbian Couples: A Guide to Creating Healthy Relationships D. Merilee, Ph.D.Clunis
26. Midlife Lesbian Relationships: Friends, Lovers, Children, & Parents Marcy R. Adelman
27. Together Forever -- by Eric Marcus
28. The Power of a Partner: Creating and Maintaining Healthy Gay and Lesbian Relationships Richard L., Ph.D. Pimental-Habib

