



## Reading List: Women's Issues

1. **I Thought It Was Just Me (but it isn't): Making the Journey from "What Will People Think?" to "I Am Enough."** Brene Brown, 2007.
2. **Self-Compassion: The Proven Power of Being Kind to Yourself.** Kristin Neff, 2011.
3. **The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships** by Harriett Lerner
4. **The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are.** Brene Brown, 2010.
5. **The Highly Sensitive Person: How to Thrive When the World Overwhelms You**  
by Elaine Aron
6. **The Verbally Abusive Relationship: How to Recognize it and How to Respond**  
by Patricia Evans
7. **The Wizard of Oz and other Narcissists: Coping with the One-Way Relationship in Work, Love and Family** By Eleanor Payson
8. **Venus and Mars on a Date: A Guide for Navigating the Five Stages of Dating to Create a Loving and Lasting Relationship.** John Gray, 2011.