

Robert Clarke MFT  
Licensed Marriage and Family Therapist. LMFT #91187

Rob's Reading List – Amazon Link [Here](#)

*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk  
*Codependence No More* by Melody Beattie  
*Compassion and Self-Hate* by Theodore I Rubin  
*Do It! Let's Get Off Our Butts* by Peter McWilliams  
*The Ethical Slut* by Janet W. Hardy and Dossie Easton  
*Feel the Fear and Do it Anyway* by Susan Jeffers  
*Follow Your Heart* by Andrew Matthews  
*Free from Fears* by Ann Seagrave and Faison Covington  
*Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy*  
by Francine Shapiro  
*The Guide To Getting It On* by Paul Joannides Psy.D  
*Kitchen Table Wisdom: Stories that Heal* by Rachel Naomi Remen  
*Mating in Captivity* by Esther Perel  
*The Mindbody Prescription* by John E Sarno  
*The Power of Habit* by Charles Duhigg  
*The Relaxation Response* by Herbert Benson  
*Strengthsfinder 2.0* by Tom Rath  
*Slowing Down to the Speed of Life* by Richard Carlson and Joseph Bailey  
*The Velvet Rage: Overcoming the Pain of Growing Up Gay in a Straight Man's World* by Alan Downs  
*What If?: The Art of Crushing Anxiety* by Erik W Kieser  
*Why Zebras Don't Get Ulcers* by Robert M Sapolsky  
*You Just Don't Understand: Women and Men in Conversation* by Deborah Tannen