



Annotated Bibliography

Over the years, Dual Anon members' experience, strength and believable hope have been inspirational. Dual Anon also studied the writings of many people and organizations who have contributed to today's knowledge of dual diagnosis and co-dependency. Dual Anon members have found the following resources helpful for personal study. Many of these books have also been read by the group and discussed at weekly meetings.

Addict in the Family: Support Through Loss, Hope, and Recovery. By Beverly Conyers. Hazelden Publishing, Center City, MN, 2021.

A book about the pain of addiction, but also comfort, understanding and hope for anyone struggling with a loved one's addiction. Personal stories show how families can discover how to live life more fully. The author's daughter was a heroin addict.

The Art and Power of Acceptance by Ashley Davis Bush

The author explores the journey from resistance to alignment to possibility, and introduces the practice of self-compassion as the key to disarming resistance, expanding positive emotions, and allowing one to move easily with "what is." She uses personal and clinical stories, practical suggestions, and evidence-based research.

Beautiful Boy: A Father's Journey Through His Son's Meth Addiction by David Sheff

The author takes us through the deeply emotional, unforgettable struggle of dealing with his son's addiction to methamphetamine. Also contains good practical advice about dealing with a loved one's drug use, and a lot of information about the meth culture in this country. Also, a movie.

Becoming Fluent in LEAP – How to Get to Partnering - Book 2 of the LEAP Series by Xavier Amador, Ph. D.

Second book with detailed examples on how to use LEAP—Listen, Empathize, Agree and Partner—for family members trying to help someone accept treatment for dual diagnosis of addiction and mental illness.

Codependent No More and Beyond Codependency by Melody Beattie

Helpful in understanding unhealthy patterns of behavior that tie friends and family to the behaviors of other people. It helps the reader understand how to live one's own life and not that of the significant other.

Courage to Change from Al-Anon Family Groups

Daily comprehensive reader with quotations and strong topic index. It exists to help people survive one day at a time.



Drinking: A Love Story by Caroline Knapp

An honest memoir that lays bare the secrecy, family myths and destructive relationships that go hand in hand with drinking. Full of passion and heartbreak, betrayal, and desire, it is a triumph over the pain and deception that mark an alcoholic life.

Eat. Pray. Love: One Woman's Search for Everything Across Italy. India and Indonesia by Elizabeth Gilbert

Plagued with despair after a nasty divorce, the author divides a year equally among three dissimilar countries, exploring her competing urges for earthly delights and divine transcendence. (Publishers Weekly) Also a movie.

A Gentle Path Through the Twelve Steps by Patrick Carnes

A rich resource for anyone learning to work a twelve-step program. The author's workbook style helps the reader understand what "working the program" means.

The Glass Castle by Jeanette Walls

Sensitive account of extremely dysfunctional family, it is a testament to survival and hope. An inspiring memoir.

Gratitude: Affirming the Good Things in Life by Melody Beattie.

Inspiring passages from her best-sellers *Codependent No More*, *Beyond Codependency*, and *The Language of Letting Go*.

How Al-Anon Works for Families & Friends of Alcoholics from Al-Anon Family Groups

An introductory view of how Al-Anon helps families of alcoholics to overcome even the most negative aspects of their lives and, in turn, extend hope and help to others.

I Am Not Sick I Don't Need Help: How to Help Someone Accept Treatment by Xavier Amador, Ph. D.

Guide for how to learn and use LEAP—Listen, Empathize, Agree and Partner—for family members trying to help someone accept treatment for dual diagnosis of addiction and mental illness.

Keeping Faith by Jodi Picoult

Fictional account of a seven-year-old girl who talks to God.

The Language of Letting Go and More Language of Letting Go by Melody Beattie

Practical daily meditations that offer affirmations, hope, and healing...thoughts to live by in a spiritual yet non-religious way.



The Little Book of Spiritual Bliss by Ashley Davis Bush

Simple practices to help us recognize the capacity we all have within ourselves to find spiritual bliss, including ways to anchor us to the benevolent spiritual Source that is contained within all our bodies.

Moments of Clarity by Christopher Kennedy Lawford.

Stories, essays, and anecdotes illuminating the lives of people who suffer from addiction. Recoveries and renewed lives you read about are possible because each contributor had a moment of clarity in which they realized they suffered from a disease, a moment that would forever alter their lives, because through treatment, friends, family, faith, and a never-ending commitment to being healthy, they would build the strength to confront the disease and live a sober life.

A Path and a Practice by William Martin

The author translates Lao-tzu's work as a practical guide to living an awakened life, as a "path" to a clear awareness of the present moment, and a "practice" of living with freedom and joy. Wonderful translation.

Paths to Recovery- Al-Anon's Steps: Traditions and Concepts from Al-Anon Family Groups

A detailed study of the 12 Steps, 12 Traditions and 12 Concepts of Al-Anon.

The Tao of Recovery – A Quiet Path to Wellness by Jim McGregor

A guide written for both the addicted and their families or friends, inspired by the author's own experiences. Selected as one of the twelve best of the universe of 1000 "recovery" books available. Timeless interpretations of ancient wisdom. This is a book you will read again and again.

Tweak: Growing Up on Methamphetamine by Nic Sheff

Read this book after you read Beautiful Boy. It is a compelling story of a young man's descent into drugs, from using pot at age twelve to meth by seventeen. Seeing how a meth addict perceives his addiction is eye-opening. It is an honest account and sometimes graphic...hard to put down.

The Twelve Steps and Dual Disorders by Tim Hamilton and Pat Samples.

The basic text for understanding dual diagnosis and recovery. Recommended for the diagnosed and for friends and family. Truly "the book" on dual diagnosis.

The Twelve Steps and Twelve Traditions Workbook of Co-Dependents Anonymous

Step by step guide to understanding co-dependency, building on experience, strength and hope while working through the Twelve Steps and Twelve Traditions. Helpful resource in learning to manage our own lives and relationships.



When the Servant Becomes the Master by James ZW Powers, MD.

A comprehensive addiction guide for those who suffer from addiction, the loved ones affected by it, and the professionals who assist them. This is a study that smashes misconceptions and illuminates the entire spectrum of addiction-related topics. The author humanizes the disease of addiction within a framework of science, research, and personal experience.

When Your Adult Child Breaks Your Heart by Joel L. Young, MD

This helpful book presents families with examples from real suffering parents along with expert practical advice and tested strategies for coping. The book is written in a clear, reassuring manner easy for the layman to understand.

Willpower's Not Enough: Recovering from Addictions of Every Kind by Washton and Boundy.

A truly comprehensive look at addictions of every kind, the authors explain how people in our society become addicted. It includes an excellent explanation of the addictive personality and the addictive family. Chapters on recovery are especially helpful. Recommended for the alcoholic or addict, but especially helpful for friends and family who are trying to understand their loved one's addiction.

www.12wisdomsteps.com

Interactive website that provides an easy-to-use instrument which demonstrates how the universal principles found in the 12 Steps of AA are also found in each of the wisdom traditions, including Christianity, Islam, Judaism, Taoism, etc.

You Are Not Alone by Dr. Kenneth Duckworth

This collaboration with NAMI has a wealth of information for those suffering with mental illness and for those who love and care for them. Because it covers both perspectives, this book presents a unique opportunity for us. In Dual Anon, we have come to accept that our lives were out of control. Our DDLOs have problems AND we have problems.