

Suggested Book Report List

Anger

- *Freeing the Angry Mind*, Peter Bankart
- *The Anger Trap*, Les Carter
- *Transforming Anger*, Doc Lew Childre
- *Anger Among Angels*, William Defoore
- *Anger*, Thich Nhat Hanh
- *Healing Rage: Women Making Inner Peace Possible*, Ruth King
- *Letting Go of Anger*, Ronald & Pat Potter-Efron
- *Surprising Purpose of Anger*, Marshall Rosenberg
- *What's Making You Angry*, Marshall Rosenberg

Family/Parenting issues

- *Houses of Healing*, Robin Casarjian
- *An Adult Child's Guide to What's Normal*, Friel & Friel
- *Toxic Parents*, Susan Forward
- *Lost Fathers*, Laraine Herring
- *Parenting from Your Heart*, Marshall Rosenberg
- *Raising Children Compassionately*, Marshall Rosenberg
- *Respectful Parents, Respectful Kids*, Marshall Rosenberg

Forgiveness

- *I Thought We'd Never Speak Again*, Laura Davis
- *Forgiveness Is a Choice*, Robert Enright
- *Total Forgiveness*, R.T. Kendall
- *From Anger to Forgiveness*, Earnie Larsen
- *The Gift of Forgiveness*, Charles Stanley
- *Radical Forgiveness*, Colin Tipping
- *The Supernatural Power of Forgiveness*, Vallotton & Vallotton

Healthy self, healthy relationships

- *Why Does He Do That?*, Lundy Bancroft
- *Codependent No More*, Melody Beattie
- *The New Codependency*, Melody Beattie
- *Personhood: The Art of Being Fully Human*, Leo Buscaglia
- *Out of the Shadows: Understanding Sexual Addiction*, Pat Carnes
- *The Verbally Abusive Relationship*, Patricia Evans
- *Women Who Love Too Much*, Robin Norwood
- *Overcoming Passive-Aggression*, Oberlin & Murphy
- *Addiction to Love*, Susan Peabody
- *Courage to Be Yourself*, Sue Patton Thoele

Mindfulness

- *Peace Is Every Step*, Thich Nhat Hanh
- *The Miracle of Mindfulness*, Thich Nhat Hanh
- *The Heart of the Buddha's Teaching*, Thich Nhat Hanh
- *You Are Here*, Thich Nhat Hanh
- *Reconciliation*, Thich Nhat Hanh
- *Be Free Where You Are*, Thich Nhat Hanh
- *Being Peace*, Thich Nhat Hanh
- *Taming the Tiger Within*, Thich Nhat Hanh
- *Autobiography of a Yogi*, Paramahansa Yogananda
- *Spiritual Counsel*, Paramahansa Yogananda
- *Talks and Essays*, Paramahansa Yogananda
- *Inner Peace*, Paramahansa Yogananda
- *Living Fearlessly*, Paramahansa Yogananda
- *Where There Is Light*, Paramahansa Yogananda

Nonviolent communication

- *Nonviolent Communication*, Marshall Rosenberg
- *Being Genuine*, Marshall Rosenberg
- *Being Me, Loving You*, Marshall Rosenberg
- *Connecting Across Differences*, Marshall Rosenberg
- *Getting Past the Pain Between Us*, Marshall Rosenberg
- *Graduating from Guilt*, Marshall Rosenberg
- *Model for Nonviolent Communication*, Marshall Rosenberg
- *Peaceful Living*, Marshall Rosenberg
- *Speak Peace in a World of Conflict*, Marshall Rosenberg
- *Urban Empathy*, Marshall Rosenberg
- *We Can Work It Out*, Marshall Rosenberg

Sexual/Gendered violence

- *Courage to Heal: Women Survivors of Sexual Abuse*, Ellen Bass
- *Male Brain: A Breakthrough Understanding of How Men & Boys Think*, Louann Brizendine
- *Men Who Rape*, Nicholas Groth
- *Healing Violent Men: A Model for Christian Communities*, David Livingston
- *Understanding Sexual Violence*, Diana Scully

Substance abuse

- *Staying Sober*, Terence Gorski et al
- *Understanding the 12 Steps*, Terence Gorski et al

Some Options for Self-Study: Correspondence Courses and Books

We cannot personally recommend any of these courses and books, but they are some general suggestions from ex-lifers and from a psychologist who works with prisoners. It is a place you can start – especially if there are no in-person programs available to you – but please **DO NOT LIMIT YOURSELF TO THIS LIST**. Some of the books and courses might work for you, others might not. It's up to you to find what works for your journey.

Correspondence Courses

- 12 Step Programs: Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and Criminal and Gang Members Anonymous (CGA) are often offered in-person. If they're not available in person, it's possible to start (or continue) the program via mail. For AA, you can write to:

General Service Office, Box 459, Grand Central Station, New York, New York 10163

- Alternatives to Violence (AVP): AVP is offered as an in-person workshop in many California prisons. If the in-person workshop is not available, there is a workbook that you can do and a correspondence course may be possible.

- Creative Options: This is a correspondence course that that offers lessons on parenting, 12-Step Programs, anger management, adult children of alcoholics, and journals for healing.

Write to: Creative Options, PO Box 808, Lyons, OR 97358.

- Getting Out by Going In (GOGI): A positive prison culture created by prisoners for prisoners. Some prisons have in-person groups, and there are also correspondence courses in anger management, insight development and others. Write to: Getting Out by Going In (GOGI), PO Box 88969, Los Angeles, CA 90009.

- Houses of Healing: An emotional literacy program that offers guidance in understanding causative factors, taking responsibility, and changing patterns of violence and addiction. Some prisons have in-person groups, and correspondence options might be available. Write to: The Lionheart Foundation, PO Box 170115, Boston, MA 02117.

- PREP: Partnership for Re-entry Program: This is a program run for inmates in California by Sister Mary Sean Hodges. Many of the volunteers who help run the program are ex-lifers. The program includes correspondence courses on many different topics, like Life Skills, Setting Goals, Overcoming Disappointment, and Anger Management. You can also take a special module on “Insight” that includes mock parole hearings. For more information or to start, write to: Prep/Turning Point: P.O. Box 77850; Los Angeles, CA 90007.

Transitional Housing Options

NAME	ADDRESS	CITY	PHONE	OTHER / NOTES
Re-Entry Inc.	P.O. Box 6804	Auburn, CA 95604	(530) 885-4509	www.re-entryprogram.com
Hope Help Healing	11960 Heritage Oak Place	Auburn, CA 95603	(530) 885-4249	
Isaiah's Recovery Services	1904 Clarendon St.	Bakersfield, CA 93307	(661) 633-9702	
Human Potential Consultants, LLC	550 E. Carson Plaza Dr., Suite 127	Carson, CA 90746	(310) 756-1560	
Crossroads, Inc.	P.O. Box 15	Claremont, CA 91711	(909) 626-7847	For women only www.crossroadswomen.org
Prep-Partnership for Re-Entry Program	1224 W. 40 th Place	Los Angeles, CA 90037	(213) 438-4820 ext. 23	Contact: Sister Mary Hodges
Victory Outreach	4160 Eagle Rock Blvd.	Los Angeles, CA 90065	(323) 258-7878	
Holy Spirit Investments	6111 S. Verdun Ave.	Los Angeles, CA 90043	(323) 292-9971	
Union Rescue Mission	545 S. San Pedro St.	Los Angeles, CA 90013	(213) 347-6300	
A New Way of Life Re-Entry Project	P.O. Box 875288	Los Angeles, CA 90087	(323) 563-3575	www.anewwayoflife.org
Love Lifted Me Recovery	P.O. Box 10966	Marina Del Rey, CA 90295	(310) 821-8677	
Homeless Veteran's Emergency Housing Facility	795 Willow Rd., Bldg. 323 B	Menlo Park, CA 94025	(650) 324-2881	For ex-veterans only
Men of Valor Academy	6118 International Blvd.	Oakland, CA 94621	(510) 567-1308	
Restoration House	4141 Soledad Ave.	Sacramento, CA 95820	(916) 454-2068	
Men's Overcomers Discipleship Ministry	2733 Branch St., Suite 1	Sacramento, CA 95815	(916) 920-3082	
DeLancy Street	600 Embarcadero	San Francisco, CA 94107	(415) 957-9800	2-year commitment (Also has L.A. location)
Catholic Rainbow Outreach	11419 Carmeneta Rd.	Whittier, CA 90605	(562) 944-2283	
Recovery Zone	8035 Oakdale Ave.	Winnetka, CA 91306		