

## **Resources for Participants of Kate and Joel's Couples Retreats**

*Hold Me Tight*, by Sue Johnson, PhD. Wonderful and user friendly, Sue Johnson tells it like it is about how Love and Attachment are survival needs, and what the bottom line is about what we need from each other as couples.

*Love Sense*, by Sue Johnson, PhD. Her newest and best!

*Getting The Love You Want, A Guide For Couples*, by Harville Hendrix, Ph.D. An easy read. Learn to become passionate friends. Understand how relationships work, why we struggle, and how to make love and commitment last for the long haul.

*Receiving Love*, by Harville Hendrix and Helen LaKelly Hunt. New from the founders of Imago Relationship Therapy, this is the "cutting edge of couples work": how we can deeply receive love and what gets in the way.

*What You Feel You Can Heal*, by John Gray, PhD. Describes, with lovely cartoon illustrations, the pitfalls of every relationship when feelings are suppressed or submerged; includes an excellent "love letter" exercise for healing relationships.

*New Rules of Marriage*, by Terrence Real, LICSW. This is a very important book about deconstructing the old patriarchal model of intimacy. It debunks the myth of romantic love and is a loud call for both men and women to do their relational healing work. Not to be missed!

*Embracing the Beloved*, by Stephen and Ondrea Levine. Demonstrates how to use relationship as a means for profound inner growth and healing; for all who are drawn to looking inward and all who seek a relationship as a path for spiritual renewal.

*Journey of the Heart: Discovering the Sacred Path of Intimate Relationships*, by John Welwood, PhD. This is one of the best books on combining one's spirituality with the down to earth realities of love, intimacy, and long term relationships.

*The Secret of Staying In Love*, by John Powell. An excellent book on communications: dialoguing in relationships, sharing emotions, feeling feelings honestly, working out conflicts with another person and finding love within it all

*Rekindling Desire*, by Barry and Emily McCarthy. TERRIFIC! Easy to read together, and a breath of fresh air for those of us suffering from all the old myths of how it should be and what we should be doing to make every sexual encounter like a Hollywood movie!

*Come as You Are: The Surprising New Science That Will Transform Your Sex Life*, by Emily Nagoski, PhD