

**Here is a list of my favorite Adlerian books.**

The books written by Alfred Adler are not easy to read but highly recommended.

Alfred Adler

Understanding Life: An Introduction to the Psychology of Alfred Adler

Alfred Adler

What Life Could Mean To You: The Psychology of Personal Development

Alfred Adler

Social Interest: Adler's Key to the Meaning of Life

Alfred Adler

Understanding Human Nature: The Psychology of Personality

A Hooper, J Holford, K Hyatt

Adler For Beginners

Rudolf Dreikurs (Regnery 1971)

Social Equality: The Challenge of Today

This classic text, all about democratic principles and practice in Adlerian work, is unfortunately out of print; as a collector's item it is seldom available through Amazon. I call this book my bible! ☺

Bernhard Handlbauer

The Freud-Adler Controversy

Patrick Estrade

You Are What You Remember

Shapiro, Shauna L.; Carlson, Linda E.

The Art and Science of Mindfulness: Integrating Mindfulness Into Psychology and the Helping Professions

Parenting books are not only interesting for parents. When reading them, we learn a lot about how we were raised and what human beings need to become responsible and thankful.

Rudolf Dreikurs with Vicki Soltz

Children: The Challenge

Amy Lew & Betty Lou Bettner

A Parent’s Guide to Understanding and Motivating Children

Amy Lew & Betty Lou Bettner

Raising Kids Who Can

Golinkoff, Roberta Michnick; Hirsh-Pasek, Kathy

Becoming Brilliant: What Science Tells Us About Raising Successful Children

By Christophersen, Edward R.; Mortweet, Susan L.

Parenting That Works: Building Skills That Last a Lifetime

By Ledley, Deborah Roth

Becoming a Calm Mom: How to Manage Stress and Enjoy the First Year of Motherhood

Thor Johansen

Religion and Spirituality in Psychotherapy: An Individual Psychology Perspective

Gary McKay & Don Dinkmeyer

How You Feel Is Up To You

This book may support you well during the work with me.

Erik Blumenthal

Believing in Yourself: A Practical Guide to Building Self-Confidence

Erik Blumenthal

Way to Inner Freedom

Harold Mosak & Michael Maniacci

A Primer of Adlerian Psychology: The Analytic-Behavioral-Cognitive Psychology of Alfred Adler

Steve Slavik & James W Croake

Adlerian Psychology as a Learning Theory

Paul R Rasmussen

The Quest to Feel Good

Theo Schoenaker

Encouragement Makes Good Things Happen

This book may support you well during the work with me.

Julia Yang, Alan P Milliren, Mark Blagen

The Psychology of Courage: An Adlerian Handbook for Healthy Social Living

By Moore, Bret A.

Taking Control of Anxiety: Small Steps for Getting the Best of Worry, Stress, and Fear

Bourne, Lyle E. Jr.; Healy, Alice F.

Train Your Mind for Peak Performance: A Science-Based Approach for Achieving Your Goals

Hays, Pamela A.

Creating Well-Being: Four Steps to a Happier, Healthier Life

Ameli, Rezvan

25 Lessons in Mindfulness: Now Time for Healthy Living

Enright, Robert D.

The Forgiving Life: A Pathway to Overcoming Resentment and Creating a Legacy of Love

Enright, Robert D.

Forgiveness Is a Choice: A Step-by-Step Process for Resolving Anger and Restoring Hope

Edited by Levant, Ronald F.; Wong, Y. Joel

The Psychology of Men and Masculinities

Wenzel, Amy

Coping With Infertility, Miscarriage, and Neonatal Loss: Finding Perspective and Creating Meaning

Levrini, Abigail; Prevatt, Frances

Succeeding With Adult ADHD: Daily Strategies to Help You Achieve Your Goals and Manage Your Life

By Wendy L. Moss, PhD, and Donald A. Moses, MD

The Tween Book: A Growing-Up Guide for the Changing You

By Zager, Karen; Rubenstein, Alice

The Inside Story on Teen Girls

By Andrew P. Smiler, PhD

Dating and Sex: A Guide for the 21st Century Teen Boy

By Monastra, Vincent J.

Teaching Life Skills to Children and Teens With ADHD: A Guide for Parents and Counselors

By Monastra, Vincent J.

Parenting Children With ADHD: 10 Lessons That Medicine Cannot Teach, Second Edition

By Rostosky, Sharon S.; Riggle, Ellen D. B.

Happy Together: Thriving as a Same-Sex Couple in Your Family, Workplace, and Community

Rudolf Dreikurs

The Challenge of Marriage 3rd Edition

Charles H. Huber, Leroy G. Baruth

Coping with Marital Conflict: An Adlerian Approach to Succeeding in Marriage

Jon Carlson

Time for a Better Marriage, Training in Marriage Enrichment