

Step 4 – Complete Supplemental Reading List

STEP 4: The following is a list of suggested supplemental texts for upcoming 4th Step work. Supplemental readings are generally books by various authors of adult child recovery literature that will help you deepen your step study work, but they are not required reading. Most or all of the below texts are available used on Amazon.com for a few dollars.

ACAWSO's Literature Policy: "It has always been accepted that ACA should remain eclectic in choosing literature. That is, ACA meetings may draw from various sources without censorship." Texts are listed in the order in which they will be suggested during 4th Step work:

The Al-Anon workbook titled "Blueprint for Progress: Al-Anon's Fourth Step Inventory, Revised" (copyright date 2004, with the black text and deeper blue-and-white-checked cover; available from Al-Anon or on Amazon.com.)

Friel, John and Linda, "Adult Children: The Secrets of Dysfunctional Families"

Friel, John and Linda, "An Adult Child's Guide To What's 'Normal' "

Bradshaw, John, "Family Secrets: What You Don't Know Can Hurt You"

Bradshaw, John, "Healing The Shame That Binds You"

Bradshaw, John, "Bradshaw On The Family"

Sichel, Mark, "Healing From Family Rifts"

Engel, Beverly, "Healing Your Emotional Self"

Mellody, Pia, "Facing Codependence"

Beattie, Melody, "Codependent No More"

Whitfield, Charles, "Healing The Child Within"

