

## **Recommended Readings for Substance Use Disorder**

**By Peggy L. Ferguson, Ph.D.**

Here is a list of books and other resources Substance Use Disorder (aka, Addiction). These resources are personally recommended by me, for their educational or therapeutic value. Many are considered "classics" in the field of substance use disorder counseling. Some are contemporary, theoretical or academic books that are usually best utilized by counseling professionals or students. Some are classic and contemporary self-help books and resources meant for the non-professional person seeking help.

The list(s) represent my own personal opinions, tastes, and preferences. I am including an option to purchase these directly from Amazon. If you purchases books or other products on Amazon by following my link, I may receive a small "affiliate's fee". Ebay also has cheap, used books, often for less than Amazon.

Since this is a work in progress, check back often. If you have a subject that you would like book recommendations for, drop me an email and ask me what to read.

Thanks.

*Peggy*

## Recommended Readings for Substance Use Disorder: Peggy's List for Individual Recovery

[A Woman's Way Through The Twelve Steps - Stephanie S. Covington](#)

[Living Sober- AA](#)

[Smart Recovery - Rosemary Hardin](#)

[Drinking: A Love Story - Caroline Knapp \(some people found descriptions triggering\)](#)

[The Mindfulness Workbook for Addiction - Rebecca Williams and Julie Kraft](#)

[Stage Two Recovery - Ernie Lawson](#)

[Drop the Rock: Removing Character Defects - Steps Six and Seven - Bill P.](#)

[Staying Sober by Terence Gorski](#)

[The Staying Sober Workbook by Terence Gorski](#)

[As Bill Sees It: The AA Way of Life - Bill W.](#)

[Passages Through Recovery - Terence Gorski](#)