

## Recommended Reading for Couples

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**Hold Me Tight: Seven Conversations for a Lifetime of Love** by Dr. Sue Johnson

**Love Sense: The Revolutionary New Science of Romantic Relationships** by Dr. Sue Johnson

**Anxious in Love: How to Manage Your Anxiety, Reduce Conflict & Reconnect with Your Partner** by Carolyn Daitch and Lissah Lorberbaum

**An Emotionally Focused Workbook for Couples: The Two of Us** by Veronica Kallos-Lilly and Jennifer Robyn Fitzgerald

**Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship** by Stan Tatkin