

Tips for the Road: Tip #23

Resources for Building Successful Relationships

with Eric Bowers

This Tip for the Road is a list of some of my favorite Books, Articles, and Videos related to building successful relationships.

Books

- *Meet Me In Hard to Love Places*, E. Bowers
- *Nonviolent Communication*, M. Rosenberg
- *Mindsight*, D Siegel
- *The Dark Side of the Light Chasers*, D. Ford
- *Soulcraft*, B. Plotkin. And *Wild Mind*, B. Plotkin
- *In the Realm of Hungry Ghosts*, G. Maté
- *Romancing the Shadow*, C. Zweig and S. Wolf
- *The Neuroscience of Human Relationships*, L. Cozolino
- *Hold On To Your Kids*, G. Neufeld and G. Maté
- *Your Resonant Self*, Sarah Peyton's book, <http://empathybrain.com>
- I'm new to his work, but I believe Rick Hanson has much to offer, <http://rickhanson.net>

Articles/Interviews

1. *The Long Shadow*: Bruce Perry On The Lingering Effects Of Childhood Trauma
http://thesunmagazine.org/issues/491/the_long_shadow
2. *The Geography Of Sorrow*: Francis Weller On Navigating Our Losses
http://thesunmagazine.org/issues/478/the_geography_of_sorrow
3. *What Ails Us*: Gabor Maté Challenges The Way We Think About Chronic Illness, Drug Addiction, And Attention-Deficit Disorder
http://thesunmagazine.org/issues/440/what_ails_us



Videos

1. *Getting the Love You Want*, H. Hendrix and H. L. Hunt
https://www.youtube.com/results?search_query=getting+the+love+you+want+interview+with+harvel+hendri
2. *The Power of Addiction and The Addiction of Power*, G. Maté
<https://www.youtube.com/watch?v=66cYcSak6nE>
3. *The Divided Brain*, I. McGilchrist
<https://www.youtube.com/watch?v=dFs9WO2B8ul>
4. *The Secret to Desire in a Long-Term Relationship*, E. Perel
<https://www.youtube.com/watch?v=sa0RUmGTCYY>