



# Resident Council's Curated Book Recommendations

1501 San Pedro Dr, Albuquerque, NM 87108

## Habits, Purpose, and Personal Growth

- ***Atomic Habits* – James Clear**  
A practical and powerful guide to building better habits post-recovery.
- ***Man's Search for Meaning* – Viktor E. Frankl**  
A profound look at finding purpose and resilience in suffering.
- ***Can't Hurt Me* – David Goggins**  
A story of extreme discipline, transformation, and overcoming mental barriers.
- ***The Power of Now* – Eckhart Tolle**  
A modern spiritual classic about presence and self-awareness.
- ***This Naked Mind* – Annie Grace**  
Challenges beliefs about alcohol and offers a mindset shift for long-term change.

## Personal Stories and Memoirs

- ***Beautiful Boy* – David Sheff**  
A father's story of his son's addiction, deeply compassionate and honest.
- ***Tweak* – Nic Sheff**  
The son's perspective on the same journey in *Beautiful Boy*, raw and unfiltered.
- ***Dry* – Augusten Burroughs**  
A powerful, witty memoir about alcoholism and the author's path to recovery.
- ***Lit* – Mary Karr**  
Memoir of a poet and mother battling addiction and finding faith and sobriety.
- ***Broken* – William Cope Moyers**  
A deeply personal story of relapse, recovery, and the redemptive power of treatment.

## Recovery & 12-Step Focused

- ***Alcoholics Anonymous (The Big Book)* – AA World Services**  
The foundational text of the 12-step recovery movement.
- ***Narcotics Anonymous* – NA World Services**  
The NA equivalent of the Big Book, with stories and principles for recovery.
- ***Living Sober* – AA Literature**  
A practical guide to navigating life without alcohol.
- ***Drop the Rock* – Bill P., Todd W., & Sara S.**  
Focuses on steps 6 and 7 — letting go of character defects.
- ***Twelve Steps and Twelve Traditions* – Bill W.**  
A deeper dive into the steps and principles of Alcoholics Anonymous.



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## Trauma, Healing, and Mental Health

- ***The Body Keeps the Score* – Bessel van der Kolk**  
Essential reading on how trauma affects the body and mind — and how to heal.
- ***In the Realm of Hungry Ghosts* – Gabor Maté**  
A compassionate exploration of addiction through the lens of trauma and pain.
- ***Healing the Shame That Binds You* – John Bradshaw**  
Explores how shame fuels addiction and how to begin healing.
- ***Codependent No More* – Melody Beattie**  
For understanding codependency — crucial for many in recovery.
- ***Facing Love Addiction* – Pia Mellody**  
Helpful for those struggling with relationship-based addictions.

## Spiritual & Mindfulness

- ***The Untethered Soul* – Michael A. Singer**  
A transformative book about inner freedom and self-awareness.
- ***The Gifts of Imperfection* – Brené Brown**  
Embracing vulnerability and letting go of the need for control.
- ***A Return to Love* – Marianne Williamson**  
A spiritual perspective on healing and reclaiming your life.
- ***When Things Fall Apart* – Pema Chödrön**  
Buddhist wisdom on navigating suffering and uncertainty.
- ***Breathing Under Water* – Richard Rohr**  
A Franciscan priest's spiritual take on the 12 steps.