### 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.