
Appendix E: Suggested Client and Family Readings

Following is a list of books, workbooks, and booklets that can be used in the treatment of cocaine and other addictions. These materials were written for clients and/or families, and many can easily be used in treatment groups.

Free educational materials are available from the National Clearinghouse for Alcohol and Drug Information at 1-800-729-6686 or on the World Wide Web at <http://www.health.org>. In addition, some states offer free educational materials to treatment facilities that are licensed to provide alcohol and drug treatment services.

Daley, D. *Family Recovery Workbook: For Families Affected by Chemical Dependency*. Holmes Beach, FL: Human Services Institute, Inc., 1987.

Daley, D., and Miller, J. *Addiction in Your Family: Helping Your Loved Ones and Yourself*. Holmes Beach, FL: Learning Publications, Inc., 2001.

Daley, D.C. *Coping with Feelings Workbook*, 3rd Ed. Holmes Beach, FL: Learning Publications, Inc., 2001.

Daley, D.C. *Improving Communication and Relationships*. Holmes Beach, FL: Learning Publications, Inc., 1996.

Daley, D.C. *Managing Anger*, 3rd Ed. Holmes Beach, FL: Learning Publications, Inc., 2001.

Daley, D.C. *Money and Recovery Workbook*, 2nd Ed. Holmes Beach, FL: Learning Publications, Inc., 2001.

Daley, D.C. *Relapse Prevention Workbook*, 3rd Ed. Holmes Beach, FL: Learning Publications, Inc., 2000.

Daley, D.C. *Surviving Addiction Workbook*, 3rd Ed. Holmes Beach, FL: Learning Publications, Inc., 2000.

Daley, D.C., and Marlatt, G.A. *Managing Your Alcohol or Drug Problem: A Client Recovery Guide*. San Antonio, TX: Psychological Corporation, 1997.

Earley, P.H. *The Cocaine Recovery Workbook*. Newbury Park, CA: Sage, 1991.

Narcotics Anonymous Basic Text. Sun Valley, CA: NA World Services, 1993.

Sinberg, J., and Daley, D. *I Can Talk About What Hurts: A Book for Kids in Homes Where There's Chemical Dependency*. Center City, MN: Hazelden Foundation, 1989.

Appendix E Suggested Client and Family Readings

Washton, A.M. *Maintaining Recovery*. Center City, MN: Hazelden Foundation, 1990.

Washton, A.M. *Quitting Cocaine*. Center City, MN: Hazelden Foundation, 1990.

Washton, A.M. *Staying Off Cocaine*. Center City, MN: Hazelden Foundation, 1990.

Weiss, R.D., and Mirin, S.M. *Cocaine: The Human Danger, The Social Costs, The Treatment Alternative*, 2nd Ed. New York: Ballantine Books, 1995.

When Someone You Care About Abuses Drugs and Alcohol. Center City, MN: Hazelden Foundation, 1995.