

DYER PSYCHOLOGY, INC.

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Recommended Reading

*Resources for Reflection, Growth & Recovery***A Note Before You Begin**

Books can provide insight, perspective, and practical tools, but they are not a substitute for experience, reflection, or meaningful conversation. The goal is not to read everything on this list. The goal is to find the resource that feels most relevant to where you are right now.

WHERE SHOULD I START?

If you're struggling with relationship issues	Stronger Together — Vincent D. Dyer
If you're struggling with communication or conflict	Nonviolent Communication — Marshall Rosenberg
If you're struggling with depression or feeling stuck	Feeling Good — David D. Burns
If you're a man struggling with emotional disconnection, anger, motivation, or purpose	I Don't Want to Talk About It — Terrence Real
If you're struggling with anxiety	Dare — Barry McDonagh
If you're struggling with grief or loss	It's OK That You're Not OK — Megan Devine
If you're struggling with trauma	The Body Keeps the Score — Bessel van der Kolk
If you're questioning purpose, meaning, or direction in life	Man's Search for Meaning — Viktor Frankl

DR. DYER'S PICKS

If I were only going to recommend a handful of books, these would be among my most frequent recommendations:

1. **Stronger Together — Vincent D. Dyer**
2. **The Body Keeps the Score — Bessel van der Kolk**
3. **Man's Search for Meaning — Viktor Frankl**
4. **It's OK That You're Not OK — Megan Devine**
5. **Nonviolent Communication — Marshall Rosenberg**

RELATIONSHIPS & CONNECTION

Stronger Together

Why Real Connection Takes Courage

Author: Vincent D. Dyer

Best For: Relationship difficulties, loneliness and disconnection, communication challenges, building stronger relationships, emotional intimacy

Why I Recommend It: Many people want stronger relationships but struggle to understand what actually creates connection. This book explores why meaningful relationships require courage, honesty, vulnerability, and intentional effort.

What You'll Learn: Why relationships become disconnected, how trust develops, the role of vulnerability, and practical ways to create deeper and more meaningful connection.

Difficulty: Easy

Order the Book: [View on Amazon](#)

Secure Relating

Author: Sue Marriott & Ann Kelley

Best For: Relationship insecurity, attachment concerns, trust issues, emotional closeness difficulties

Why I Recommend It: Provides practical tools for creating healthier, more secure relationships.

What You'll Learn: How attachment shapes relationships, why certain relationship patterns repeat, and how to build emotional safety and security.

Difficulty: Moderate

Attached

Author: Amir Levine & Rachel Heller

Best For: Dating difficulties, relationship anxiety, fear of abandonment, understanding relationship patterns

Why I Recommend It: One of the most accessible introductions to attachment theory.

What You'll Learn: How attachment styles influence attraction, communication, conflict, and relationship satisfaction.

Difficulty: Easy

The Art of Loving

Author: Erich Fromm

Best For: Personal growth, relationship development, self-understanding, exploring the meaning of love

Why I Recommend It: Challenges the belief that love is something we simply find. Instead, it argues that love is a skill that must be developed.

What You'll Learn: How love functions as a practice requiring discipline, responsibility, respect, and genuine care.

Difficulty: Moderate

COMMUNICATION & CONFLICT

Nonviolent Communication

Author: Marshall Rosenberg

Best For: Communication difficulties, relationship conflict, family disagreements, improving empathy

Why I Recommend It: One of the most practical communication books available.

What You'll Learn: How to communicate needs effectively, listen more skillfully, reduce defensiveness, and navigate conflict constructively.

Difficulty: Easy

Crucial Conversations

Author: Kerry Patterson, Joseph Grenny, Ron McMillan, & Al Switzler

Best For: Difficult conversations, workplace conflict, marital disagreements, high-stakes discussions

Why I Recommend It: Provides practical tools for staying calm and effective when emotions run high.

What You'll Learn: How to manage difficult conversations while maintaining clarity, confidence, and respect.

Difficulty: Easy

DEPRESSION, MOTIVATION & EMOTIONAL HEALTH

Feeling Good

Author: David D. Burns

Best For: Depression, self-criticism, negative thinking, hopelessness

Why I Recommend It: One of the most researched and effective self-help books for depression.

What You'll Learn: How thoughts influence emotions, how to identify cognitive distortions, and how to challenge unhelpful thinking patterns.

Difficulty: Moderate

The Depression Cure

Author: Stephen Ilardi

Best For: Low motivation, emotional exhaustion, mild-to-moderate depression, lifestyle change

Why I Recommend It: Focuses on practical lifestyle changes supported by research.

What You'll Learn: How sleep, exercise, nutrition, social connection, and meaningful activity influence emotional well-being.

Difficulty: Easy

I Don't Want to Talk About It

Overcoming the Secret Legacy of Male Depression

Author: Terrence Real

Best For: Men struggling emotionally, anger and irritability, emotional disconnection, relationship difficulties

Why I Recommend It: Many men experience depression differently than traditional descriptions suggest.

What You'll Learn: How male depression often appears as withdrawal, anger, numbness, workaholism, and emotional isolation rather than sadness alone.

Difficulty: Easy

ANXIETY & STRESS

Dare

Author: Barry McDonagh

Best For: Panic attacks, anxiety, health anxiety, avoidance behaviors

Why I Recommend It: Offers a refreshing alternative to fighting anxiety.

What You'll Learn: How anxiety cycles develop and how reducing resistance can decrease fear and increase confidence.

Difficulty: Easy

The Anxiety and Phobia Workbook

Author: Edmund Bourne

Best For: Chronic anxiety, panic attacks, excessive worry, avoidance

Why I Recommend It: One of the most comprehensive anxiety resources available.

What You'll Learn: Practical coping skills, relaxation techniques, exposure strategies, and tools for managing anxiety symptoms.

Difficulty: Moderate

TRAUMA & RECOVERY

The Body Keeps the Score

Author: Bessel van der Kolk

Best For: Trauma survivors, PTSD, childhood adversity, understanding trauma

Why I Recommend It: Provides a comprehensive understanding of how trauma affects the mind and body.

What You'll Learn: How trauma impacts the brain, emotions, relationships, physical health, and the recovery process.

Difficulty: Moderate

Complex PTSD: From Surviving to Thriving

Author: *Pete Walker*

Best For: Childhood trauma, emotional neglect, chronic shame, complex PTSD

Why I Recommend It: Particularly helpful for individuals recovering from long-term relational trauma.

What You'll Learn: Emotional flashbacks, self-criticism, shame, trauma recovery concepts, and self-compassion.

Difficulty: Moderate

GRIEF & LOSS

It's OK That You're Not OK

Author: *Megan Devine*

Best For: Bereavement, major life loss, grief support

Why I Recommend It: Normalizes grief rather than trying to eliminate it.

What You'll Learn: How grief works, why loss affects people differently, and how to navigate grief with self-compassion.

Difficulty: Easy

The Grief Recovery Handbook

Author: *John W. James & Russell Friedman*

Best For: Unresolved grief, loss processing, structured grief work

Why I Recommend It: Provides a practical and action-oriented approach to grief.

What You'll Learn: Structured exercises and tools for processing loss and resolving unfinished emotional experiences.

Difficulty: Moderate

The Wild Edge of Sorrow

Author: *Francis Weller*

Best For: Existential grief, meaning-making, personal growth through loss

Why I Recommend It: Explores grief as a deeply human experience that can transform us.

What You'll Learn: How grief, meaning, community, and emotional growth are interconnected.

Difficulty: Moderate to Advanced

MEANING, PURPOSE & PERSONAL GROWTH

Man's Search for Meaning

Author: Viktor Frankl

Best For: Life transitions, existential questions, adversity, resilience, purpose seeking

Why I Recommend It: One of the most influential books ever written about meaning and resilience.

What You'll Learn: How purpose, responsibility, and meaning help people endure suffering and navigate life's challenges.

Difficulty: Moderate

The Courage to Be Disliked

Author: Ichiro Kishimi & Fumitake Koga

Best For: People-pleasing, identity development, self-confidence, personal responsibility

Why I Recommend It: Challenges many common assumptions about happiness and personal growth.

What You'll Learn: Adlerian concepts related to freedom, responsibility, self-worth, and authentic living.

Difficulty: Easy

MEDITATION & REFLECTION

Meditations

Author: Marcus Aurelius

Best For: Personal growth, emotional resilience, self-reflection, perspective-taking

Why I Recommend It: Although written nearly two thousand years ago, its lessons remain remarkably relevant today.

What You'll Learn: Acceptance, self-discipline, resilience, wisdom, and living according to your values.

Difficulty: Moderate

Wherever You Go, There You Are

Author: Jon Kabat-Zinn

Best For: Stress management, mindfulness, present-moment awareness, meditation beginners

Why I Recommend It: A simple and accessible introduction to mindfulness practice.

What You'll Learn: Mindfulness fundamentals, attention training, stress reduction, and present-moment awareness.

Difficulty: Easy

Questions about which resource is the right fit? This list is meant as a starting point for reflection — if you'd like to talk through what might be most helpful for your situation, reach out at info@dyerpsy.com or (346) 504-0129.