

Annotated bib

(# = recommended; * = notes available)

RECOVERY LIFE

Loving Yourself

Recovery

- # Surfing for God * by Michael John Cusick. A great overview of why porn is appealing, the cycles of addiction, and what our hearts are actually desiring.
- # Beyond Accountability * by Nate Larkin. A thought provoking look at the shortcomings and challenges of traditional behavior focused accountability, and a simple approach that evokes honesty and friendship without shame or hiding.
- # The Book of Life Recovery by Stephen Arterburn and David Stoop. A helpful collection of real-life, personal accounts of people on the road to recovery, offering biblical stories, verses and hope on the twelve steps.
- # Samson and the Pirate Monks * by Nate Larkin. A pastor's testimony of addiction, recovery and a realization of the absolute need for authentic brotherhood.
- Samson step study * . A discussion guide for the steps with verses and though provoking questions for personal or group reflection.
- Road to Grace * by Mike Genung. A biblical, no holds barred encouragement to turn from sexual sin and to God.
- Pure Intimacy articles * by Focus on the Family. Very helpful explanations of intimacy disorder related to sexual addiction.
- Seven Desires * by Mark and Debbie Laaser. A helpful method to uncover layers of desires, expectations, core beliefs, etc that drives our behavior.

- Addictions. A Banquet in the Grave: Finding Hope in the Power of the Gospel * by Edward Welch. A biblical unpacking of addiction as slavery, and reorienting worship as the need
- # Crossroads: A Step by Step Guide from Addiction by Edward Welch. A simple guidebook designed as a group study with biblical and practical framework for change.
- Pornography: Fighting for Purity by Deepak Reju. A 31-day devotional with reflection questions and practical suggestions to lead you from porn and back to Christ.

- Addictive Habits: Changing for Good by David Dunham. A 31-day devotional that reminds us of God's truth and helps us to apply it to our lives in escaping addiction.
- At the Altar of Sexual Idolatry by Steve Gallagher. An attempt to provide biblical answers to overcoming lusts.
- Pornagain * by Mark Driscoll. A frank does scene soon about pornography and masturbation.
- Coming Clean * by Covenant Eyes. A biblical unpacking of the pillars of accountability relationships.
- The Secrets Men Keep by Stephen Arterburn. A discussion about secrets men keep about finances, family, feelings, spirituality, relationships and sexuality and healthier alternatives to consider.
- Four Kinds of Moral Inventory *. A short paper that summarizes four common frameworks for Step four moral inventories.
- Sex Addicts Anonymous (aka "The Green Book") by SAA *. A description of the SAA steps and an encouraging collection of a lot of testimonies of despair and hope.
- Life's Healing Choices by John Baker. Stories and principles of Celebrate Recovery's steps.
- Called to Sexual Integrity * by Gary Yagel. Ten biblical studies to experience Christ's heart transforming power for God's glory.
- The Twelve Steps: A Spiritual Journey by RPI Publishing. A very helpful twelve step workbook with scripture and a lot of space for answering reflective questions. Great for group work.
- Facing the Shadow * by Patrick Carnes. Exercises and activities from an acknowledged expert in the field of sex addiction and recovery. Covers the first seven tasks of his thirty task model of recovery.
- Recovery Zone by Patrick Carnes. A continuation of Facing the Shadow focused on the next six tasks that explores underlying emotional causes.

Personal change / Therapy

- # Changes that Heal * by Dr Henry Cloud. A great explanation of four basic tasks in maturing: bonding to others, separating from others, sorting out good and bad, and becoming an adult.
- # Crosstalk: Where Life & Scripture Meet by Michael Emlet. A solid book on how to effectively apply Scripture to everyday problems. Useful in ministering to others and yourself.

- # Start with Why by Simon Sinek. A great book that encourages shifting from the “what” and “how” in life and business, to the “why”. Useful to spark thoughts in personal change.
- # Switch: How to Change when Change is Hard * by Chip and Dan Heath. A book full of anecdotal stories built around a metaphor of an elephant, the rider, and the path to explain how to make change happen.
- Seeing with New Eyes: Counseling and the Human Condition through the Lens of Scripture * by David Powlison. A framework for change that turns to the person of Christ and the Word to gain perspective.
- The Strange Case of Dr Jekyll and Mr Hyde by Robert Lewis Stevenson. A literary classic work of fiction on the dual natures of man and the character’s attempt to separate from his dark nature.
- Understanding People: Why We Long for Relationship * by Dr Larry Crabb. An insightful read that points to Scripture to understand and help people and heart issues.
- Connecting: Healing for Ourselves and Our Relationships by Dr Larry Crabb. A biblical approach to healing that is rooted in building intimate, healing communities in our lives and churches.
- Power of Habit * by Charles Duhigg. A practical understanding of the cue, reward and habit cycle.
- The One Thing * by Gary Keller. An insightful, easy to read business management book on focusing on one thing at a time.
- How People Change * by Timothy S Lane and Paul David Tripp. A look at how God uses heat and thorns in our lives to help us turn to the Cross and produce fruit. A helpful model when considering the course and consequences of yourself or a brother.
- Habits and Hobbies * by Covenant Eyes. A unique approach to refocus your energy towards building a life with suggested areas to explore.
- The Resilience Factor * by Dr Karen Reivich and Dr Andrew Shatté. Lessons from the UPENN study on resilience and skills that help cope positively with life stressors.

Wounds

- # Daring Greatly * by Brene Brown. A great book on shame and how the courage to be vulnerable transforms life. Based on the number one Ted Talk.
- # Unwanted * by Jay Stringer. A book that invites you to study, rather than avoid, the details of your triggers and choices to uncover root motives and reasons to unwanted sexual behavior.

- Shame Interrupted by Ed Welch. How God lifts the pain of worthlessness and rejection.
- Emotionally Healthy Spirituality * by Peter Scazzero. An encouragement to build emotional health that increases your spiritual health.
- How We Love * by Milan Yerkovich. A very interesting book on attachment theory, how childhood impacted present day styles with exercises for improvement.
- No More Christian Nice Guy * by Paul Coughlin. A look at male passivity in Christian culture and presents a biblical call to fear God over men.
- Pleasing People: How not to be an approval junkie * by Lou Priolo. An interesting read on loving mans approval and fearing rejection.
- Forgiving Our Parents, Forgiving Ourselves by Dr Dave Stoop. A helpful book to uncover family baggage pain and find freedom through forgiveness.
- When He's Married to Mom * by Kenneth Adams and Alexander Morgan. A book that opens up traits and impacts of an enmeshed relationship with your mother.
- Children of the Self-Absorbed by Nina Brown. A book on the impacts of being raised by narcissistic parents.

Warfare

- The War Within by Robert Daniels. Guidance from scripture on winning the war against the world, the flesh and the devil.

Wiring

- Your Brain on Porn * by Luke Gilkerson. A Covenant Eyes minibook on the impacts of porn to our brains.
- The Porn Circuit * by Covenant Eyes. Another minibook on brain chemistry with strategies for change.

Weakness

- The Entitlement Cure * by Dr John Townsend. Explores strategies for fighting entitlement in ourselves and to help others.
- Walking into Walls * by Stephen Arterburn. A good look at invisible emotional barriers like isolation or resentment that hold people back and how to get unstuck.
- Motives * by Ed Welch. A discussion of heart motives involved in addiction.

Loving God

Gospel: sin & salvation

- # Ragamuffin Gospel * by Brennan Manning. An honest, humble confession of accepting our shadow side and brokenness to experience the love and grace of God.
- # Conversion * by Michael Lawrence. Ministry implications for biblical conversions leading to repentance and faith versus one-time decisions, therapeutic healings or moral lifestyles.
- # Firsthand: Ditching Secondhand Religion for a Faith of Your Own by Ryan and Josh Shook. An honest realization that being honest about doubts and feeling spiritually empty is the first step to freedom and real personal faith.
- A Gospel Primer for Christians: Learning to See the Glories of God's Love by Milton Vincent. A helpful book for unpacking the depths of the gospel, and learning to preach the gospel to ourselves daily.
- The Gospel for Real Life by Jerry Bridges. A great reminder of our need for the gospel as believers in our daily walk.
- The Mortification of Sin * by John Owen. A Puritan pastor's classic on how to succeed in fighting sinful tendencies through Christ.
- The Doctrine of Repentance * by Thomas Watson. Another Puritan classic on biblical repentance, an essential part of true christianity.
- What's so Amazing about Grace? By Philip Yancey. A refreshing read that reminds us that there is nothing we can do to make God love us more, and nothing we can do to make God love us less.
- The Pressure's Off * by Larry Crabb. A wise comparison of living by the law to have a good life, blessed ministry, acceptance with removing the pressure to perform to enjoy living in freedom.
- The Prodigal God * by Tim Keller. A thoughtful explanation of the story of the Prodigal son, how we fall into the roles of the younger and the elder sons, the love of their Father.
- So You Don't Want to Go to Church Anymore by Wayne Jacobsen and Dave Coleman. A fictional story for those who tire of going through the motions of Christianity and want more.
- A Quest for More: Living for Something Bigger than You by Paul David Tripp. A book about finding purpose in Christ and not self-interests.
- True Faced * by John Lynch. A metaphoric story of two choices we all must make: to please God or to trust God.

- The Fear of God * by Dennis Rainey. A short reminder that the fear of God keeps us from sin, strengthens our relationships and motivates our efforts.
- Verses for Meditation *. A collection of bible verses following each of the twelve steps.

Intimacy with God

- # Romans, 6-8, Paul's great explanation of our problem with sin and God's salvation through Christ.
- # Crazy Love by Francis Chan. A clarion call to grasp the depths of God's relentless love for you, turn from shallow faith and go all in in response.
- # With: Reimagining the Way You Relate to God * by Skye Jethani. A really simple and insightful explanation of the various relational traps all religions fall into, and how living 'with' God is far better.
- # The Valley of Vision, various Puritan writers. A rich collection of Puritan prayers and devotions, worthy of reflection and helpful for meditation and learning to depend on God.
- # Abba's Child * by Brennan Manning. A call to resist playing the part of an imposter to find your true identity as Abba's beloved child.
- The Pursuit of God by A.W. Tozer. As described by Tozer, a modest attempt to aid God's hungry children so to find Him.
- Enjoying Intimacy with God by J. Oswald Chambers. A thought provoking book on how intimacy with God is attained and maintained.

Theology

- # Mere Christianity by CS Lewis. A beloved classic on what we believe and how we live our faith.
- Knowing God by J.I. Packer. This is a classic of the Christian faith about how to know God, and not just knowing about Him.
- The Holiness of God by RC Sproul. One of the clearest explanations of how the character of God impacts our lives by a master teacher theologian.
- The Reason for God * by Timothy Keller. A clear response to the most common doubts for Christianity and the reasons to believe.
- The Knowledge of the Holy by A. W. Tozer. An inspiring classic on the nature of God.

- The Normal Christian Life by Watchman Nee. A deep exposition that unpacks Romans 6-8 and what it means to die with Christ and live in Christ.

REDEMPTIVE LIFE

Loving Others

Marriage / Disclosure

- # Worthy of Her Trust * by Jason Martinkus. The absolute best and hardest books I've seen on rebuilding trust in marriage. Read this.
- # A Marriage after Gods Own Heart * by David Clarke. A great marriage is a series of great conversations. How to grow closer spiritually in very concrete, practical ways.
- # What Did You Expect * by Paul David Tripp. The clearest explanation that marriage problems are first heart problems, rooted in what we worship.
- Men are Clams, Women are Crowbars * by David Clarke. One of the simplest descriptions of marital conversation patterns and how to improve on connecting.
- The Meaning of Marriage by Timothy and Kathy Keller. Marriage is two spiritual friends helping each other in our journeys closer to Christ.
- How to be a Best Friend Forever by Dr John Townsend. A book on what makes for great friendships; easily useful for marriage and guy friendships.
- For Men Only by Shaunti and Jeff Feldhahn. One of the most practical books on understanding women I've found. Simple insights, but very helpful when you feel dumbfounded.
- The Seven Conflicts * by Tim and Joy Downs. A helpful explanation of what may be the root issues behind the conflicts we face in marriage.
- The DNA of Relationships * by Dr Gary Smalley. Here is a summary of the "fear dance" we often fall into and how to change the dance steps.
- After an Affair: Pursuing Restoration by Michael Scott Gembola. A 31-day devotional that is helpful in moving towards God in repentance and toward your spouse in reconciliation. Useful if the adultery was physical, relational or virtual.

Intimacy

- # Rethinking Sexuality * by Juli Slattery. This was a great read to raise the meaning of sexuality beyond physical activity to covenantal love and the gospel.
- False Intimacy: Understanding the Struggle of Sexual Addiction by Dr Harry Schaumburg. Examines the roots behind sexual behavior and offers a biblical perspective and direction.
- Wired for Intimacy * by William Struthers. A really helpful explanation of our brain wiring with respect to sexuality, and the male need for intimacy.

Women's recovery support / Ministry

- When Your Husband is Addicted to Pornography: Healing Your Wounded Heart by Vickie Tiede. Gentle guidance for women to turn towards a god and away from despair.
- The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse by Dr Dan Allender. An explanation of the harm and hope from sexual abuse.
- Instruments in the Redeemers Hands * by Paul David Tripp. A really useful way to see the situations people face and discern how to help.
- Annual Trafficking in Persons Report by the US Department of State. A sober reminder of the current day slavery that porn partially fuels

Parenting

- Parenting is Heart Work * by Dr Scott Turansky and Joanne Miller. Understanding how to shepherd a child's heart can help reveal what we did not receive, and how to provide it for our kids.

Groups

- Samson Society
- SAA
- Celebrate Recovery
- Women 2 women? (Mentioned on a recent Pirate podcast)

Workshops & retreats

- Everymans Battle weekend intensive
- Surfing for God weekend intensive
- Pirate Monk weekend retreat
- Bravehearts....

Apps

Counters

- Nomo
- DayCount

Connecting / accountability

- Slack
- Samson
- RTribe

Mindfulness / journal / reflect

- Moodnotes
- Grateful

Encouragement / tips

- Smart CBA
- Dr Doug's Tips
- Overcome
- AA Big Book
- Celebrate Recovery

Memory verses

- My Purity

Podcasts

- # Walking Lessons with Nate Larkin
- # Purity Coaching with Jeff Fisher
- # Pirate Monk podcast with Nate Larkin
- # Undone Redone
- Positive Sobriety with Nate Larkin
- Restoring the Soul with Michael John Cusick
- The Allender Center with Dan Allender
- Healing Hidden Wounds

Websites

- Samsonsociety.com
 - Covenant Eyes
 - Redemptiveliving.com
 - Kitchenconvos.com
 - RW360.org
 - The Defenders USA - <https://sharedhope.org/join-the-cause/become-a-defender/>
 - The Defender Foundation - <http://defenderrescue.org>
 - Polaris Project - <https://polarisproject.org/human-trafficking>
 - Pure Intimacy
 - Department of State - <https://www.state.gov/policy-issues/human-trafficking/>
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- Bravehearts

Favorite verses

- Ex 34:6-7 - grace and consequences
- Ps 62:8 - pour out your hearts
- Ps 131:2 - calm & quiet your soul
- Pr 16:6 - marriage recovery
- Pr 28:18 - disclosure
- Is 30:15 - return and trust
- Luke 9:23-24 - die to self

- Rom 8:5-6 - set your minds
- Col 3:5-6 - put to death (mortify)
- 2 Tim 2:22 - run from / with / to