

Recommended Reading

Below you will find resources categorized by topics common to women and girls. This is in no way an exhaustive list of recommendations; instead, it is a list of works that have informed our journeys and those of the women and girls we reach. We hope you find them helpful in your life and your loved one's lives.

Addiction

- Nancy Alcorn, *Trapped: Mercy for Addictions*
- *Alcoholics Anonymous*

Beauty

- Jennifer Strickland, *Girl Perfect: Confessions of a Former Runway Model*
- Jennifer Strickland, Audio CD, *Heart to Heart*, www.urmore.org
- John and Stasi Eldredge, *Captivating: Unveiling the Mystery of a Woman's Soul*

Eating Disorders and Body Image

- Nancy Alcorn, *Starved: Mercy for Eating Disorders*
- Nancy Alcorn, *Beyond Starved: Mercy for Eating Disorders, Real Stories of Real Freedom with Bonus Study Guide*
- Lisa Bevere, *You Are Not What You Weigh: End Your War With Food and Discover Your True Value*
- Courtney E. Martin, *Perfect Girls, Starving Daughters: The Frightening New Normalcy of Hating Your Body*
- Morgan Menzie, *Diary of an Anorexic Girl*
- Allie Marie Smith and Judy Wardell Halliday, *HEAL: Healthy Eating Abundant Living, Your Diet-Free, Faith-Filled Guide to a Fabulous Life*
- Margot Starbuck, *Unsqueezed: Springing free from skinny jeans, nose jobs, highlights and stilettos*

- Travis Stewart, audio file, *The Glory of the Human Body*, on the True Campaign website: <http://www.truecampaign.org/teaching#glory>
- The True Campaign has lots of great referrals for books, articles, and audio teaching on this subject: <http://www.truecampaign.org/index.php/site/read>

Faith

- Dee Brestin and Kathy Troccoli: *Falling in Love with Jesus*
- Anne Lamott, *Traveling Mercies: Some Thoughts on Faith*
- Beth Moore, *The Beloved Disciple: Following John to the Heart of Jesus*
- Bruce Olson, *BRUCHKO*
- Gordon D. Fee and Douglas Stuart: *How to Read the Bible for all its worth*
- Heidi Baker: *Always Enough: God's Miraculous Provision among the Poorest Children on Earth*
- Lee Strobel, *The Case for Christ: A Journalist's Personal Investigation into the Evidence for Jesus*
- Marilyn Meberg, *God at Your Wit's End: Hope for Wherever You Are*
- Bruce Marchiano, *Jesus, the Man Who Loved Women*
- Andrew Farley, *The Naked Gospel*
- Watchman Nee, *Spiritual Authority*

Forgiveness

- Gene Edwards, *A tale of three kings*
- John Sheasby, *The Freedom of Forgiveness*, Audio series, <http://liberatedliving.com/media.html>
- R.T. Kendall, *Total Forgiveness: When Everything in You Wants to Hold a Grudge, Point a Finger, and Remember the Pain – God Wants You to Lay It All Aside*
- Nancy Leigh DeMoss: *Choosing Forgiveness: Your Journey to Freedom*

Freedom

- Beth Moore, *Breaking Free: Making Liberty in Christ a Reality in Life Bible Study and teaching DVD*

- Jennifer Strickland, *The Girl Perfect Study Guide: A Journey Through the Longings of our Hearts*
- John Sheasby, *Renewing the Mind*, Audio series, <http://liberatedliving.com/media.html>

Healing

- Kay Arthur, *When the Hurt Runs Deep*
- Christina DiMari, *Ocean Star: The True Story of a Heart Lost and Found*
- Stephen Arterburn, *Healing is a Choice: 10 Decisions that Can Transform Your Life and 10 Lies that Can Prevent You from Making Them*

Healthy Relationships

- Dr. Henry Cloud and Dr. John Townsend, *Boundaries*
- Rick Warren, *Keeping the Crazy Makers from Making You Crazy*, audio or video series, <http://www.saddleback.com/mc/Archives/>

Identity

- Jennifer Strickland, *Men, Mirrors, and Magazines*, 3-session DVD, www.urmore.org
- Plumblin Ministries, *Overcoming the Victim Spirit* http://67814.inspyred.com/images/Overcoming_the_Victim_Spirit.pdf

Jealousy

- Plumblin Ministries, *The Spirit of Jealousy* http://www.enochlist.org/images/Burk_SpiritOfJealousy.pdf
- Hayley DiMarco, *Mean Girls: Facing Your Beauty Turned Beast*
- Rachel Simmons, *Odd Girl Speaks Out: Girls Write About Bullies, Cliques, Popularity, and Jealousy*

Marriage and Family

- David and Teresa Ferguson, *Intimate Encounters: A Practical Guide to Discovering the Secrets of a Really Great Marriage*
- John and Bev Sheasby, *Marriage Plus!* audio series, <http://liberatedliving.com/media.html>
- Devi Titus, *The Home Experience*

- Devi Titus, *The Table Experience*
- Devi Titus, *The Dignity and Sanctity of the Home; The Contentious Women, and Caution Zones in Marriage* video teaching series, <http://www.youtube.com/deviwtitus>
- Larry and Devi Titus, *When Leaders Live Together*

Men

- Larry Titus, *The Telios Man*
- Larry Titus, *The Telios Man Study Guide* and 12-session DVD series, www.kingdomglobal/store
- Larry Titus, video teaching series, <http://www.youtube.com/user/LarryMTitus>
- John Eldridge, *Wild at Heart: Discovering the Secrets of a Man's Soul*
- Steve Arterburn, *Every Man's Battle: Winning the War on Sexual Temptation One Victory at a Time*
- Tony Evans, *Kingdom Men*

Modeling

- Stephen Fried, *Thing of Beauty: The Tragedy of Supermodel Gia*

Purpose

- Bob Goff, *Love Does*
- Kay Warren, *Dangerous Surrender*
- Rick Warren, *The Purpose-Driven Life: What on Earth Am I Here For?*

Self-Harm

- Nancy Alcorn, *Cut: Mercy for Self-Harm*
- Nancy Alcorn, *Beyond Cut: Mercy for Self-Harm, Real Stories of Real Freedom with Bonus Study Guide*

Sexual Abuse

- Nancy Alcorn, *Violated: Mercy for Sexual Abuse*

Sexual Purity

- Lisa Bevere, *Kissed the Girls and Made them Cry: Why Women Lose When they Give In*
- Shannon Ethridge and Steve Arterburn, *Every Young Woman's Battle: Guarding Your Mind, Heart, and Body in a Sex-Saturated World*
- Elizabeth Elliot, *Passion & Purity*
- Chad Eastham, *The Truth About Guys*
- Chad Eastham, *Guys Like Girls Who ...*
- Laura Sessions Stepp, *Unhooked: How Young Women Pursue Sex, Delay Love and Lose at Both*
- Miriam Grossman, M.D., *Unprotected: A Campus Psychiatrist Reveals How Political Correctness in Her Profession Endangers Every Student*

Sex Trafficking

- Nicholas D. Kristof and Sheryl WuDunn, *Half the Sky: Turning Oppression Into Opportunity for Women Worldwide*
- Lisa Bevere, *Lioness Arising: Wake Up and Change Your World*

Teen Girls

- Mary Pipher, PH.D., *Reviving Ophelia: Saving the Selves of Adolescent Girls*
- Sara Shandler, *Ophelia Speaks: Adolescent Girls Write About Their Search For Self*

Womanhood

- Lisa Bevere, *Fight Like a Girl: The Power of Being a Woman*
- Lisa Bevere, *Out of Control and Loving It!*
- Lisa Bevere, *Nurture: Give and Get What You Need to Flourish*
- Elizabeth George, *A Woman After God's Own Heart*
- Holly Wagner, *GodChicks: Living Life as a 21st Century Woman*
- Joanna Weaver, *Having a Mary Heart in a Martha World: Finding Intimacy with God in the Busyness of Life*