

AF Deployment Transition Center

Suggested Reading List



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SELF HELP/PERFORMANCE IMPROVEMENT

- Thinking for a Change; John Maxwell
- 21 Irrefutable Laws of Leadership; John Maxwell
- Everyone Communicates, Few Connect; John Maxwell
- Sometimes You Win, Sometimes You Learn; John Maxwell
- The Power of Full Engagement; Jim Loehr
- The Only Way to Win; Jim Loehr
- Toughness training for Life; James Loehr
- The New Toughness Training for Sports; James Loehr
- Drive: the surprising truth about what motivates us; Daniel Pink
- The Power of Habit: Why we do what we do in life and business; Charles Duhigg
- Happiness Hypothesis; Jonathan Haight
- Seven Habits of Highly Effective People; Steven Covey
- Incognito; David Eagleman
- Coach Wooden's Pyramid for Success; John Wooden
- Taking Charge of Anger; W. Robert Nay
- The Art of Mental training; DC Gonzalez
- Blink; Malcolm Gladwell
- Tipping Point; Malcom Gladwell
- Thinking, fast and slow; Daniel Kahneman
- Flow: the Psychology of Optimal Experience; Mihaly Csikszentmihalyi
- The Rise of Superman: Decoding the science of ultimate human performance; Steven Kotler
- Feeling Good; David Burns
- Mind Over Mood; Dennis Greenberger and Christine Padesky

MILITARY PSYCHOLOGY/PROTECTION/WARRIOR MINDSET/MILITARY CULTURE

- Incognito, the secret lives of the brain; David Eagleman
- On Killing; Dave Grossman
- On Combat; Dave Grossman
- Warrior Mindset; Michael Asken, Dave Grossman, Loren Christensen
- The Fighter's Mind; Sam Sheridan
- The Gift of Fear; Gavin De Becker
- Fear Less: Real Truth About Risk, Safety, and Security in a time of Terrorism; Gavin De Becker
- Courage After Fire; Keith Armstrong, Suzanne Best, Paula Domenici
- Down Range; Bridget Cantrell, Chuck Dean

- Terror at Beslan: A Russian Tragedy with Lessons for America's Schools; John Giduck
- The Way of the SEAL; Mark Divine
- With Winning in Mind; Lanny Bassham
- Civilian Warrior; Erik Prince
- Lone Survivor; Marcus Luttrell
- Roberts Ridge; Malcolm MacPherson
- Generation Kill; Evan Wright
- Once a Warrior Always a Warrior; Charles W. Hoge
- Down Range; Bridget Cantrell and Chuck Dean
- Rule Number Two; Heidi Squier Kraft
- Courage After Fire; Keith Armstrong, Suzanne Best, Paula Domenici and Bob Dole
- Once a Warrior: Wired for Life; Bridget Cantrell and Chuck Dean
- Souls Under Siege; Bridget Cantrell
- Band of Brothers; Stephen Ambrose
- We Wo are Alive and Remain; Marcus Brotherton
- Lethal Warriors; David Philipps

RELATIONSHIP/MARITAL

- Five Love Language; Gary Chapman
- Five Languages of Apology; Gary Chapman
- Real Marriage; Mark Driscoll
- Love and Respect; Eugene Eggeron
- The Seven Principles for Making Marriage Work; John Gottman
- His Needs, Her Needs; Willard Harley
- Boundaries; Anne Katherine
- Boundaries; Henry Cloud
- Healing the Wounds of Sexual Addiction; Mark Laaser
- For Women Only; Shaunti Feldhahn
- For Men Only; Shaunti and Jeff Feldhahn
- Surviving an Affair; Willard Harley
- After the Affair; Janis Spring
- Hurt People Hurt People: hope and healing for yourself and your relationships; Sandra Wilson
- Winning Your Wife Back Before it's Too Late; Gary Smalley
- Relationships: a mess worth making; Timothy Lane
- Passages of Marriage; Mary & Frank Minirth and Brian Newman
- When I Say No, I feel Guilty; Manuel Smith

PARENTING

- Parenting with Love and Logic; Foster Cline
- 1,2,3, Magic; Thomas Phelan
- All About Attention Deficit Disorder; Thomas Phelan
- Shepherding A Child's Heart; Tedd Tripp
- Parenting the Strong-Willed Child; Rex Forehand and Nicholas Long
- Blended Families: Creating Harmony as you build a new home life; Maxine Marsolini
- Raising a Modern Day Knight; Robert Lewis
- The Smart Step-Family; Ron Deal

ADJUSTING/LIFE TRANSITIONS

- Who Moved My Cheese; Spencer Johnson
- On Grief and Grieving; Elisabeth Kubler-Ross and David Kessler
- Experiencing Grief; H. Norman Wright
- The Grief Recovery Handbook; John James
- Bounce: the art of turning tough times into triumph; Keith McFarland

- The Bounce Back Book: How to thrive in the face of adversity, setbacks, and losses; Karen Salmanshon
- Learned Optimism; How to change your mind and your life; Martin Seligman
- Flourish: a visionary new understanding of happiness and well-being; Martin Seligman
- Man's Search for Meaning; Victor Frankel

LEADERSHIP/MANAGEMENT

- The One Minute Manager; Kenneth Blanchard, Spencer Johnson
- Start with Why; Simon Sinek
- Leaders Eat Last; Simon Sinek
- How to Win Friends and Influence People; Dale Carnegie
- Tribes, we need you to lead us; Seth Godin
- Great Leaders Ask Great Questions; John Maxwell
- How Successful People Think; John Maxwell
- Built to Last; Jim Collins
- Good to Great; Jim Collins

SPIRITUAL/RELIGIOUS COUNSELING

- Seeing through New Eyes; David Powlison
- Peacemaker; Ken Sande
- Relationships, a mess worth making; Timothy S. Lane
- Addictions, a banquet in the grave; Edward T. Welch
- Depression; Edward T. Welch
- Blame it on the Brain; Edward T. Welch
- Shame Interrupted; Edward T. Welch
- Running Scared; Edward T. Welch
- When I am Afraid; Edward T. Welch
- What did you Expect? Paul David Tripp
- The Meaning of Marriage; Timothy Keller
- Marriage Matters; Winston Smith