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Relationships

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[For Men Only](#) by Shaunti Feldhahn, Jeff Feldhahn

[The Proper Care and Feeding of Marriage](#) by Dr. Laura Schlessinger

[The Proper Care and Feeding of Husbands](#) by Dr. Laura Schlessinger

[Love and Respect](#) by Dr. Emerson Eggerichs

[Worthy of Her Trust](#) by Stephen Arterburn, Jason B. Martinkus

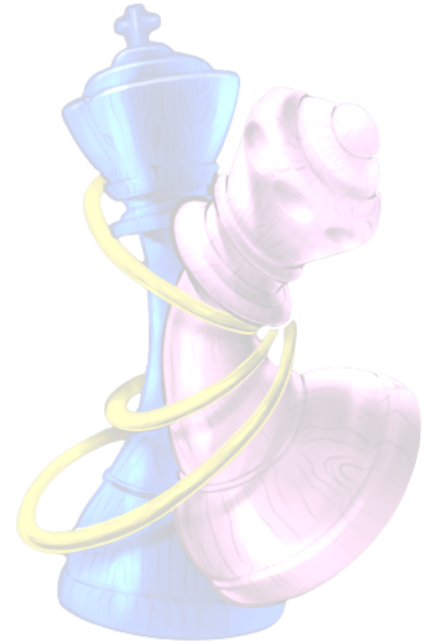
[I Hear You](#) by Michael Sorenson

[Communication in Marriage](#) by Marcus Kusi, Ashley Kusi

[The 5 Love Languages](#) by Gary Chapman

[The 5 Apology Languages](#) by Gary Chapman

[Why Does He Do That?](#) By Lundy Bancroft



Men's Group Resources

[4000 Weeks: Time Management for Mortals](#) by Oliver Burkeman

[The Warrior Ethos](#) by Steven Pressfield

[The Artists Journey](#) by Steven Pressfield

[The War of Art](#) by Steven Pressfield

[Govt Cheese](#) by Steven Pressfield

[Put Your Ass Where Your Heart Wants to Be](#) by Steven Pressfield

[The Masculinity Manifesto](#) by Ryan Michler

[Sovereignty](#) by Ryan Michler

[W1nning](#) by Tim S. Grover

[Relentless](#) by Tim S. Grover

[Own Your Past Change Your Future](#) by John Delony

[The ADHD Advantage](#) by Dale Archer, MD

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[Hal Moore on Leadership](#) by Harold G. Moore, Mike Guardia

[The Laws of Human Nature](#) by Robert Greene

[Mastery](#) by Robert Greene

[48 Laws of Power](#) by Robert Greene

[The Way of Men](#) by Jack Donovan

[Becoming a Barbarian](#) by Jack Donovan

[Don't Bullsh*t Yourself!](#) by Jon Taffer

[The Power of Conflict](#) by Jon Taffer

[12 Rules for Life](#) by Jordan B. Peterson

[Beyond Order: 12 More Rules for Life](#) by Jordan B. Peterson

[Ordinary Men: Reserve Police Battalion 101 and The Final Solution in Poland](#) by Christopher R. Browning

[The Power of Letting Go](#) by John Purkiss

[The Screwtape Letters](#) by C.S. Lewis

[Meditations](#) by Marcus Auerlius

[Wild at Heart](#) by John Elderedge

[Dichotomy of Leadership](#) by Jocko Willink

[Discipline Equals Freedom](#) by Jocko Willink

[Extreme Ownership](#) by Jocko Willink

[Raising Men](#) by Eric Davis, Dina Santorelli

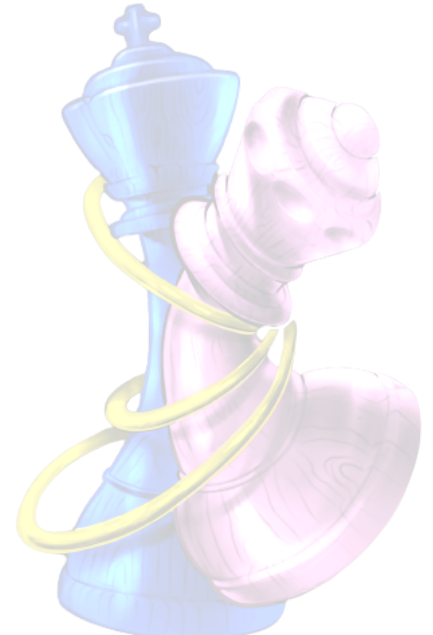
[1984](#) by George Orwell

[The 10x Rule](#) by Grant Cardone

[Never Split the Difference](#) by Chris Voss

[The Way of the Superior Man](#) by David Deida

[The Richest Man in Babylon](#) by George S. Clason



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[An Iron Will](#) by Orison Swett Marden

[How to Win Friends and Influence People](#) by Dale Carnegie

[Atomic Habits](#) by James Clear

[Unreasonable Hospitality](#) by Will Guidara

[Can't Hurt Me](#) by David Goggins

[Never Finished](#) by David Goggins

[Choice Theory](#) by William Glasser, M.D.

[Thoughts and Feelings](#) by Matthew McKay

[Manhood: The Masculine Virtues America Needs](#) by Josh Hawley

[Man Up](#) by Bedros Keuilian

[The Magic of Thinking Big](#) by David Schwartz

[Vivid Vision](#) by Cameron Herold

[The Warrior Poet Way](#) by John Lovell

[When Violence Is The Answer](#) by Tim Larkin

[Endure](#) by Cameron Hanes

[Adult Children of Emotionally Immature Parents](#) by Lindsay C. Gibson

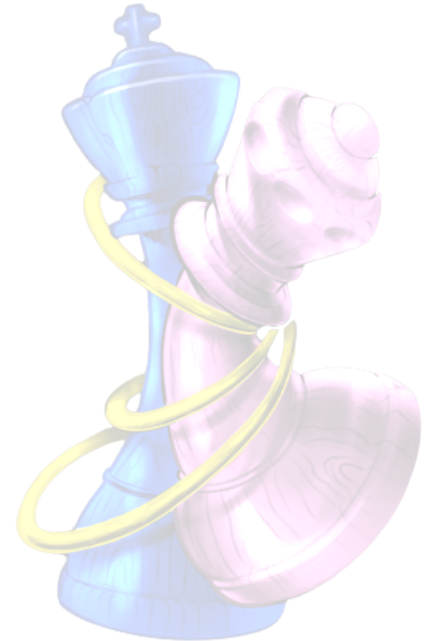
[Crucial Conversations](#) by Joseph Grenny

[The Alchemist](#) by Paulo Coelho

[As a Man Thinketh](#) by James Allen

[The Courage to Be Disliked](#) by Ichiro Kimishi and Fumitake Koga

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[Arguing with Idiots](#) by Glenn Beck

[Discrimination and Disparities](#) by Thomas Sowell

[Celestine Prophecy](#) by James Redfield



Borderline Personality Disorder

[Buddha and the Borderline](#) by Kiera Van Gelder

[I Hate You - Don't Leave Me](#) by Jerold Kreisman

[Stop Walking on Eggshells](#) by Paul T Mason, MS, Randi Kreger

Women's Group Resources

[July 2023-June 2024 Planner](#)

[The Bullet Journal Method](#) by Ryder Carroll

[Mindfulness in Plain English](#) by Bhante Henepola Gunaratana

[Moments of Mindfulness](#) by Thich Nhat Hanh

[Practical Meditation for Beginners](#) by Benjamin W. Decker

[Fascinating Womanhood for The Timeless Woman](#) by Dixie Andelin Forsyth

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