

Final class

This class contains all the referrals, reading suggestions, and resources (other than the exercises within the class) suggested in the chapters. For this class "quiz" please email the following information.

1. How many books did you purchase?
2. How many of those books did you find helpful and which ones were they?
3. Did you take the depression test? If you had five positive did you seek professional help?
4. Are you in a relationship? If so did your partner participate in the couples exercises?
5. Write a testimonial about your experience with this class. Positive and negative. It should be assertive and with accountable language.

Thank you and we wish you a happy, balanced, wonderful life.

Suggested Reading;

Unfinished Business by Maggie Scarf

Intimate Partners: Patterns of Love and Marriage by Maggie Scarf

How to Listen so your Kids will Talk and How to Talk so your Kids will Listen by Adel Faber and Elaine Mazlish

101 Romantic Nights of Great Romance: Secret Sealed Seductions for Fun-Loving Couples by Laura Corn

101 Romantic Nights of Great SEX: Secret Sealed for Fun-Loving Couples by Laura Corn

Tantra Secrets for Men by Kerry Riley with Diane Riley

Nonviolent Communication-A Language of Life by Marshall B. Rosenberg PhD

Tantra – The Art of Conscious Loving by Charles and Caroline Muir

Hot Monogamy – Essential Steps to More Passionate, Intimate, Lovemaking by Patricia Love, MD and Jo Robinson

Co-dependent No More by Melodie Beattie

Suggested Websites and Resources;

Go to "links" on www.yvonesinclair.com

Click on Get a Personality Profile.

Discover your love language here. [YOUR LOVE LANGUAGE](#)

depression free checklist. <http://www.yvonesinclair.com/depression>

California Youth Crises Line 800-843-5200

National Hotline 800-386-3077

National Institute of Mental Health <http://www.nimh.nih.gov>

American Academy of Child and Adolescent Psychiatry <http://www.aacap.org>

American Psychiatric Association <http://www.psych.org>

NAMI <http://www.nami.org>

National Mental Health Association <http://www.nmha.org>

<http://www.everydayhealth.com/depression/understanding.aspx>

Preventing Child Sexual Abuse, Sharing the Responsibility by Sandy K. Wurtele and Cindy L. Miller-Perrin

Leona Tockey, "Theory of the four family dynamics of molest."

<http://www.program4angermanagement.com/molest>

National Domestic Violence Hotline 1.800.799.7233

Just for fun and enlightenment;

<http://www.paulgoldin.com/colourgenics-start/>