



ALCHEMY BY THE SEA

INSTITUTE FOR RADIANT HEALTH

ATTACHMENT & RELATIONSHIPS BOOKLIST

This document includes a curated selection of books covering topics such as emotional intelligence, psychoneuroimmunology, attachment, relationships, and aging. Each book is accompanied by a link for further exploration.

Emotional Intelligence

Emotional Intelligence: Why It Can Matter More Than IQ by Daniel Goleman

Link: <https://www.amazon.com/Emotional-Intelligence-Matter-More-Than/dp/055338371X>

The Emotional Intelligence Quick Book by Travis Bradberry & Jean Greaves

Link: <https://www.amazon.com/Emotional-Intelligence-Quick-Book-Leadership/dp/0743273265>

Primal Leadership: Unleashing the Power of Emotional Intelligence by Daniel Goleman, Richard Boyatzis & Annie McKee

Link: <https://www.amazon.com/Primal-Leadership-Emotional-Intelligence-Organizations/dp/1422168034>

Psychoneuroimmunology & Functional Psychology

Psychoneuroimmunology: An Interdisciplinary Introduction by Manfred Schedlowski & Uwe Tewes



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Link: <https://www.amazon.com/Psychoneuroimmunology-Interdisciplinary-Introduction-Manfred-Schedlowski/dp/0306459760>

The Psychoneuroimmunology of Chronic Disease by Kathleen Kendall-Tackett

Link: <https://www.amazon.com/Psychoneuroimmunology-Chronic-Disease-Evidence-Based-Alternative/dp/143380401X>

Functional Neurobiology of Aging by Patrick R. Hof & Charles V. Mobbs

Link: <https://www.amazon.com/Functional-Neurobiology-Aging-Patrick-Hof/dp/012351830X>

Attachment & Relationships Across the Lifespan

Attachment Across the Lifecourse: A Brief Introduction by David Howe

Link: <https://www.amazon.com/Attachment-Across-Lifecourse-Brief-Introduction/dp/1138016631>

The Neuroscience of Human Relationships: Attachment and the Developing Social Brain** by Louis Cozolino

Link: <https://www.amazon.com/Neuroscience-Human-Relationships-Attachment-Developing/dp/039370728X>

The Relationship Cure by John Gottman

Link: <https://www.amazon.com/Relationship-Cure-Strengthening-Marriage-Friendship/dp/0609809539>



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Social Connection, Loneliness, and Aging

Loneliness: Human Nature and the Need for Social Connection by John T. Cacioppo & William Patrick

Link: <https://www.amazon.com/Loneliness-Human-Nature-Social-Connection/dp/0393335283>

Social: Why Our Brains Are Wired to Connect by Matthew D. Lieberman

Link: <https://www.amazon.com/Social-Why-Brains-Wired-Connect/dp/0307889106>

Aging Well: Surprising Guideposts to a Happier Life by George E. Vaillant

Link: <https://www.amazon.com/Aging-Well-Surprising-Guideposts-Happier/dp/0316090077>

For Parents and Educators

Raising an Emotionally Intelligent Child by John Gottman

Link: <https://www.gottman.com/product/raising-an-emotionally-intelligent-child-book/>

The Whole-Brain Child by Daniel J. Siegel & Tina Payne Bryson

Link: <https://www.amazon.com/Whole-Brain-Child-Revolutionary-Strategies-Developing/dp/0553386697>



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Teaching with Emotional Intelligence by Alan Mortiboys

Link: <https://www.amazon.com/Teaching-Emotional-Intelligence-Enhancing-Learning/dp/041535065X>

For Children & Teens

The Unwritten Rules of Friendship by Eileen Kennedy-Moore & Natalie Madorsky Elman

Link: <https://www.amazon.com/Unwritten-Rules-Friendship-Strategies-Child/dp/0316917303>

Weirdo by Tony Weaver Jr.

Link: <https://www.parents.com/weirdo-book-kids-should-read-8754497>

Quiet Power: The Secret Strengths of Introverts by Susan Cain, Gregory Mone & Erica Moroz

Link: <https://www.amazon.com/Quiet-Power-Strengths-Introverts-World/dp/0147509920>

Additional Books by Daniel Goleman

Working with Emotional Intelligence by Daniel Goleman

Link: <https://www.amazon.com/Working-Emotional-Intelligence-Daniel-Goleman/dp/0553378589>

The Emotionally Intelligent Leader by Daniel Goleman

Link: <https://www.amazon.com/Emotionally-Intelligent-Leader-HBRs-Classics/dp/1633697338>



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Social Intelligence: The New Science of Human Relationships by Daniel Goleman

Link: <https://www.amazon.com/Social-Intelligence-Science-Human-Relationships/dp/055338449X>