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# LeBauer

## COUNSELING

When Life Is Easier Said Than Done

### **Resources for Building Secure Attachments & Fulfilling Relationships**

Compiled by Matthew LeBauer, LCSW

This first section are articles, talks, podcasts. Start here. I've put them in a rough order I would suggest, but more importantly go with the ones that catch your interest.

[On Being - Alain de Botton](#)

[Alain de Botton - "Why You Will Marry the Wrong Person"](#)

[On Being - Brene Brown](#)

[Brene Brown - The Power of Vulnerability](#)

[Brene Brown - The Power of Empathy](#)

[Esther Perel - Rethinking Infidelity](#)

[Esther Perel - the Secret to Desire in a Long-term Relationship](#)

[Esther Perel's Blog](#)

The section below are books that would be great to listen to/read and discuss together or reflect on individually (I haven't hyperlinked these because I wasn't sure if you would want an Amazon link or an Audible link or some other source; if you can't find them, just let me know):

"Hold Me Tight" by Sue Johnson

"Mating in Captivity" by Esther Perel

"Conscious Loving" by Hendrix

"Daring Greatly" by Brene Brown

"Nonviolent Communication" by Marshall Rosenberg (don't be turned off by the unfortunate title)

"The Seven Principles for Making Marriage Work" by John Gottman

Recommended from colleagues:

[Mark Nepo: Hold Nothing Back](#)

[David Whyte: What to Remember When Waking \( do not do as audiobook\)](#)

[David Whyte Talk on the above collection \(do not do as audiobook\)](#)