

	TEXTS for Dr. Julie Helmrich’s Ascenders and Marriage Ascenders Programs			
COURSE	Type	AUTHOR	TITLE	Publisher
Science of CHANGE	Personal development	Loehr, Jin	The Power of Story	Free Press
Science of COURAGE	Personal development	Biswas-Diener, Robert	The Courage Quotient	Jossey Bass
Science of WILLPOWER	Personal development	Baumeister, R.F. & Tierney, J.	The Power of Bad	Penguin
Science of PRODUCTIVITY	Personal development	Allen, David	Getting Things Done	Penguin
Science of HAPPINESS	Personal development	Seligman, Martin E.P	Flourish	Simon and Schuster
Science of MOTIVATION	Personal development	Amabile, T. & Kramer, S.	The Progress Principle	Harvard Business Review Press
Science of MINDFULNESS	Personal development	Langer, Ellen J.	Mindfulness	Perseus
Science of RESILIENCE	Personal development	Maddi, Salvatore.R	Hardiness	Springer
Science of SUCCESS	Personal development	Dweck, Carol, S.	Mindset	Ballentine
Science of FORGIVENESS	Personal development	Enright, Robert, D.	The Forgiving Life	American psychological association
Science of TRUST	Marriage strengthening	Gottman, John.	What Makes Love Last	Simon and Schuster
Science of CONFLICT	Marriage strengthening	Wile, Daniel B.	After the Honeymoon	Collaborative Couples Therapy Books
Science of CONNECTION	Marriage strengthening	Johnson, Sue	Love Sense	Little, Brown, and Company