

EFT BOOKS

NOTES:

1. These books were originally published in English and many have been translated into various languages. Please see the *EFT BOOKS — Non-English Publications* document for information on EFT publications originally published in languages other than English.
2. This document contains live links, where available, to a website for more information or to purchase. Click on the title of the book or for translated versions, click anywhere in the information about that translated version.

BOOKS:

A Primer for Emotionally Focused Individual Therapy (EFIT) – Cultivating Fitness and Growth in Every Client

(2021) by Sue M. Johnson. New York, NY: Routledge. (Available for pre-order.)

Emotionally Focused Therapy with African American Couples: Love Heals

(2021) by Paul Gillory. New York, NY: Routledge. (Available for pre-order.)

Attachment Theory in Practice — Emotionally Focused Therapy (EFT) with Individuals, Couples and Families

(2019) by Sue M. Johnson. New York, NY: Guilford Press.

Danish (2019) Forlaget Mindspace. LINK: [Click here](#).

Dutch (2020) Stichting EFT Nederland. LINK: [Click here](#).

German (2020) Junfermann Verlag. LINK: [Click here](#).

Swedish (2020) Studentlitteratur AB. LINK: [Click here](#).

This book is in press in Chinese (complex), Chinese (simplified), Finnish, Greek, Italian, Korean, Romanian, Russian, Spanish, and Turkish.

The Practice of Emotionally Focused Couple Therapy: Creating Connection

(3rd edition, 2019) by Sue M. Johnson. New York, NY: Routledge.

This newer 3rd edition is available in audiobook format (2020) and has been translated into:

Dutch (2020) Stichting EFT Nederland. LINK: [Click here](#).

Spanish (2020) Editorial Desclee de Brouwer S.A. (Desclee)

Swedish (2020) Studentlitteratur AB. LINK: [Click here](#).

This book is in press in Chinese (simplified), French, German, Korean, and Italian.

The 2004, 2nd edition, has been translated into:

Chinese, complex (2011) Living Psychology Publishers.

Dutch (2010) Stichting EFT Nederland. LINK: [Click here](#).

Finnish (2010) Psykologien Kustannus Oy. LINK: [Click here](#).

German (2009) Junfermann Verlag Publishers. LINK: [Click here](#).

Hungarian (2017) Oriold & Co Ltd.

Italian (2013) Istituto di Scienze Cognitive.

Korean — Hakjisa. [LINK: Click here.](#)

Romanian (2018) Asociatia Alianta pentru Copil si Familie.

Russian (2013) Nauchniy Mir Publishing (Scientific World Publishing).

Spanish (2007) Brunner Routledge.

Turkish (2015) Utopya.

Emotionally Focused Family Therapy (EFFT): Restoring Connection and Promotion Resilience (2019) by James L. Furrow, Gail Palmer, Sue M. Johnson, George Faller, & Lisa Palmer-Olsen. New York, NY: Routledge.

This book is in the process of being translated into Russian.

Stepping into Emotionally Focused Couple Therapy: Key Ingredients of Change (2017) by Lorrie Brubacher. London, UK: Karnac Books.

This book has been translated into:

Danish (2018) Saxo. [LINK: Click here.](#)

Dutch (2019) Stichting EFT Nederland. [LINK: Click here.](#)

Greek (2020) Gutenberg. [LINK: Click here.](#)

German (2020) Vandenhoeck & Ruprecht Publishers. [LINK: Click here.](#)

Korean (2019) Hakjisa. [LINK: Click here.](#)

Norwegian (2019) Gyldendal. [LINK: Click here.](#)

Created for Connection: The “Hold Me Tight” Guide for Christian Couples (2016) by Sue M. Johnson & Kenneth Sanderfer. New York, Ny: Little Brown.

This book is in press in Chinese (complex), Dutch, Hungarian, Romanian and Taiwanese.

An Emotionally Focused Workbook for Couples: The Two of Us (2014) by Veronica Kallos-Lily and Jennifer Fitzgerald. New York, NY: Routledge.

This book has been translated into:

Dutch (2016) Stichting EFT Nederland. [LINK: Click here.](#)

German (2016) Junfermann Verlag. [LINK: Click here.](#)

Korean (2016) [LINK: Click here.](#)

Polish (2019) Wydawnictwo Uniwersytetu Jagiellonskiego. [LINK: Click here.](#)

This book is also in press in Japanese and Hungarian.

Love Sense: The Revolutionary New Science of Romantic Relationships (2013) by Sue M. Johnson. New York, NY: Little Brown.

This book has been translated into:

Dutch (2014) Kosmos Uitgevers. [LINK: Click here.](#)

Finnish (2015) Hogrefe Psychologien Kustannus Oy. [LINK: Click here.](#)

German (2017) Verlagsgruppe Random House GmbH. LINK: [Click here](#).

Italian (2014) ISC Editore. LINK: [Click here](#).

Korean (2015) Sigongsa Co., Ltd. LINK: [Click here](#).

Slovenian (2019) Založba Primus d.o.o. LINK: [Click here](#).

Taiwanese LINK: [Click here](#).

Turkish (2018) Utopya. LINK: [Click here](#).

UK — published as *The Love Secret* (2014) London, UK: Piatkus. LINK: [Click here](#).

This book is also in press in Estonian, Greek, Polish, Romanian, and Russian.

The Emotionally Focused Casebook: New Directions in Treating Couples

(2011) Edited by James Furrow, Brent Bradley, & Sue M. Johnson. New York, NY: Routledge.

This book is in press in Russian.

Hold Me Tight: Seven Conversations for a Lifetime of Love

(2008) by Sue M. Johnson. New York, NY: Little Brown.

This book has been translated into:

Brazilian Portuguese (2012) Jardim Dos Livros Livraria. LINK: [Click here](#).

Chinese, complex (2018) Post & Telecommunications Press. LINK: [Click here](#).

Chinese, simplified (2010) Wan Juan Publishing Company. LINK: [Click here](#).

Czech (2018) Portal. LINK: [Click here](#).

Danish (2014) Forlaget Mindspace. LINK: [Click here](#).

Dutch (2019) Kosmos Uitgevers. LINK: [Click here](#).

Finnish (2011) Psykologien Kustannus Oy. LINK: [Click here](#).

French (2013) Editions First - Grund. LINK: [Click here](#).

German (2019) Jundermann Verlag Publishers. LINK: [Click here](#).

Greek (2014) G. Dardanos - C. Dardanos OE. LINK: [Click here](#).

Hungarian (2011) Park Kiado. LINK: [Click here](#).

Italian (2012) Istituto di Scienze Cognitive. LINK: [Click here](#).

Japanese (2014) Kongo Shuppan. LINK: [Click here](#).

Korean (2010) Hakjisa. LINK: [Click here](#).

Lithuanian (2014) Tyto Alba.

Norwegian (2017) Pax Forlag A/S. LINK: [Click here](#).

Polish (2015) Instytut Psychologii Zdrowia PTP. LINK: [Click here](#).

Portuguese (2012) ISC International. LINK: [Click here](#).

Romanian — SC ACT SI Politon SRL. LINK: [Click here](#).

Russian (2017) Mann, Ivanov and Ferber. LINK: [Click here](#).

Serbian (2017) Laguna. LINK: [Click here](#).

Slovenian (2017) Založba Primus d.o.o. LINK: [Click here](#).

Spanish (2019) Alba Editorial. LINK: [Click here](#).

Swedish (2012) OrdGlob Förlag. LINK: [Click here](#).

Taiwanese (2009) Living Psychology Publishers. LINK: [Click here](#).

Turkish (2018) Utopya. LINK: [Click here](#).

UK (2011) Piatkus Books. LINK: [Click here](#).

This book is also in press in Thai and Ukrainian.

Becoming an Emotionally Focused Couple Therapist: The Workbook

(2005) by Sue M. Johnson, Brent Bradley, James Farrow, Alison Lee, Gail Palmer, Doug Tilley, & Scott Woolley. New York, NY: Routledge.

This book is in press in Korean, Russian and Turkish.

Attachment Processes in Couple and Family Therapy

(2003) Edited by Sue M. Johnson & Valerie Whiffen. New York, NY: Guilford.

This book is in press in Portuguese.

Emotionally Focused Couple Therapy with Trauma Survivors: Strengthening Attachment Bonds (2002) by Sue M. Johnson. New York, NY: Guilford.

This book has been translated into:

Dutch (2013) Stichting EFT Nederland. LINK: [Click here](#).

This book is also in press in Chinese (complex) and Italian.

The Heart of the Matter: Emotion in Marital Therapy

(1994) Edited by Sue M. Johnson & Les Greenberg. New York, NY: Brunner/Mazel.

FACILITATOR'S GUIDES:

Hold Me Tight®: A Facilitator's Guide to Small Groups

(2009) by Sue M. Johnson. Ottawa, Canada: ICEEFT.

This booklet/Guide has been translated into:

Chinese (complex)

German (2016) ICEEFT.

Hungarian (2016)

Swedish (2016) Relationship workshop. LINK: [Click here](#).

This booklet/Guide is also in press in Danish, Farsi, French, Greek, Italian, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Turkish, and Ukrainian.

Created for Connection Facilitator's Guide for Small Groups

(2017) by Sue M. Johnson & Kenneth Sanderfer. Ottawa, Canada: ICEEFT.

This booklet/Guide is in press in Chinese (simplified), Hungarian, Portuguese and Spanish.

Hold Me Tight®/Let Me Go Facilitators' Guide for Small Groups

(2017) by Nancy Aikin & Paul A. Aikin. Ottawa, Canada: ICEEFT.

This booklet/Guide is in press in Chinese (simplified), Danish, Dutch, Farsi, German, Greek, Hungarian, Norwegian, Polish, and Spanish, with the slides also being translated in Hebrew.



Healing Hearts Together Facilitator's Guide for Small Groups

(2018) by Heather Tulloch, Paul Greenman, Natasha Demidenko, & Sue M. Johnson. Ottawa, Canada: ICEEFT.

Farsi (2020)

This booklet/Guide is in press in Dutch, Farsi, and Hungarian.