

## **RESOURCE BOOKS – RECOMMENDED READING LIST**

### **DEPRESSION:**

**When Someone You Love is Depressed** by Laura Rosen and Xavier Amador (Paperback – Sept 18, 1997)

An excellent book that offers specific strategies and insights to safeguard the relationship against the weight of depression

### **ANXIETY:**

**10 Simple Solutions to Panic Attacks** by Martin M. Anthony & Randi E. McCabe (2004)

How to overcome panic attacks, calm physical symptoms and reclaim your life

**The Anxiety and Phobia Workbook** by Bourne (4<sup>TH</sup> ED., 2005)

Practical step-by-step directions for mastery of Relaxation, Coping with Panic, Overcoming negative self-talk, and Self-Esteem

**When Panic Attacks** by David Burns, M.D.

An indispensable handbook for anyone who's worried sick or sick of worrying.

**The Post-Traumatic Stress Disorder Source Book** by Glenn Schiraldi, Ph.D.

A comprehensive guide to healing from a major life trauma

**Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well** by Fred Penzel, PhD. 2000

A comprehensive and current guide for both professionals and consumers

### **SUBSTANCE ABUSE:**

**Stay Sober and Straight: How to Prevent Addiction Relapse with the Rational Self-Help Treatment Method** by Maxie C. Maultsby

(Paperback January 19, 1990) This book explains in plain language how you can get rid of your troubles of problem drinking

### **EATING DISORDERS:**

**Surviving An Eating Disorder** by Michelle Siegel (Paperback – Feb 19. 1997)

Effective solutions and support for family and friends of those with eating disorders. Includes updated readings and a list of support organizations.

## **Eating Disorders (Cont'd)**

**Eating in the Light of the Moon: How Women Can Transform Their Relationships With Food Through Myths, Metaphors and Storytelling** by Anita Johnston, PhD. (Paperback – April 2000)

“This beautifully-written book sheds new light on struggles with eating ... and offers hope for all who want to be free.”

## **CHILDREN:**

**Build Yourself For Success: A Kid's Guide To Success** by Matt Granger (Paperback 2004)

This book is sure to start filling children's minds with positive thoughts so they can start thinking and living like winners!

**Help for Worried Kids: How Your Child Can Conquer Anxiety and Fear** by Cynthia G. Last

“Offers parents `hands-on' information. You will find plenty of useful advice here for quelling your children's fears.”

**Raising Resilient Children: Fostering Strength, Hope and Optimism in Your Child** by Robert Brooks and Sam Goldstein (Paperback Aug 28, 2002)

Ten parenting “guideposts” for nurturing the kind of resilience that helps children thrive.”

**Raising An Emotionally Intelligent Child** by John Gottman, Daniel Goleman and Joan Declaire (Paperback – Aug 12, 1998)

Explore the emotional relationship between parents and children.

## **PARENTING:**

**Get A Clue! A Parents' Guide to Understanding and Communicating With Your Preteen** by Ellen Rosenberg (Paperback Oct 1999)

Examines the physical and psychological changes that come with maturity and explores the choices and responsibilities that each person faces as they grow

**Don't Divorce Your Children: Protecting Their Rights and Your Happiness** by Jennifer Lewis and William Sammons (Paperback – Jul 11, 1999)

“Insight into how children really approach the breakup of the family and strategies for making the process not only easier but healthier too.”

**Helping Your Depressed Teenager: A Guide For Parents and Caregivers** (Paperback 1994) by Gerald Oster, Ph.D and Sarah Montgomery, MSW

A helpful guide to a very difficult subject. Specific strategies and how to evaluate warning signs are reviewed.

## **RELATIONSHIPS:**

### **The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships** by Harriett Lerner (Paperback – 1997)

Dr. Lerner teaches women to identify the true sources of our anger and to use anger as a powerful vehicle for creating lasting change.

### **Loving Someone With Bipolar Disorder** by Julie A. Fast and John D. Preston (Paperback- February 2004)

Provides hope and encourages couples to work together to create a plan to help stabilize bipolar disorder so they can focus on their relationship instead of the illness

### **Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life** by Jon Kabat-Zinn, PhD. (Paperback –Jan 5, 2005)

The book presents meditation as a natural activity that can be practiced anywhere, anytime.

### **The Intimacy Struggle: Revised and Expanded for All Adults** by Janet Woititz (Paperback)

Acquiring intimacy skills can be difficult, but through understanding and effort, they can be learned. This insightful book is a good place to begin.

### **The Five Love Languages: How to Express Heartfelt Commitment to Your Mate** by Gary Chapman (Paperback – June 1, 1995)

“Love is a choice, and either partner can start the process today.”

### **The Relaxation and Stress Reduction Workbook** by Martha Davis, Elizabeth Robbins & Matthew McKay

This book offers techniques for worry control, anger management and eye movement therapy.

### **12 Hours to a Great Marriage: A Step-by-Step Guide for Making Love Last** by Natalie H Jenkins (Paperback Oct 13, 2003)

“This book makes lasting love achievable.”

### **Spiritual Divorce: Divorce As a Catalyst for an Extraordinary Life** by Debbie Ford (Hardcover- Jan 2001 or Paperback January 1, 2002)

Ford advises readers to view divorce as a “spiritual wake-up call” that “propels us to a journey of self discovery.”

### **Everything You Know About Love and Sex is Wrong** by Pepper Schwartz, PhD (Paperback)

Pepper Schwartz's delightful book clears away the cobwebs from clouded minds and gives us the power to see things as they are.

## **Relationships (cont'd)**

### **Imperfect Control: Our Lifelong Struggles With Power and Surrender**

By Judith Viorst (Paperback – Mar 1, 1999)

A fascinating discussion of how our sense of self and all our important relationships are colored by our struggles over control.

## **SELF ESTEEM:**

### **Self-Defeating Behaviors: Free Yourself from the Habits, Compulsions, Feelings, and Attitudes That Hold You Back** by Milton R. Cudney (Paperback)

A guide to freeing ourselves from the inappropriate and crippling behaviors that sabotage our success.

### **The Self-Esteem Workbook** by Glenn R. Schiraldi, PhD.

Presents a course in self-esteem based on new research and sound principles.

Includes exercises to show readers how thoughts, emotions and behavior impact their self-esteem.

### **Stop Blaming, Start Loving: A Solution Oriented Approach to Improving Your Relationship** by William Hudson O'Hanlon, Pat Hudson and Patricia O'Hanlon

Hudson (Paperback – July 1996)

An excellent resource for anyone who wants a healthy relationship

### **How to Make Yourself Happy and Remarkably Less Disturbable** by

Albert Ellis (Paperback)

This book will help you to stop “wanting the approval of others” and focusing on unconditional self acceptance.

### **Sense Ability Expanding Your Sense of Awareness for a Twenty-First-Century Life** by Doris Wild Helmering (Paperback June 2000)

A mental shape-up program that offers self-assessment exercises and encourages the use of “positive self-talk” to guide daily action.

## **GENERAL SELF-HELP:**

**Self-Help Stuff That Works** by Adam Kahn (1999)

This is a no-nonsense self help handbook. You will learn how to become more effective with your actions and feel good more often

**The Courage To Heal –Third Edition Revised and Expanded A Guide for Women Survivors of Child Sexual Abuse** by Ellen Bass and Laura Davis

(Paperback – JUNE 29, 1994)

This book advances the empowerment of survivors, another major step from breaking the silence to sharing recovery

**Five Simple Steps to Emotional Healing: The Last Self-Help Book You Will Ever Need** by Gloria Arenson (Paperback )

Learn the quick and easy way to banish stress, zap panic attacks, heal painful memories and end performance anxiety

**Dealing with Your Anger: Self-Help Solutions For Men** by Frank Donovan and Allan Creighton (Paperback –October 10, 2001)

A practical guide to preventing violence by healing the pain and fear that fuels it.

**Don't Let Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You In Control** by Scottie E. Spradlin (New Harbinger Self-Help Workbook) (Paperback)

A new workbook that will help us to gain the upper hand on our feelings and our lives.

**The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce and Other Losses** by John W. James and Russell Friedman (Paperback)

Offers grievers the specific actions needed to complete the grieving process and accept loss. The principles outlined here, makes this a life-changing handbook.

**The Power of Now: A Guide to Spiritual Enlightenment** by Eckart Tolle (Paperback –Sept 29, 2004)

This book awakens the readers to their role as a creator of pain and shows how to have a pain-free identity by living fully in the present.

**Blink: The Power of Thinking Without Thinking** by Malcolm Gladwell (2005)

This book provides an entertaining and illuminating look at how we make snap judgments and people's intentions.