

# **BIBLIOTHERAPY/SELF HELP BOOKS**

## **Depression**

- o Burns, David: The Feeling Good Handbook, Plume/Penguin, New York, New York, 1989
- o Burns, David: Feeling Good: The New Mood Therapy, Avon Books, New York, New York, 1999

## **Anxiety**

- o Bourne, Edmund: The Anxiety and Phobia Workbook, New Harbinger Publications, Inc., Oakland, CA, 1995
- o When Panic Attacks by Dr. David Burns

## **Relationship Difficulties**

- o The 5 Love Languages by Dr. Gary Chapman
- o How to Win Friends and Influence People by Dale Carnegie

## **Bipolar Depression**

- o An Unquiet Mind by Kay Redfield

## **Schizophrenia**

- o Adamec, Christine, & Jaffe, DJ: How to Live With a Mentally Ill Person: A Handbook of Day-to-Day Strategies, John Wiley & Sons, 1996
- o Mueser, Kim Tornval: Coping With Schizophrenia: A Guide for Families, New Harbinger, 1994  
Caregiver Stress
- o National Family Caregivers Association: The Resourceful Caregiver: Helping Family Caregivers Help Themselves, Mosby Lifeline, 1996
- o MacE, Nancy L, Rabins, Peter V, & McHugh, Paul R: The 36-Hour day: A Family Guide to Caring for Persons With Alzheimer Disease, related Dementing Illnesses, and Memory Loss in Later Life, third Edition, Johns Hopkins University Press, 1999.

## **Chronic Illness**

- o Donoghue, Paul J & Siegel, Mary Elizabeth: Sick and Tired of Feeling Sick and Tired: Living With Invisible Chronic Illness, WW Norton, 1994

## **ADHD**

- o Organizing from the Right Side of the Brain: A Creative Approach to Getting Organized - by Lee Silber
- o What Does Everybody Else Know That I Don't?: Social Skills Help for Adults With Attention Deficit/Hyperactivity Disorder (Ad/Hd) a Reader-Friendly Guide by Michele Novotni
- o Time Management for the Creative Person: Right-Brain Strategies for Stopping Procrastination, Getting Control of the Clock and Calendar, and Freeing Up Your Time and Your Life by Lee Silber
- o Learning Outside The Lines : Two Ivy League Students With Learning Disabilities And Adhd Give You The Tools by -Jonathan Mooney
- o Making the System Work for Your Child with ADHD (Making the System Work for Your Child) by Peter S. Jensen
- o Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program
- o Taking Charge of ADHD by Russell Barkley
- o Driven to Distraction by Edward Hallowell (for adults with ADHD)

## **Abuse**

- o The Courage to Heal by Ellen Bass and Laura Davis
- o Victims No Longer by Michael Lew (men's recovery from sexual abuse)
- o Allies in Healing By Laura Davis (partners of adult survivors)
- o The Battered Woman by Lenore Davis (spousal abuse)

## **Addiction**

- A Time to Heal by Timmen Cermak (adult children of alcoholics)
- Codependent No More by Melodie Beattie
- My Name is Bill W (movie)
- Anger
  - o The Dance of Anger: A Women's Guide to Changing the Patterns of Intimate Relationships by Harriet Lerner.
  - o Anger: The Misunderstood Emotion by Carol Travis
  - o How to Control Your Anger Before It Controls You by Albert Ellis
  - o A Volcano in My Tummy by Eliane Whitehouse and Warwick Pudney (for children)

## **Anxiety Disorder**

- o The Anxiety and Phobia Workbook by Edmund Bourne
- o Mastery of Your Anxiety and Panic II by David Barlow and Michelle Craske
- o S.T.O.P. Obsessing: How to Overcome Your Obsessions and Compulsions by Edna Foa and Reid Wilson

## **Assertiveness**

- o Your Perfect Right by Robert Alberti and Michael Emmons
- o The Assertive Woman by Stanlee Phelps and Nancy Austin

## **Child Development and Parenting**

- o Between Parent and Child by Haim Ginott
- o Parent Effectiveness Training by Thomas Gordon
- o How to Talk so Kids Will Listen and How to Listen so Kids Will Talk by Faber and Mazlish
- o Raising Black Children by James Comer and Alvin Poussaint

## **Communication and People Skills**

- o You Just Don't Understand: Women and Men in Conversation by Deborah Tannen
- o Boundaries: When to Say Yes, When to Say No to Take Control of Your Life by Henry Cloud and John Townsend

## **Death and Grieving**

- o How to Survive the Loss of A Love by Melba Colgrove
- o How to Go On Living When Someone You Love Dies by Therese Rando
- o A Grief Observed by C.S. Lewis
- o On Children and Death by Elizabeth Kubler-Ross
- o The Grief Recovery Handbook by John James and Frank Cherry

## **Dementia and Alzheimer's**

- o The 36 Hour Day: A Family Guide to Caring For Persons with Alzheimer's Disease, Related Dementing Illness and Memory Loss in Later Life by Nancy Mace and Peter Rabins

## **Divorce**

- o Dinosaurs Divorce by Laurene Brown and Marc Brown (for children)
- o The Boys and Girls Book about Divorce by Richard Gardner

## **Eating Disorders**

- Dying to Be Thin by Ira Sacker and Marc Zimmer

## **Love and Intimacy**

- o Love is Never Enough by Aaron Beck
- o Why Marriages Succeed or Fail by John Gottman

## **Depression**

- o Feeling Good: The New Mood Therapy by David Burns
- o Control Your Depression by Peter Lewinsohn and Ricardo Munoz
- o Mind Over Mood: Change How You Feel by Changing the Way You Think By Dennis Greenberger and Christine Padesky

## **Schizophrenia**

- o Surviving Schizophrenia by E. Fuller Torrey

## **Stress Management**

- o The Relaxation and Stress Reduction Workbook by Martha Davis, Elizabeth Eschelman, Matthew McKay
- o Wherever You Go, There You Are by John Kabat-Zinn
- o The Stress and Relaxation Handbook: A Practical Guide to Self-Help Techniques by James Madders

## **Teens and Parenting**

- o Between Parent and Teenager by Haim Ginott
- o All Grown Up and No Place to Go: Teenagers in Crisis by David Elkind