COUNSELING CENTER SELF-HELP LIBRARY

Updated 8/8/2017

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ACADEMIC SKILLS

American Psychological Association (2010 Ed. & 2013 Ed.). Graduate Study in Psychology.

Graduate Study in Psychology offers complete practical information about over 500 psychology programs in the United States and Canada. This edition provides current facts about programs and degrees offered, admission requirements, application information, financial aid, tuition, and housing. With the newest edition, students can have the latest information, including new entries and updates to previous entries. Graduate Study in Psychology is a reference that is suitable for students, counselors, libraries, and department offices in psychology, education and other related fields.

American Psychological Association (2008). Getting In: A Step-By-Step Plan for Gaining Admission to Graduate School in Psychology (2 copies).

This handy, readable book simplifies the process for applicants and increases their chances of being accepted. Useful timelines, tips, and tools break the tasks into manageable steps and help readers define their goals, select programs, and navigate the application process. A monthly timetable and detailed worksheets for selecting the best program matches are included, and a resource section provides a list of publications and organizations that are useful in the various phases of applying.

Boyd, Denise & Bee, Helen (2011). Lifespan Development (6th Ed. – Examination Copy)

For undergraduate courses in Human Development/Lifespan Development. Provides strong applications, and integrated learning objectives and assessment.

Cone, John & Foster, Sharon (1993). Dissertations and Theses from Start to Finish: Psychology and Related Fields.

This publication helps graduate students in psychology and other related fields to plan the thesis and dissertation process from beginning to end. Clearly written, the authors successfully mentor students by advising them, answering their questions, and breaking down what may seem like an overwhelming and insurmountable task into a series of concrete and manageable steps.

Duffy, Karen Grover; Kirsh, Steven; & Atwater, Eastwood (2011). Psychology for Living: Adjustment, Growth, and Behavior Today (10th Edition).

The author's goal is to increase readers' understanding as well as their knowledge about personal adjustment, in order that they may continue learning on their own. By underscoring several important societal (not just personal) themes, the reader is compelled to focus on other people as much as the self. Content is drawn from the psychodynamic, cognitive-behavioral, and humanistic viewpoints and includes contributions from clinical, personality, social, and developmental psychology, as well as from cognitive, biological, and health psychology.

Ellis, Dave (2007). Becoming a Master Student (11th Edition).

The long-standing best seller in student success, *Becoming a Master Student* gives students a framework for examining their lives from a self-discovery perspective. Through a student-created and value-based approach to life and learning, the text inspires and motivates students to acquire and develop the skills needed for success in college and throughout life. Articles, strategies, and exercises help students understand their strengths and weaknesses, set goals, and practice academic and life skills.

Feldman, Robert (2011). Life Span Development: A Topical Approach

Life Span Development: A Topical Approach maintains the student friendliness that has been the hallmark of Feldman's other development textbooks. It is rich in examples and illustrates the applications that can be derived from the research and theory of lifespan developmentalists. It pays particular attention to the applications that can be drawn from theory and research in the field.

Freedman, Sarita (2010). Developing College Skills in Students with Autism and Asperger's Syndrome.

Going to college can be a daunting prospect for any young person, but for teenagers on the autism spectrum this is especially true. Developing College Skills in Students with Autism and Asperger's Syndrome describes the unique needs that ASD students entering further or higher education are likely to have. Sarita Freedman identifies several necessary skill sets, along with effective intervention strategies for facilitating skill development throughout the student's elementary, middle and high school years. Several specific accommodations, supports, and classroom/teaching strategies that benefit students with ASD need are presented.

Freedman, Sarita, (2010). Developing College Skills in Students with Autism and Asperger's Syndrome.

Freedman outlines the skills required for success in further and higher education in relation to the strengths and weaknesses of individuals with ASDs, and explains how those weaknesses can be ameliorated to enable success at college. She provides intervention strategies that can be implemented throughout the period leading up to college entrance.

Galvan, Jose L. (2006). Writing Literature Reviews: A Guide for Students of the Social and Behavioral Sciences (3rd Edition).

This easy-to-follow guide instructs students in the preparation of literature reviews for term projects, theses, and dissertations. There are numerous examples from published literature reviews that illustrate the guidelines discussed in this text.

Gardner, John & Jewler, Jerome (2007). Your College Experience: Strategies for Success (6th and 7th Editions).

This book/CD-ROM guide is filled with useful strategies that beginning college freshmen can use to ensure success in their studies and personal lives while at college. The guide offers advice on study skills, relationships, coping with diversity, sexual decisions, money management, and alcohol and drugs. Many writing activities are included, as well as critical thinking questions and activities exploring values, careers, and goals. The CD-ROM contains self- assessment exercises that will direct students to readings and Internet resources.

Graduate Guide (2008). Graduate School Guide.

A Comprehensive Guide to Doctoral, Master's & Professional Degree Programs.

Goelitz, Jeff & Rees, Robert A. (2011). The College de-Stress Handbook: Keeping Cool under Pressure from the Inside Out.

Navigating the college maze is stressful, with lots of personal and academic challenges along the way. The College DeStress Handbook can teach you what you can control and how to maintain ease and flow. Based on the Institute of HeartMath's 20 years of stress and emotion self-regulation research, this handbook, highly touted by psychologists, professors and other educators, can help serious students recognize their stressors and how to stop them in the moment. It contains three key HeartMath techniques that guide you in recognizing your personal stressors and in learning to reduce their intensity and eventually replacing them with more positive feeling and attitudes.

Hacker, Diana (1993). A Pocket Style Manual.

A Pocket Style Manual offers concise advice for finding and supporting a thesis, evaluating and organizing evidence, integrating print and online sources, and avoiding plagiarism. Material on conducting library and online research helps students track down and evaluate the sources they need.

Madsen, David (1992). Successful Dissertations and Theses: A Guide to Graduate Student Research from Proposal to Completion (2nd Ed.).

Madsen's book should be welcome both to graduate students about to undertake dissertations and to faculty needing to learn the role of thesis adviser. Madsen tells how to propose, outline, write, defend, and possibly publish a dissertation. This is information which should save graduate students years, pain, and money!

Moss, Haley (2014). A Freshman Survival Guide for College Students with Autism Spectrum Disorders: The Stuff Nobody Tells You About.

How do you know which college is right for you? What happens if you don't get on with your roommate? And what on earth is the Greek system all about? As a university student with High-Functioning Autism, Haley Moss offers essential tips and advice in this insider's guide to surviving the Freshman year of college. Chatty, honest and full of really useful information, Haley's first-hand account of the college experience covers everything students with Autism Spectrum Disorders need to know. She talks through getting ready for college, dorm life and living away from parents, what to expect from classes, professors and exams, and how to cope in new social situations and make friends.

Newport, Cal (2007). How to Become a Straight A Student: The Unconventional Strategies Real College Students Use to Score High While Studying Less (2 copies).

Looking to jumpstart your GPA? Most college students believe that straight A's can be achieved only through cramming and painful all-nighters at the library. But Cal Newport knows that real straight-A students don't study harder—they study smarter. A breakthrough approach to acing academic assignments, from quizzes and exams to essays and papers, *How to Become a Straight-A Student* reveals for the first time the proven study secrets of real straight-A students across the country and weaves them into a simple, practical system that anyone can master.

Sayette, Michael, Mayne, Tracy, & Norcross, John (2010). Insider's Guide to Graduate Programs in Clinical and Counseling Psychology: 2010/2011 Edition.

The *Insider's Guide* is the resource students rely on to find graduate clinical and counseling psychology programs that meet their needs—and gain admittance to them. The volume provides current data on 308 programs in the United States and Canada; descriptions of each program's specializations or tracks; admission requirements and acceptance rates; crucial advice on financial assistance and loans; sample forms, personal statements, and curricula vitae; tips for acing the admissions interview; and planning and decision-making worksheets.

Saenz, Karen (2009). Grade Aid for Boyd and Bee Lifespan Development (5th Edition).

The Grade Aid Study Guide for the fifth edition of Lifespan Development has been revised by Karen Saenz of Houston Community College. This guide is designed to be the student's go-to-source for preparing for the material in the chapter, helping to retain the information gathered, testing what is remembered, and finally, taking the student deeper in to the material. Each chapter guides the student through each chapter.

Wade, Carole & Tavris, Carol (2011). Invitation to Psychology (5th Edition)

Invitation to Psychology presents the science of psychology according to six areas of the student's experience: Your Self, Your Body, Your Mind, Your Environment, Your Mental Health, and Your Life. This unique organization engages students from the very beginning and gives them a framework for thinking about human behavior. Hallmark features of this best-selling introductory text include active learning features, an emphasis on critical thinking, a balance of classic and contemporary research, and thorough integration of culture and gender.

Wolf, Lorraine, Brown, Jane Thierfeld, & Bork, G. Ruth Kukiela (2009). Students with Asperger Syndrome: A Guide for College Personnel.

For many students with autism spectrum disorders, getting admitted to college is the easy part. Surviving and succeeding can be quite another, as these students transition into a system that is often unprepared to receive them. Accommodating students whose disabilities very likely fall in social and self-regulatory areas is a particular challenge for disability services providers who are not used to reaching out into so many areas of student life. This comprehensive book offers disability services professionals practical strategies for accommodating and supporting students in all phases of college life and beyond.

ADDICTIONS

Al-Anon Family Group Headquarters (1987). The Dilemma of the Alcoholic Marriage.
This book is excellent resource for marriages when one of the partners is an alcoholic; it is also good for co-dependent marriages in general. Much of the book would apply to marriages where a partner is abusive, even if not alcoholic. The advice and illustrations are hands-on and useful.

Alcoholics Anonymous Worldwide (1973). Came to Believe.
The spiritual adventure of A. A. as experienced by individual members. Over 75 A. A. members from all over the world describe the wide diversity of convictions implied in "God as we understood Him." Especially helpful to those who confuse "spiritual" with "religious."

Alcoholics Anonymous Worldwide (1976). Alcoholics Anonymous (3rd Ed.).
Alcoholics Anonymous-the Big Book-has served as a lifeline to millions worldwide. First published in 1939, Alcoholics Anonymous sets forth cornerstone concepts of recovery from alcoholism and tells the stories of men and women who have overcome the disease. With publication of the third edition in 1976, the essential recovery text has remained unchanged while personal stories have been added to reflect the growing and diverse fellowship.

Beattie, Melody (1990). The Language of Letting Go: Daily Mediations for Codependents.
Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal.

Beattie, Melody (1992). Codependent No More & Beyond Codependency.
A wellspring of simple yet revolutionary knowledge, *Codependent No More* points the way to a lifetime of healing, hope, and happiness. This modern classic spent three years on the *New York Times* bestseller list, making codependence a household word and Melody Beattie one of America's best-loved and most inspirational authors. This book also includes *Beyond Codependency,* dedicated to those struggling to master the art of self-care. It is a book about what to do once the pain has stopped and you've begun to suspect that you have a life to live. It is about what happens next. In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality.

Berger, Allen (2008). 12 Stupid Things That Mess Up Recovery: Avoiding Relapse through Self-Awareness and Right Action.
To grow in recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk. In simple, down-to-earth language, Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery. He then provides tools for working through these problems in daily life. This useful guide offers fresh perspectives on how the process of change begins with basic self-awareness and a commitment to working a daily program.

Bey, Douglas & Bey, Deborah (2007). Loving an Adult Child of an Alcoholic.
Distrust, fear of abandonment, and sensitivity to criticism are just a few of the traits found in adult children of alcoholics. This book is for the spouse or significant other to the adult child, and helps partners better understand the underlying causes of adult neuroses whose seeds were planted by growing up with an alcoholic parent. Douglas and Deborah Bey help couples recognize these patterns and offer suggestions for changing them so that they may enjoy a deeper, more meaningful relationship.

Black, Claudia (1990). Double Duty.
Adult children of alcoholics will here recognize the roots of their trauma and benefit from this voluminous guide to recovery by psychologist Black, a founder of the ACOA movement. She addresses ACOA's, whose recovery, she stresses, requires coming to terms with such additional traumas as physical or sexual abuse, chemical or food addiction, and problems specific to only children, the physically disabled, gays and minorities. Forty-one case histories, accompanied by the author's empathetic commentary, illustrate that such victims suffer from loneliness, guilt, low self-esteem and emotional detachment. Regardless of widely differing problems, a common path to recovery and rebuilding trust in themselves and others, Black demonstrates, lies in acknowledging and understanding such feelings.

Black, Claudia (2001). It Will Never Happen to Me: Growing Up with Addiction as Youngsters, Adolescents, Adults.
With her reassuring and informative approach, Claudia Black expertly identifies common issues faced by children who grew up in alcoholic families-shame, neglect, unreasonable role expectations, and physical abuse. Using narratives and profiles, she describes survival techniques characteristic of children raised in alcoholic families, including the unspoken laws of don't talk, don't trust, and don't feel. First explaining how such learned responses cause difficulties in adulthood, Black carefully guides readers in identifying self-defeating, destructive behaviors and finding a healthier, happier way to live.

Cook, Paddy & Tineke Haase (1990). Alcohol, Tobacco and Other Drugs May Harm the Unborn.
Discusses the hazards of prenatal exposure to alcohol, tobacco, and other drugs such as marijuana, cocaine, heroin and other opioids or synthetic narcotics, phencyclidine, and prescription medications and other licit substances. Also includes information on counseling women about childbearing and childrearing risks, & resources for further information.

Dahlstrom, Harry (1998). Out of Hock: Credit Card and Personal Debt.
A clear and concise handbook on how to recognize warning signs of credit card abuse. Learn to take control, pay off your debt, and where to turn when you cannot do it alone.

Debtors Anonymous (1999). A Currency of Hope.
This is the first publication by the Debtors Anonymous 12-Step Fellowship. It describes the basics of the D.A. recovery program and includes 38 success stories of D.A. members. It offers experience, strength, and hope to help other compulsive debtors and all those who want to stop incurring unsecured debt, such as credit cards, unsecured loans, personal loans, unpaid taxes, and more.

Doweiko, Harold (2002). Concepts of Chemical Dependency (5th Ed.).
Incorporating the science, sociology, and criminology behind addiction and its treatment, this textbook introduces basic facts about substance abuse and addiction in the US, describes the physical and social effects of particular drugs, and presents strategies for evaluation, intervention, and recovery.

Friel, John & Friel, Linda (1988). Adult Children: The Secrets of Dysfuntional Families.
It is estimated that as many as 34 million people grew up in alcoholic homes. But what about the rest of us? What about families that had no alcoholism, but did have perfectionism, workaholism, compulsive overeating, intimacy problems, depression, problems in expressing feelings, plus all the other personality traits that can produce a family system much like an alcoholic one? Countless millions of us struggle with these kinds of dysfunctions every day, and until very recently we struggled alone. Pulling together both theory and clinical practice, John and Linda Friel provide a readable explanation of what happened to us and how we can rectify it.

Goldman, Marcus (1998). Kleptomania: The Compulsion to Steal - What Can Be Done.
This groundbreaking book lifts the veil of secrecy from one of the most misunderstood compulsive disorders which drives people to steal objects they don't need and often don't use, for reasons they can't explain. Using research and his own case studies, Dr. Goldman provides insights into this disorder and the many myths that surround it, including the fact that almost 80% of all diagnosed kleptomaniacs are women. Most importantly, he explores treatment options and offers practical, compassionate information that can be found nowhere else.

Gorski, Terrance (1992). The Staying Sober Workbook: A Serious Solution for the Problem of Relapse.
Presents a practical method for relapse prevention – a method in use since 1988 when the first workbook was published. A companion guide for the *Staying Sober* book.

Gorski, Terence & Miller, Merlene (1986). Staying Sober: A Guide for Relapse Prevention.
Gorski & Miller outline a way in which the addicted individual can learn to avoid relapsing in the future - by examining the "triggers" (both emotional & situational) which can potentially lead to relapse. By examining these triggers, and then creating a "relapse prevention plan," the addicted individual can usually find a way to avoid relapse.

Gravitz, Herbert L. & Bowden, Julie D. (1985). Recovery: A Guide for Adult Children of Alcoholics.
Rich with insight and awareness, *Recovery* explores the secrets, fears, hopes and issues that confront adult children of alcoholics. Authors and widely respected therapists and ACOA workshop leaders Herbert Gravitz and Julie Bowden detail in a clear question-and-answer format the challenges of control and inadequacy that ACOAs face as they struggle for recovery and understanding. Written with warmth, joy and real understanding, *Recovery* will inspire you to meet the challenges of the post and overcome the obstacles to your happiness.

Hazelden Meditations Series (1989). Answers in the Heart: Daily Meditations for Men and Women Recovering from Sex Addiction
These meditations guide us to the strength and courage within ourselves that is necessary to face the lingering shadows of sex addiction. With the inspiration and support unique to Hazelden meditation books, *Answers in the Heart* provides solace for the pain and inspiration for lasting recovery.

Hoffman, Elizabeth & Hoffman, Christopher (1991). Recovery from Smoking: Quitting with the 12 Step Process. (2 copies)
Elizabeth Hanson Hoffman rationalized her smoking for 27 years, then she finally accepted the fact that she was powerless over cigarettes. Using her own story, the Twelve Steps and techniques she has developed as a practicing psychologist, Hoffman will help you find the strength to finally let go of smoking.

Hornik-Beer, Edith Lynn (1984). A Teenager's Guide to Living with an Alcoholic Parent.
This comprehensive guide answers questions for young people and discusses issues such as dating, schoolwork, expression of feeling, and responsibilities while coping with alcoholism at home.

Hunter, Mic (1987). Hope and Recovery: A Twelve Step Guide for Healing From Compulsive Sexual Behavior.
A remarkable work, *Hope and Recovery* guides and supports the life-transforming move from self-defeating and destructive sexual behavior to healthy, affirming sexuality. This widely acclaimed contribution to addiction literature applies the Twelve Step Program of Alcoholics Anonymous to the complex problem of sex addiction.

Johnson, Vernon (1980). I'll Quit Tomorrow: A Practical Guide to Alcoholism Treatment. (2 Copies)
This bestselling recovery classic has helped untold thousands of alcoholics onto the road to recovery. Written by the founder of the Johnson Institute in Minneapolis, one of the country's most successful training programs for treatment providers, *I'll Quit Tomorrow* present the concepts and methods that have brought new hope to alcoholics and their families, friends, and employers. Abstinence is not the only objective of Johnson's breakthrough methods -- his therapy aims at restoring the ego strength of the victim to assure permanent recovery. Johnson outlines a dynamic plan of intervention and treatment that will block the progress of alcoholism and lead to a richer, more productive life.

Johnson, Vernon (1986). Intervention: How to Help Someone Who Doesn't Want Help.
In *Intervention: How To Help Someone Who Doesn't Want Help,* Dr. Vernon Johnson describes the process that has successfully motivated thousands of chemically dependent people to accept help. In simple terms, this book shows how chemical dependency affects those around the addicted person, and teaches concerned people how to help and how to do it right.

Julien, Robert (1998). Primer of Drug Action.
Edition after edition, A Primer of Drug Action evolves side by side with the field it covers, drawing on the expertise of its authors in medicine, basic science, and clinical science to offer a current and comprehensive guide to psychopharmacology.

Kirsch, M. M. (1986). Designer Drugs.
First-hand reports and no-holds-barred in-person interviews are presented for the first time ever in this book. Gripping scenarios reveal the growing hazards of the newest, deadliest menace on the drug scene.

Knapp, Caroline (1996). Drinking: A Love Story.
Fifteen million Americans a year are plagued with alcoholism. Five million of them are women. Many of them, like Caroline Knapp, started in their early teens and began to use alcohol as "liquid armor," a way to protect themselves against the difficult realities of life. *Drinking*, then, is a tale of recovery, with the emphasis on Before rather than After. When Knapp sticks to her own story, her writing is lucid and uncontaminated by self-pity.

Matthews, Jim (2011). Beer, Booze and Books... a sober look at higher education.
"Beer, Booze and Books" 3rd Edition provides a helpful look at college drinking issues. In addition to highlighting some of the serious concerns associated with dangerous drinking, critical information is provided for avoiding these problems. This is a campus favorite utilized at colleges and universities around the country in the classroom, for staff training and much more.

Monti, Peter, Abrams, David, Kadden, Ronald, & Cooney, Ned (1989). Treating Alcohol Dependence: A Coping Skills Training Guide

Now in a revised and expanded second edition, this book presents a straight-forward, multi-session coping skills training program that has been proven effective in helping alcohol-dependent individuals. The volume provides everything needed to implement the program, including a clear theoretical and empirical rationale, step-by-step session guidelines, helpful clinical pointers, and over 40 reproducible client handouts, assessment instruments, and therapist forms. Sessions focus on developing key interpersonal and intrapersonal skills to help participants learn positive strategies for coping with the everyday demands of life and resisting the urge to drink.

Narcotics Anonymous Worldwide (1987). Narcotics Anonymous (Hardcover 4th Edition)

First Published in April 1983, this is NA's primary text. Book One contains ten chapters explaining the NA Fellowship and our program of recovery.

Narcotics Anonymous Worldwide (1988). Narcotics Anonymous (Hardcover 5th Edition)

First Published in April 1983, this is NA's primary text. Book One contains ten chapters explaining the NA Fellowship and our program of recovery.

Narcotics Anonymous Worldwide (1993). It Works: How and Why – The Twelve Steps and Twelve Traditions of Narcotics Anonymous.

The book is a discussion of the Twelve Steps and Twelve Traditions of Narcotics Anonymous. It is meant to help the reader determine his or her own interpretation of the principles contained in Narcotics Anonymous' steps and traditions.

Peele, Stanton & Brodsky, Archie (1992). The Truth About Addiction and Recovery.

From the authors of Love and Addiction comes another thought-provoking and insightful look at the nature of addiction. In contrast to popular thinking, Peele and Brodsky view addiction as a problem rather than a disease. In lieu of 12-step treatment programs, they advocate ``the life process program,'' which focuses on developing personal skills to moderate behavior as opposed to merely accepting addiction as an incurable disease.

Penix-Sbraga, Tamara & O'Donohue, William (2003). The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life.

Some people use sex to medicate their feelings and/or cope with stress much in the same way as others would use alcohol or drugs. Lack of sexual self-control can manifest in the form of excessive use of porn sites, phone sex, and strip bars; it can lead to multiple infidelities, risky sexual behavior, bankruptcy, or the loss of a job due to their out of control behaviors. Rooted in shame and low self-esteem, there is little satisfaction gained from the sexual activities and rarely an interest in intimacy or emotional connection. This book addresses readers with a lack of sexual self-control where their behavior is interfering with their relationship, job, and reputation.

Rivinus, Timothy (1988). Alcoholism/Chemical Dependency and the College Student. (2 copies)

Professionals who work with college students--and college students themselves--address the current epidemic of drug use on college campuses in this timely book. In acknowledging that substance abuse problems proliferate during college and on into adult life when they then affect the next generation, the outstanding group of contributors offers forthright and clear descriptions, explanations, and suggestions for helping students, including examples of university services that have proven successful in dealing with student substance abuse. This helpful book aims to reverse the trend of ambivalence and confusion of administrators and college counselors regarding the area of substance use disorder by providing practical intervention strategies.

Rogers, Ronald and McMillin, C. Scott (1992). If it Runs in Your Family: Alcoholism – Reducing the Risk.

Heredity is where some of the most significant and ground-breaking research is being done in medicine today, offering new ways to halt the onset of illness. Alcoholism is a disease that occurs in one out of six families in America, yet it is still discussed in hushed tones – if at all. If alcohol dependency runs in your family – and denial and reluctance to expose family problems often obscure family history – education about this illness is essential. In this practical and informative guide, the authors de-stigmatize alcoholism and drug dependency, giving you concrete steps you can take to protect yourself and your loved ones.

Trimpey, Jack (1989). Rational Recovery from Alcoholism: The Small Book.

Rational Recovery (RR) is the counterpoint to traditional recovery programs that dwell on ideas of powerlessness and moral betterment. *Rational Recovery from Alcoholism* directs the reader to a self-inspired, no-higher power (NHP) sobriety based on clear thinking and self-reliance.

Trimpey, Jack (1996). Rational Recovery: The New Cure for Substance Addiction.

More than a philosophy or therapy - and not dependent on spiritual beliefs or psychology - Rational Recovery offers an unprecedented approach to alcoholism, problem drinking, and drug addiction known as the Addictive Voice Recognition Technique, or AVRT. Now, for the first time, the keys to this proven recovery process are available in a practical, user-friendly instructional guide. AVRT is an aggressive self-recovery program that shows you exactly how to take control of your addictive behavior now - and how to recover totally through planned abstinence. Rational Recovery refutes the concept of alcoholism as a disease and brings new hope to those who have been discouraged by traditional approaches to addiction.

Volkmann, Christopher & Volkmann, Torren (2006). From Binge to Blackout: A Mother and Son Struggle with Teen Drinking.

Considered a rite of passage, teenage drinking has skyrocketed to epidemic proportions, fostering a generation of young adults whose lives are already beginning to come apart under the strain. This book, written from the viewpoints of both mother and son, is a riveting, enlightening, and heartbreakingly true story of a family that was able to confront the fear, pain, and denial that threatened to destroy them—and survive the epidemic of teenage drinking that's putting America's future at risk.

Walker, Ellen (1989). Smoker: Self-Portrait of a Nicotine Addict.

Smoker vividly portrays one woman's efforts – and failures – to break free of her addiction to nicotine. *Smoker* challenges us to reconsider our tobacco use – the denial, enabling, withdrawal, and relapse – which allows this insidious drug to control our lives.

Wholey, Dennis (1984). The Courage to Change: Personal Conversations About Alcoholism.

In this powerful, inspiring volume, former "Late Night America" host and recovering alcoholic Dennis Wholey tells his story. In addition, celebrities from Doc Severinson to Sid Caesar to Jason Robards speak in their own words about the devastating effects of alcoholism.

Woititz, Janet Geringer (1983). Adult Children of Alcoholics, Expanded Edition.

Ten years ago, Janet Woititz broke new ground in our understanding of what it is to be an Adult Child of an Alcoholic. Today she re-examines the movement and its inclusion of Adult Children from various dysfunctional family backgrounds who share the same characteristics. After more than ten years of working with ACoAs she shares the recovery hints that she has found to work. Read Adult Children of Alcoholics to see where the journey began and for ideas on where to go from here.

Woititz, Janet Geringer (2002). The Complete ACOA Sourcebook: Adult Children of Alcoholics at Home, at Work, and in Love.

The Complete ACOA Sourcebook is a compilation of three of Dr. Woititz's classic books, addressing head-on the symptoms of The Adult Children of Alcoholics syndrome and providing strategies for living a normal life as an adult. Readers will find help for themselves: at home, in intimate relationships and on the job. They will discover the reasons for the way they think, believe and feel about themselves; ACOA's often feel isolated, have difficulty in relationships, in the workplace and in feeling good about themselves.

Zailckas, Koren (2005). Smashed: Story of a Drunken Girlhood.

Garnering a vast amount of attention from young people and parents, and from book buyers across the country, *Smashed* became a media sensation and a *New York Times* bestseller. Eye-opening and utterly gripping, Koren Zailckas's story is that of thousands of girls like her who are not alcoholics-yet-but who routinely use booze as a shortcut to courage and a stand-in for good judgment.

ANGER MANAGEMENT

Carter, Les (2003). The Anger Trap: Free Yourself From the Frustrations That Sabotage Your Life.

Dr. Les Carter–nationally recognized expert on the topics of conflict resolution, emotions, and spirituality, and coauthor of the bestselling The Anger Workbook–has written this practical book that shows how to overcome unhealthy anger and improve relationships. With gentle spiritual wisdom and solid psychological research, Dr. Carter guides you to creating a better, happier life for yourself, your family, and your coworkers.

Eifert, Georg; McKay, Matthew; & Forsyth, John (2006). ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger.

If you've tried to control problem anger before with little success, this book offers you a fundamentally new approach and new hope. Instead of struggling even harder to manage or eliminate your anger, you can stop anger feelings from determining who you are and how you live your life. Based on a revolutionary psychological approach called acceptance and commitment therapy (ACT), the techniques in **ACT on Life Not on Anger** can help you let go of anger and start living your life to the fullest.

Ellis, Albert (1977). Anger: How to Live With and Without It.

Anger is one of the most damaging and fruitless of all human emotions. Everyone is beset by the problems of how to cope with it, how to live with it, and how to understand it. Here is a solution to the problem of anger... a solution that years of clinical testing and research have proved effective. The breakthrough technique of this book will enable you to challenge and eliminate the anger that can frustrate and stand in the way of your success and daily happiness: in business, in home life - anywhere you are - with our losing you assertiveness.

Harbin, Thomas (2000). Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life.

Men tend to express their anger differently than women do. Research shows men are often more violent and less willing to confront and deal with their emotions than women. Written by a psychologist who specializes in the treatment of male rage, Beyond Anger shows the angry - and miserable - man how to change his life and relationships for the better. This book helps men understand their anger by explaining what the specific symptoms of chronic anger are and by showing angry men how their actions negatively affect family, friends, and coworkers. It helps men control violent feelings by using simple exercises - developed especially for men - to identify when and why anger occurs and by helping them form new habits to prevent anger before it starts. Women, too, will learn essential strategies for understanding and helping the angry men in their lives.

McKay, Matthew & Rogers, Peter (2000). The Anger Control Workbook

The toxic costs of anger are well understood: sabotaged careers, alienated family and friends, and even physical damage to a point where illness or an early death can result. Unlike previous models of anger control that began by combating anger-provoking trigger thoughts at a relatively low level of anger, **The Anger Control Workbook** introduces you to a streamlined new approach that allows you to exercise control at a higher level of anger so that fewer steps are involved in managing all of your problem anger expressions. Throughout, the book offers techniques in a clear, step-by-step format, arranged to make it easy to tailor a program to your own personal obstacles and triggering events.

McKay, Matthew, Rogers, Peter, & McKay, Judith (2003). When Anger Hurts: Quieting the Storm. (2nd Ed.)

A MAJOR REVISION OF THE BEST-SELLING CLASSIC - A QUARTER OF A MILLION COPIES SOLD. Draws on the latest research on dealing with anger, including new chapters on emergency anger control, the interpersonal and physiological costs of anger, road rage, and parental anger and includes techniques for creating an anger-coping plan and anger inoculation.

Potter-Efron, Ronald (2007). Rage: A Step-by-Step Guide to Overcoming Explosive Anger.

Unique in its genre, this much-needed book breaks down rage generally into three types: survival, impotent, and abandonment or rejection rage. In the first type, the angry individual's behavior is triggered by a sense of danger or threat; in the second, by a feeling of helplessness; and the third type is triggered by a fear of losing a cherished relationship.

Rubin, Theodore Isaac (1969). The Angry Book.
Don't get even -- get mad, and get over it! When you lose your temper honestly, it can be good for you. In this perennially bestselling book, eminent psychiatrist and bestselling author Dr. Theodore Isaac Rubin shows how one of the most powerful human emotions can change your life. Suppressed or twisted anger can lead to anxiety, depression, insomnia, psychosomatic illness, alcoholism, frigidity, impotence, and downright misery. But understanding and releasing anger can lead to greater health, happiness, and emotional wholeness.

Semmelroth, Carl (2004). The Anger Habit Workbook: Proven Principles to Calm the Stormy Mind.
The Anger Habit Workbook takes the lessons learned in The Anger Habit and applies them in workbook format, giving you a tool to identify your anger habit and work past it.

ANXIETY & DEPRESSION

Antony, Martin & Swinson, Richard (2008). The Shyness & Social Anxiety Workbook (2nd Edition). (2 copies)

This comprehensive new edition of The Shyness and Social Anxiety Workbook includes techniques for overcoming social phobia, including treatments for anxiety-related problems such as interpersonal psychotherapy, acceptance and commitment therapy, and relaxation and meditation-based treatments, as well as updated information on medications.

Bourne, Edmund (2005). The Anxiety & Phobia Workbook (4th Edition).

Since its first edition in 1990, The Anxiety and Phobia Workbook has sold more than 600,000 copies. Its engaging exercises and worksheets have helped millions of readers make real progress in overcoming problems with anxiety and phobic disorders. The Authoritative Guide to Self-Help Resources in Mental Health (Norcross, et al., 2003) gave the book its highest rating and praised it as "a highly regarded and widely known resource." Thousands of mental health and medical professionals recommend this book to their clients and patients every year. Simply put, it is the single finest source of self-help information on its topic available anywhere.

Burns, David (1980). Feeling Good: The New Mood Therapy.

The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other "black holes" of depression can be cured without drugs! In Feeling Good, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life.

Burns, David (1999). The Feeling Good Handbook: Using the New Mood Therapy in Everyday Life. (3 copies)

Dr. David Burns is one of the prime developers of cognitive therapy, a fast-acting, drug-free treatment for designed to help the clinically depressed. In *The Feeling Good Handbook*, he adapts cognitive therapy to deal with the wide range of everyday problems that plague so many (chronic nervousness, panic attacks, phobias, and feelings of stress, guilt, or inferiority). *The Feeling Good Handbook* teaches how to remove the mental obstacles that bar you from success--from test anxiety and fear of public speaking to procrastination and self-doubt.

Burns, David (2006). When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life.

In *When Panic Attacks*, Dr. Burns takes you by the hand and shows you how to overcome every conceivable kind of anxiety. In fact, you will learn how to use more than forty simple, effective techniques, and the moment you put the lie to the distorted thoughts that plague you, your fears will immediately disappear. Dr. Burns also shares the latest research on the drugs commonly prescribed for anxiety and depression and explains why they may sometimes do more harm than good. This is not pop psychology but proven, fast-acting techniques that have been shown to be more effective than medications. *When Panic Attacks* is an indispensable handbook for anyone who's worried sick and sick of worrying.

Carter, Les & Minirth, Frank (2000). The Worry Workbook: Twelve Steps to Anxiety-Free Living.

Worry is one of the most common mood disorders in America. Whether you call it stress, tension, frustration, or anxiety, worry can take its toll on health and well-being. It can be caused by life changes, such as divorce or career upheaval, or it can become a debilitating chronic disorder. *The Worry Workbook* helps readers understand what causes anxiety and how they can move beyond worry into emotional freedom. Practical steps, interactive exercises, checklists, and guided questions help readers identify their fears, replace negative talk with positive action, learn to accept what is out of their control, and make life-enhancing choices.

Castle, Lana (2003). Bipolar Disorder Demystified: Mastering the Tightrope of Manic Depression.

In Bipolar Disorder Demystified, author Lana Castle, who has lived the better part of her life with this illness, has turned her personal experience into an eloquent and useful guide to all those who travel down the same path. In clear and honest language, Castle helps readers understand the true nature of bipolar disorder, the factors that complicate its diagnosis, and strategies for coping with the illness. Bipolar Disorder Demystified makes great strides in dispelling the mystery surrounding this illness, helping readers decide if it's time to seek treatment, and providing those with any form of mood disorder the information they need to better manage their lives.

Cheek, Jonathan (1990). Conquering Shyness: The Battle Anyone Can Win.

Shyness is a syndrome, argues Wellesley psychology professor Cheek, an interaction of feelings, thoughts and active behavior. And shyness is customarily manifested in one of three ways: physical distress (blushing, or pounding heartbeat); worries (e.g., feelings of inadequacy); and a lack of social skills. The problem may develop in the very young child--in which case symptoms are largely

physical--or during adolescence, when the sufferer is prone to anxiety. Cheek and his coauthors, both freelance writers, divide this enormously helpful book into two parts, the first devoted to overcoming shyness by a variety of techniques, and the second to applying newfound confidence to social life, such as making friends and approaching the opposite sex. Included also are valuable diagnostic tests and suggestions for keeping progress records.

Copeland, Mary Ellen (2001). The Depression Workbook: A Guide for Living with Depression and Manic Depression (2nd Ed.).

The best-selling Depression Workbook offers interactive exercises that help you take responsibility for your own wellness. It teaches you skills you need to cope with depression: tracking and controlling moods; building a support system; increasing self-confidence and self-esteem; avoiding conditions that can exacerbate mood swings; and using relaxation, diet, and exercise to stabilize moods.

Ellis, Albert (1972). How to Master Your Fear of Flying.

It's as simple as A.B.C. Noted psychologist and author, Dr. Albert Ellis, explains how anyone, using plain, common sense techniques, can conquer man's deepest rooted anxiety – the fear of death. These positive techniques can and will relieve the irrational stresses and tension that occur during a plane trip.

Fine, Carla (1997). No Time to Say Goodbye: Surviving the Suicide of a Loved One.

With No Time to Say Goodbye, Fine brings suicide survival from the darkness into the light, speaking frankly and with compassion about the overwhelming feelings of confusion, guilt, shame, anger, and loneliness that are shared by all survivors. Drawing on her own experience and on conversations with many other survivors - as well as on the knowledge of counselors and mental health professionals - Carla Fine offers a strong helping hand and invaluable guidance to the thousands of husbands and wives, mothers and fathers, sisters and brothers, friends and lovers who are left behind each year, struggling to make sense of an act that seems to them senseless, and to pick up the pieces of their own shattered lives. And, perhaps most important, she allows them to see that they are not alone in their feelings of grief and despair.

Foa, Edna & Wilson, Reid (1991). Stop Obsessing: How to Overcome Your Obsessions and Compulsions.

Once considered almost untreatable, OCD is now known to be a highly treatable disorder using behavior therapy. In this newly revised edition of **Stop Obsessing!** Drs. Foa and Wilson, internationally renowned authorities on the treatment of anxiety disorders, share their scientifically based and clinically proven self-help program that has already allowed thousands of men and women with OCD to enjoy a life free from excessive worries and rituals.

Greenberger, Dennis & Padesky, Christine (1995). Mind Over Mood: Change How You Feel by Changing the Way You Think.

Developed by two master clinicians with extensive experience in cognitive therapy treatment and training, this popular workbook shows readers how to improve their lives using cognitive therapy. The book is designed to be used alone or in conjunction with professional treatment. Step-by-step worksheets teach specific skills that have helped hundreds of thousands people conquer depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems. Readers learn to use mood questionnaires to identify, rate, and track changes in feelings; change the thoughts that contribute to problems; follow step-by-step strategies to improve moods; and take action to improve daily living and relationships.

Hyman, Bruce & Pedrick, Cherry (2005). The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder. (2nd & 3rd Ed.)

This book is a great place for anyone with OCD to start looking for help. Since its first publication in 1999, the OCD Workbook has become among the most trusted and recommended OCD resources available. This fully revised and expanded edition includes new findings on the causes of OCD, including genetic research. It offers information on treatment options including neurosurgery, new medications, and a whole new chapter on day-to-day coping strategies for people with OCD. The new edition includes expanded coverage of related disorders like body dysmorphic disorder, trichotillomania, and skin picking.

Knaus, William (2006). The Cognitive Behavioral Workbook for Depression: A Step-By-Step Program.

This workbook is written in an easy-to-use, step-by-step format. It offers you powerful strategies for overcoming depression in simple, direct language, amply illustrated with stories and reinforced by techniques you can practice right away.

Lejeune, Chad (2007). The Worry Trap: How to Free Yourself from Worry & Anxiety Using Acceptance & Commitment Therapy.

Acceptance and commitment therapy (ACT), a revolutionary new approach to resolving a wide range of psychological problems, can help you break the cycle of chronic worry. ACT stresses letting go of your attempts to avoid, change, and get rid of worry. Instead, it

shows you how to accept your feelings as they occur, without judgment. You'll learn to de-fuse from your worries, observing and then letting them go. Then you'll explore and commit to acting on your values, thereby creating a rich life for yourself-even with the occasional worry.

Markway, Barbara & Markway, Gregory (2001). Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life.

This book can help the 17 million Americans suffering from social anxiety disorder. Individuals with social anxiety disorder are often called "shy" or "awkward," but such diagnoses don't do justice to this phobia that afflicts millions, and can lead to clinical depression and alcohol and drug dependency. *Painfully Shy* will guide the reader in the use of therapies and techniques that will allow them to master social anxiety and shyness, offer counsel in the use of herbal and pharmacological therapy, and outline important questions for the reader's doctor.

Moreines, Robert & McGuire, Patricia (1989). Light Up Your Blues: Understanding and Overcoming Seasonal Affective Disorders.

Seasonal depression can be much more than the "winter blues." For many people, the winter months may lead to a Seasonal Affective Disorder (SAD), with symptoms that may include stress, anxiety, depression, panic, fear, overeating, and substance abuse. In this book, two expert bio-psychiatrists clearly describe the symptoms, causes, and treatments of SAD.

Overstreet, Bonaro (1962). Understanding Fear in Ourselves and Others.

A distinguished author and teacher isolates irrational fear, the virus that cripples men and women in the vital areas of their lives – work, marriage, sex, parenthood, and old age. Overstreet traces the origins and effects of fear on ourselves, our children, our family, and our friends, and thereby opens the way to the conquest of fear and the achievement of self-confidence and emotional maturity.

Penzel, Fred (2000). Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well.

Dr. Fred Penzel, a psychologist with over eighteen years' experience in treating obsessive-compulsive disorders, has written a book to help this group of sufferers, their families, and those who would help them. In Obsessive-Compulsive Disorders, Dr. Penzel discusses the entire spectrum of these disorders, from the classic form characterized by the intrusive, repetitive, and often unpleasant thoughts, to body dysmorphic disorder ("imagined ugliness"), trichotillomania (compulsive hair pulling), compulsive skin picking, and nail biting. Dr. Penzel takes the reader through each step of the most effective behavioral therapies, detailing how progress is made and how to avoid relapse. He also offers a completely up-to-date discussion of medication -- how medication is used as part of the overall treatment, its effect on pregnancy, how to choose the best medicine, and how to know if it is working. In addition, Dr. Penzel discusses the treatment of children with these disorders, offers helpful advice for the families of sufferers, and lists sources of help and information (including the latest sites on the Internet). The book also includes a useful appendix that features symptom checklists for each of the OC spectrum disorders, the DSM-IV diagnostic descriptions, a reading list, and a glossary.

Sarnoff, Dorothy & Moore, Gaylen (1987). Never Be Nervous Again.

Dorothy Sarnoff, Chairman of Speech Dynamics, Inc., has successfully counseled CEOs of Fortune 500 companies, politicians such as Senator Robert Dole and Lloyd Bentsen, newscasters such as Lesley Stahl, and numerous media personalities. Now, she shares her time-tested techniques to help you conquer your nerves and come across with authority, enthusiasm, and ease in any social situation or public forum. Whether you're talking to a dinner companion or to your boss, meeting with the PTA or with a room full of television reporters, you'll never have to be nervous again.

Schwartz, Jeffrey (1997). Brain Lock: Free Yourself from Obsessive-Compulsive Behavior.

In *Brain Lock,* Jeffrey M. Schwartz presents a simple four-step method for overcoming OCD that is so effective, it's now used in academic treatment centers throughout the world. Proven by brain-imaging tests to actually alter the brain's chemistry, this method doesn't rely on psycho-pharmaceuticals. Instead, patients use cognitive self-therapy and behavior modification to develop new patterns of response to their obsessions. In essence, they use the mind to fix the brain. Using the real-life stories of actual patients, *Brain Lock* explains this revolutionary method and provides readers with the inspiration and tools to free themselves from their psychic prisons and regain control of their lives

Stein, Murray A. & Walker, John R. (2009). Triumph over Shyness: Conquering Social Anxiety Disorder (2nd Edition).

Intense social anxiety can create consistent nervousness, and loneliness. Fortunately, *Triumph Over Shyness*, written by two experts in the field and co-published by the Anxiety Disorders Association of America, provides much-needed help, with techniques to

overcome social anxiety; the latest information on medication and treatments; and ways to improve relationships and manage symptoms.

Timmons, Bonnie (1991). Anxiety.

This book is for anyone who has EVER felt even the teensiest, weensiest bit of anxiety. A light-hearted look at anxiety in all our lives.

Wortmann, Fletcher (2012). Triggered: A Memoir of Obsessive-Compulsive Disorder.

In his brilliant memoir, the author takes us on an intimate journey across the psychological landscape of OCD, known as the "doubting disorder," as populated by God, girls, and apocalyptic nightmares. Wortmann unflinchingly reveals the elaborate series of psychological rituals he constructs as "preventative measures" to ward off the end times, as well as his learning to cope with intrusive thoughts through *Clockwork Orange*-like "trigger" therapy.

CAREER & WORKPLACE

Barranger, Jack (1988). Knowing When to Quit.

Too many of us, says Jack Barranger, remain in dead-end jobs and relationships too long, and for the wrong reasons. *Knowing When to Quit* is a refreshing look at "the staying syndrome" – and how to get over it.

Bolles, Richard Nelson (2012). What Color Is Your Parachute? 2012: A Practical Manual for Job-hunters and Career-Changers.

What Color Is Your Parachute? is still the best-selling job-hunting book in the world. A favorite of job hunters and career changers for more than three decades, it continues to be a mainstay on best-seller lists, from Amazon.com to Business Week to the New York Times, where it has spent more than six years, and has been translated into 12 languages. The 2012 edition is an even more useful book, with its updated, inspiring, and detailed plan for changing readers' lives. With new examples, instructions, and cautionary advice, *Parachute* is, to quote Fortune magazine, "the gold standard of career guides."

Freudenberger, Herbert & Richelson, Geraldine (1981). Burn Out: How to Beat the High Cost of Success.

Dr. Herbert Freudenberger, a recognized authority on the "over-achiever," shows you how to recognize the danger signals and deal with the flashfire phenomenon of burn out.

LaPorte, Danielle (2012). The Fire Starter Sessions: A Soulful + Practical Guide to Creating Success on Your Own Terms.

The Fire Starter Sessions is an apathy-kicking, integrity-infusing guide to defining success on your own terms. As the creator of DanielleLaPorte.com--deemed "the best place online for kick-ass spirituality," Danielle LaPorte's straight-talk life-and-livelihood sermons have been read by over one million people. Bold but empathetic, she reframes popular self-help and success concepts. Getting clear on how you want to feel in your life + work is more important than setting goals. It's the most potent form of clarity that you can have, and it's what leads to true fulfillment.

Larsen, Gail (2009). Transformational Speaking.

TRANSFORMATIONAL SPEAKING offers insightful advice on everything from defining your message and refining your delivery, to managing the dynamics of a room, handling logistics like a pro, and building a connection with an audience of any size. Larsen has helped business executives and entrepreneurs, community and social change leaders, and healers and life coaches become active movers and shakers through the power of effective communication.

Myers, James & Werner Scott, Elizabeth (1989). Getting Skilled, Getting Ahead: Your Guide for Choosing a Career and a Private Career School (2 copies).

Designed to motivate young people to take charge of their future, *Getting Skilled, Getting Ahead* leads its readers through a step-by-step evaluation of whether a private career school is right for them and then advises them on the ins and outs of evaluating a school's program, signing a contract, and paying for the training.

NiCarthy, Ginny; Gottlieb, Naomi; Coffman, Sandra (1993). You Don't Have to Take It: A Woman's Guide to Confronting Emotional Abuse at Work.

The authors share personal experiences and walk you through defining the problem, developing a remedy and placing this type of abuse into the larger social context. The workbook format allows you to objectively view your situation and to take appropriate action. Stop feeling powerless; stop feeling as if there must be something wrong with you.

Tieger, Paul & Barron-Tieger, Barabara (2001). Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type (3rd Edition).

The book leads you step-by-step through the process of determining and verifying your Personality Type. Then it provides real-life case studies of people who share your Type and introduces you to the key ingredients your work must have for it to be genuinely fulfilling. Using workbook exercises and explaining specific job search strategies, *Do What You Are* identifies occupations that are popular with your Type and offers a rundown of your work-related strengths and weaknesses.

Tieger, Paul & Barron-Tieger, Barbara (2007). Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type (4th Edition).

The book leads you step-by-step through the process of determining and verifying your Personality Type. Then it provides real-life case studies of people who share your Type and introduces you to the key ingredients your work must have for it to be genuinely fulfilling. Using workbook exercises and explaining specific job search strategies, *Do What You Are* identifies occupations that are popular with your Type and offers a rundown of your work-related strengths and weaknesses.

US Department of Labor (2008). Occupational Outlook Handbook, 2008-2009.

For each job, the book discusses the nature of the work, working conditions, job outlook, training and education needed, earnings, related occupations, and additional information sources, including Web sites. Packed with practical, current information, the ***OOH*** is an invaluable resource for anyone doing career research, making career decisions, writing resumes, and preparing for interviews. Known for timely and accurate publishing of this resource and its rock-bottom price, JIST offers two exclusive bonus sections in this comprehensive career reference. Brand new to this edition of the ***OOH*** is the *Personality-Career Quiz, which helps readers match themselves to jobs.*

Ward, Terry (1987). Smart Women at Work: 12 Steps to Career Breakthroughs.

Award-winning career consultant, Terry Ward identifies the twelve most self-defeating myths that stop women from getting ahead. Learn step-by-step strategies for developing your own style and skills, while observing and adapting to your particular "corporate culture."

Webb, Susan (1991). Step Forward: Sexual Harassment in the Workplace.

A great tool and resource for everyone in the workplace. Supervisors and employees can all benefit from the practical approach presented by Ms. Webb, who presents an easy-to-follow manual about recognizing and eliminating sexual harassment.

DOMESTIC VIOLENCE

Betancourt, Marian (1997). What to Do When Loves Turns Violent: A Practical Resource for Women in Abusive Relationships.

The first part spells out an action plan to get out of danger and find immediate help. The second part details how to stay safe and regain control over your life. For quick reference, *What to Do When Love Turns Violent* includes a state-by-state directory of domestic violence hot lines, and a listing of the national organizations devoted to helping victims of domestic violence. There is help out there, and *What to Do When Love Turns Violent* empowers you to find it and take back your life.

Dugan, Meg Kennedy & Hock, Roger (2006). It's My Life Now (2nd Edition).

Since its publication in 2000, ***It's My Life Now*** has been highly successful as a working manual for survivors who are starting their lives over after an abusive relationship. This valuable book combines direction on practical and emotional issues with worksheets and self-exploration exercises. Now, in the second edition, Dugan and Hock include updated information and resources while encompassing a wider range of individuals and the relationships in which abuse and violence occur. The new edition also provides a new emphasis on safety assessment, which has increasingly been shown to be a critical factor in recovery. In addition, this new edition includes current resources and information about organizations for victims along with revised and enhanced strategies to help survivors move forward on the path of recovery.

Echeburua, Enrique, Amor, Pedro, & Fernandez-Montalvo, Javier (2007). Vivir Sin Violencia.

Vivir sin violencia es un estilo de vida que se puede aprender, y ése es el objetivo de esta obra. Se trata de una guía de autoayuda en la que, de forma práctica y entretenida, pero sin perder por ello rigor científico, se explican las claves del comportamiento violento, se ofrecen ejemplos para su comprensión y se desarrollan las estrategias para su modificación. Controlar las emociones que conducen a la agresividad, solucionar los problemas de una manera adecuada, tener relaciones sexuales gratificantes, comunicarse con los demás de forma positiva y, sobre todo, prevenir nuevos episodios de violencia requiere una práctica constante de las estrategias que se exponen en este libro. En él los autores dialogan con el lector, y a través de dibujos, ejemplos y metáforas agilizan y facilitan la comprensión de los contenidos. De esta forma, se muestran diferentes técnicas psicológicas dirigidas al control emocional (ira, ansiedad, tristeza y celos), así como el aprendizaje de habilidades (asertividad y comunicación, solución de problemas y toma de decisiones, etc.).

Engel, Beverly (1990). The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself.

If you feel unfairly criticized, controlled by others, or are afraid of being lonely, you could be suffering from emotional abuse. Now there is help in this compassionate sourcebook. Bevery Engel, a marriage, family, and child therapist, guides you through a step-by-step recovery process to help you heal the damage done in the past.

Engel, Beverly (1993). Encouragements for the Emotionally Abused Woman.

For those of us who are or have been emotionally abused, we know how the experience insidiously sabotages our self-esteem. We need to be reminded that the abuse is not our fault. We need to find the motivation to trust our perceptions — and find the courage to change our present reality. Whether we are just beginning to recognize that we are in abusive relationships or whether we have made the decision to break free, this book is here, a consistent reminder of positive growth.

Enns, Greg & Black, Jan (1997). It's Not Okay Anymore: Your Personal Guide to Ending Abuse, Taking Charge, and Loving Yourself.

This practical and empowering guide offers a step-by-step path to end abuse and into life management and self-care. Written with sensitivity and respect, it contains checkpoints and action steps, survivors' stories, success tips, "Get Safe" plans and goals, and the gentle support of a nurturing personal coach.

Evans, Patricia (1996). The Verbally Abusive Relationship: How to Recognize it and How to Respond. (2 Copies)

Verbal abuse doesn't leave the same physical evidence as battery, but it can be just as painful, and can actually take longer to recover from. The new edition of this important reference covers the most recent developments in dealing with verbal abuse and answers the questions readers ask most on the subject.

Evans, Patricia (2002). Controlling People: How to Recognize, Understand, and Deal With People Who Try to Control You.

Learn how to 'break the spell' of control with **Patricia Evans**' new bestseller. Already hailed by Oprah Winfrey, *Controlling People* deals with issues big and small - revealing the thought processes of those who seek to control in order to provide a 'spell-breaking' mind-set for those who suffer this insidious manipulation. Invaluable insight and advice for those who seek support.

Jones, Ann & Schechter, Susan (1993). When Love Goes Wrong: What to Do When You Can't Do Anything Right.

Millions of women each year find themselves in relationships with controlling or abusive partners and don't know what to do, or even what's wrong. Full of moving first-person stories, *When Love Goes Wrong* shows women what their options are in or out of the relationship, provides concrete guidance on finding safety and support for themselves and their children, and includes a comprehensive list of agencies offering information or assistance.

Kivel, Paul (1992). Unlearning Violence: A Breakthrough Book for Violent Men and All Those Who Love Them.

Using the unique program at the Oakland Men's Project in California as a basis, Paul Kivel, one of its founding members, shares an extraordinary approach to stopping male violence. Through exercises, though-provoking questions, and intense self-examination, *Unlearning Violence* helps men learn new rules and new roles in personal relationships.

Kubany, Edward, McCaig, Mari, & Laconsay, Janet (2004). Healing the Trauma of Domestic Violence: A Workbook for Women.

Second only to survivors of war and victims of rape, women who are severely assaulted by their husbands or partners are the group of trauma victims most likely to suffer from the symptoms of post-traumatic stress disorder, or PTSD. Researchers estimate that as many as 80 percent of these women will manifest signs of the disorder in the months and years following an assault. Until now there has been no book specifically written to help these women deal with PTSD. This sensitive and compassionate book, at last, offers them hope. Step-by-step exercises for recovering from the abuse you've endured and taking back your life. Two domestic violence experts offer the first-ever PTSD treatment approach to help abused women overcome the trauma they have endured and regain control of their lives.

Lobel, Kerry (Ed.) (1986). Naming the Violence: Speaking Out About Lesbian Battering.

Sponsored by the Lesbian Task Force of the National Coalition Against Domestic Violence, this book is "by and for battered lesbians and those who work to support their empowerment." Lobel alternates personal histories with commentary by counselors, activists and others who offer advice on how to treat victims and how to deal with the problem generally.

Nelson, Noelle (1997). Dangerous Relationships: How to Stop Domestic Violence before It Stops You.

Dangerous Relationships: How to Stop Domestic Violence before It Stops You takes a preventative approach to domestic violence by answering the question "What can I do to avoid getting into a violent domestic relationship?," yet will also be helpful for those already in the midst of a violent relationship. Domestic violence does not suddenly appear out of a void. The majority of domestic violence incidents emerges from certain types of recognizable relationships. Dr. Noelle Nelson, a noted clinical psychologist and therapist, has helped many clients identify the common characteristics that run through most violent relationships, and thus avoid potentially dangerous heterosexual or same-sex relationships.

Ni Carthy, Ginny (1986). Getting Free: You Can End Abuse and Take Back Your Life.

The landmark self-help book on domestic violence, Getting Free describes how women can break the cycle of abuse and begin the process of recovery and healing.

White, Evelyn (1994). Chain, Chain Change: For Black Women in Abusive Relationships.

This book offers supportive, practical information for African-American women who are or have been in physically or emotionally abusive relationships. This book provides information on identifying the different aspects of abuse, the effects of domestic violence on the family, the impact of racism and sexism, and suggestions for how to reach out for help and get positive support from emergency agencies, shelters, the legal system, counselors, the church, family and friends.

EATING DISORDERS & BODY IMAGE

Bruch, Hilde (1979). The Golden Cage: The Enigma of Anorexia Nervosa. (2 copies)

First published more than twenty years ago, with almost 150,000 copies sold, The Golden Cage is still the classic book on anorexia nervosa, for patients, parents, mental health trainees, and senior therapists alike. Writing in direct, jargon-free style, often quoting her patients' descriptions of their own experience of illness and recovery, Bruch describes the relentless pursuit of thinness and the search for superiority in self-denial that characterizes anorexia nervosa. She emphasizes the importance of early diagnosis and offers guidance on danger signs. Little-known when this groundbreaking book was first published, eating disorders have become all too familiar. Sympathetic and astute, The Golden Cage now speaks to a new generation.

Claiborn, James & Pedrick, Cherry (2002). The BDD Workbook.

Checking and rechecking one's appearance in the mirror may be more than mere vanity — it could be a sign of Body Dysmorphic Disorder. This condition can lead to unnecessary plastic surgery, serious eating disorders, steroid abuse, even suicide. The BDD Workbook offers a proven intervention plan and personal stories, exercises, charts, and worksheets to help readers recognize distorted self-perception and develop a balanced self-image.

Costin, Carolyn (2007). The Eating Disorder Sourcebook (3rd Edition)

Written by an anorexia nervosa survivor and director of a successful eating disorder treatment facility, *The Eating Disorder Sourcebook* helps you sort through the many treatment options available to help you in your recovery. This new edition covers new medications and treatment programs, underlying causes and risk factors, and strategies for detecting and preventing eating disorders.

Dixon, Monica (1996). Love the Body You Were Born With.

It's hard to take good care of something you don't love. So it's no wonder that women, burdened by self-doubt and societal pressure, continue to neglect their own health and happiness in the pursuit of a mythical "perfect body". This book teaches women to take a long, forgiving look at themselves and assess their real physical attributes and needs rather than the ones society says they should have.

Fairburn, Christopher (1995). Overcoming Binge Eating

Written by Dr. Christopher Fairburn, an international expert on eating disorders, this unique book provides clinicians, sufferers, and interested others with an authoritative and accessible account on binge eating problems. *Overcoming Binge Eating* provides all the information needed to understand the problem and bring it under control. Dispelling many of the myths associated with binge eating, Part One provides a comprehensive and up-to-date account of current knowledge about binge eating problems.

Hall, Lindsey & Cohn, Leigh (1980). Eat Without Fear: A True Story About the Gorge-Purge Syndrome.

An honest account of how Lindsey Hall cured herself after 9 years of bulimarexia, the gorge/purge syndrome. This obsession caused her to secretly eat tremendous quantities of food and then throw up several times a day.

Hall, Lindsey & Cohn, Leigh (Ed.) (1984). Beating Bulimia: What Has Worked for Me.

This book contains survey results and comments from two-hundred and seventeen bulimics, who answered questions about their eating disorders and recoveries.

Handler, Stacey (2000). The Body Burden: Living in the Shadow of Barbie.

This book is the personal story of Stacey Handler, granddaughter of the woman who created the Barbie doll. Through autobiographical prose, Stacy openly discloses her battle with body image. She deftly chronicles both her struggles and triumphs, in the hope of aiding women similarly in pain. *The Body Burden* covers many aspects of food and body-image issues.

Hesse-Biber, Sharlene (1996). Am I Thin Enough Yet? - The Cult of Thinness and the Commercialization of Identity

Whether they are rich or poor, tall or short, liberal or conservative, most young American women have one thing in common--they want to be thin. And they are willing to go to extraordinary lengths to get that way, even to the point of starving themselves. Why are America's women so preoccupied with weight? What has caused record numbers of young women--even before they reach their teenage years--to suffer from anorexia and bulimia? In Am I Thin Enough Yet?, Sharlene Hesse-Biber answers these questions and more, as she goes beyond traditional psychological explanations of eating disorders to level a powerful indictment against the social, political, and economic pressures women face in a weight-obsessed society.

Hirschmann, Jane & Munter, Carol (1995). When Women Stop Hating Their Bodies: Freeing Yourself from Food and Weight Obsession.
In this revolutionary new book, bestselling authors Carol Munter and Jane Hirschmann explore the myriad reasons why women cling to diets despite overwhelming evidence that diets don't work. In fact, diets turn us into compulsive eaters who are obsessed with food and weight. Munter and Hirschmann call this syndrome "Bad Body Fever" and demonstrate how "bad body thoughts" are clues to our emotional lives. They explore the difficulties women encounter replacing dieting with demand feeding. And finally, they teach us how to think about our problems rather than eat about them—so that food can resume its proper place in our lives.

Hirschmann, Jane & Zaphiropoulos, Lela (1993). Preventing Childhood Eating Problems: A Practical, Positive Approach to Raising Children Free of Food and Weight Conflicts.
As seen on the Oprah Winfrey show! This book offers a common-sense, relaxed approach to healthy eating for children of all ages. The authors present evidence that children will naturally self-regulate their eating if rigid rules are not imposed upon them. They also address parents' most common concerns such as when, what, and how much kids should be eating, how to handle peer pressure, the sugar controversy, body-image problems, special situations, and eating disorders. This book will help both parents and children make peace with food.

Hutchinson, Marcia Germaine (1999). 200 Ways to Love the Body You Have.
This companion to Marcia Hutchinson's bestselling Transforming Body Image consists of 200 pleasurable exercises from which you can choose at random, letting the universe guide your choice. Taking a bath can be transformed into a sumptuous feast for the senses. Your shower can become a waterfall, brushing your teeth a real event, not an unconscious repetition. This new awareness will help you become focused and newly aware of your body as it is, and lead you to love the body you have.

Johnston, Anita (1996). Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food through Myth, Metaphor and Storytelling. (2 copies)
Weaving a rich tapestry of multicultural myths, ancient legends, and simple folktales, Anita Johnston teaches women how to free themselves from disordered eating by discovering the metaphors that are hidden in their own life stories. "Storytellers speak in the language of myth and metaphor," Johnston explains. "They tell us a truth that is not literal, but symbolic. If we hear the stories with only the outer ear, they can seem absurd and untrue, but when listened to with the inner ear, they convey a truth that can be understood and absorbed on a deeply personal level. In this way, stories help us connect with our inner world, to the natural rhythms and cycles of the earth, and to the power of our intuitive wisdom."

Orbach, Susie (1982). Fat Is a Feminist Issue II: A Program to Conquer Compulsive Eating.
In response to thousands of requests, Susie Orbach has created a step-by-step guide that shows you how to break the binge-purge cycle and stop dieting forever. It offers practical exercises designed to help you listen to your body's needs, recognize when you've had enough, and leave food on your plate.

Roth, Geneen (2003). Breaking Free From Emotional Eating.
There is an end to the anguish of emotional eating -- and this book explains how to achieve it. Geneen Roth, whose Feeding the Hungry Heart and When Food Is Love have brought understanding and acceptance to tens of thousands of readers over the last two decades, here outlines her proven program for resolving the conflicts at the root of overeating. Using simple techniques developed in her highly successful seminars, she offers reassuring, practical advice.

Roth, Geneen (1992). When Food is Love: Exploring the Relationship Between Eating and Intimacy.
In this uplifting, revealing book (a bestseller in hardcover), Roth examines the link between eating disorders and the need for intimacy they often unmask. She shows why many people overeat in an attempt to satisfy their emotional hunger and reveals how to stop the cycle of compulsive behavior.

Stacey, Michelle (1994). Consumed: Why Americans Love, Hate, and Fear Food
Something has happened to food in America: It is no longer simply food - filling, good-tasting, life-sustaining. Rather, it is "fat-free" or "high in fiber" or "low in cholesterol" - either an enemy that will steal life away or a savior that will prolong it indefinitely. In this provocative book, Michelle Stacey chronicles the psychological and cultural forces behind this American obsession, forces that have transformed oat bran and broccoli into magical totems, and steak, butter, and eggs into killers. We have refashioned food into preventive medicine, a moral test, sometimes literally a mortal enemy - and in the process we have lost sight of one of its most basic functions: the giving of pleasure.

Waterhouse, Debra (1997). Like Mother, Like Daughter: Breaking Free from the Diet Trap.
The pressure for thinness has created a shift toward body unhappiness, food fears, restrictive dieting, & weight struggles, forming a trap of unhealthy food & body relationships that has caught millions of women & girls. An unhealthy relationship with food often begins when a mothers spoken & unspoken messages initiate her daughters fight against her own body. Waterhouse traces the spread of disordered eating & body dissatisfaction in each generation to more women & to younger girls. She provides the skills to break free from this unhealthy cycle, pass on healthier eating patterns, & finally overcome our weight obsessions.

HEALTH & WELLNESS

Albers, Susan (2008). Eat, Drink, and Be Mindful: How to End Your Struggle with Mindless Eating and Start Savoring Food with Intention and Joy.

Eat, Drink, and Be Mindful is a new tool for dealing with the age-old problem of mindless overeating. The author currently uses this workbook with clients in her Mindful Eating Support Groups. The book is a collection of more than seventy worksheets she has created. The workbook is organized around the seven skills of mindful-eater-awareness: observing, being in-the-moment, acceptance, letting go, non-judgment, and mindfulness of the environment. This concise, easy-to-use guide is great for introducing people to mindful eating.

Bellace, Matt (2014). A Better High (3rd Edition).

Young people need to feel empowered in their schools and communities-it's not enough to ask them to stay away from drugs and alcohol, we need to show them positive things they can do instead, both for themselves and others! A BETTER HIGH is a powerful tool for everyone, especially students, teachers and parents. Chapters include: 1. How to Get High Naturally; 2. Laughing, Smiling and Other Highs Better Than Cocaine; 3. Running, Surfing and Other Highs Better Than Weed; 4. Eating, Cooking and Other Highs Better Than Alcohol; 5. Helping, Listening and Other Highs Better Than Being Selfish; 6. Loving, Caring and Other Highs Better Than Hurting Yourself; 7. Unhealthy Natural Highs; 8. Creating Your Own Natural High. Author Matt Bellace holds a Ph.D. in clinical psychology, has been performing stand-up comedy since 1995, and has been involved in youth drug and alcohol prevention efforts since high school. Most importantly, Matt is a passionate and effective speaker who presents his message with humor and lots of audience interaction.

Bodian, Stephan (2006). Meditation for Dummies (2 copies).

This fun and easy guide has long been a favorite with meditation newcomers. And now it's even better. For this new edition, author Stephan Bodian has added an audio CD with more than 70 minutes of guided meditations that are keyed to topics in the book, from tuning in to one's body, transforming suffering, and replacing negative patterns to grounding oneself, consulting the guru within, and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation, along with new advice on how to get the most out of meditation in today's fast-paced world.

Boston Women's Health Book Collective (2005). Our Bodies, Ourselves: A New Edition for a New Era.

Welcome to *Our Bodies, Ourselves,* the classic book about women's health and sexuality that is written by women, for women. Since its first newsprint version in 1970, *Our Bodies, Ourselves* has been created and revised by women speaking from our own research and experiences about our bodies, health, and medical care. This edition reflects the work of more than four hundred women — and quite a few men — who share both personal stories and health information based on the latest scientific evidence.

Davis, Martha, Eshelman, Elizabeth Robbins, & McKay, Matthew (2008). The Relaxation & Stress Reduction Workbook (6th Edition).

Now in its sixth edition, this workbook, highly regarded by therapists and their clients, remains the go-to source for stress reduction strategies that can be incorporated into even the busiest lives. This new edition is updated with powerful relaxation techniques based on the latest research, and draws from a variety of proven treatment methods, including progressive relaxation, autogenics, self-hypnosis, visualization, and mindfulness and acceptance therapy.

Downie, Chris (2009). The Spark: The 28-Day Breakthrough Plan for Losing Weight, Getting Fit, and Transforming Your Life.

A revolution is taking place! Millions of people are discovering a new way of thinking about their weight, their health, and their lives. They are taking part in a visionary approach to weight loss that combines goal setting, nutrition, exercise, motivation, and community that has a proven track record of ten million pounds lost. From the experts who created SparkPeople.com, one of the most successful online weight-loss programs to date, comes *The Spark,* a ground-breaking book that focuses on what you *can* do, instead of what you *can't* do. *The Spark* is about transforming your life and your idea of what dieting means.

McGraw, Phil (2003). The Ultimate Weight Solution: The 7 Keys to Weight Loss Freedom.

Dr. Phil McGraw's powerful bestseller gives you the tools for life-changing weight loss. If you're ready to get real about your weight, if you want to end the frustration of the diet cycle, you have found the ultimate solution -- *The Ultimate Weight Solution.* This groundbreaking, scientifically sound plan is a step-by-step, personalized approach that transforms you from the inside out, as you gain control over your: food habits and emotional eating traps, portion control exercise and lifestyle choices restaurant and social dining strategies for right thinking daily food plan with sample menus.

Shapiro, Ed & Shapiro, Deb (2009). Be the Change: How Meditation Can Transform You and the World.

Join award-winning authors Ed and Deb Shapiro, and a host of world-renowned luminaries, on an enlightening spiritual journey. Spiritual leaders from all disciplines and walks of life reveal how meditation has changed their lives from the inside out-motivating readers to begin their own practices and create the foundation for a new, more hopeful age in the wider world.

Zouareg, Nordine (2007). Mind Over Body: The Key to Lasting Weight Loss Is All In Your Head.

The true secret to weight-loss success is all in your head. Nordine Zouareg has helped thousands of clients get healthier, be happier, and lose weight for good. And in the process, he's discovered something astounding: the mental work his clients do before they start their diet and exercise plan is actually just as (if not more) important than the plan itself. In Mind Over Body, Nordine describes how everyone can find this mental motivation — what he calls our "core desire" — and then master the tools (visualization, meditation, affirmation) to keep on track with weight-loss goals.

LESBIAN, GAY, BISEXUAL, TRANSGENDER CONCERNS

Bornstein, Kate (1995). Gender Outlaw: On Men, Women, and the Rest of Us.

Gender Outlaw is the work of a woman who has been through some changes--a former heterosexual male, a one-time Scientologist and IBM salesperson, now a lesbian woman writer and actress who makes regular rounds on the TV (so to speak) talk shows. In her book, Bornstein covers the "mechanics" of her surgery, everything you've always wanted to know about gender (but were too confused to ask,) addresses the place and politics of the transgendered and integrates the questions of those who give the subject little thought, creating questions of her own. She takes on various communities: gay, lesbian, straight, S/M and transgender, along with the "society at large," and in her witty, incisive observations offers the foundation of a radical new politics of sexuality and gender.

Bornstein, Kate (2010). Gender Outlaws: The Next Generation.

Today's transgenders and other sex/gender radicals are writing a drastically new world into being. In *Gender Outlaws,* Bornstein, together with writer, raconteur, and theater artist S. Bear Bergman, collects and contextualizes the work of this generation's trans and genderqueer forward thinkers — new voices from the stage, on the streets, in the workplace, in the bedroom, and on the pages and websites of the world's most respected mainstream news sources. *Gender Outlaws* includes essays, commentary, comic art, and conversations from a diverse group of trans-spectrum people who live and believe in barrier-breaking lives.

Bornstein, Kate (1998). My Gender Workbook: How to Become a Real Man, a Real Woman, the Real You, or Something Else Entirely.

Kate Bornstein brings theory down to Earth and provides a practical guide to living with or without a gender. The workbook includes quizzes and exercises that determine how much of a man or woman you are, and gives you the tools to reach whatever point you desire on the gender continuum. If you don't think you are transgendered when you sit down to read this book, you will be by the time you finish it!

Burr, Kenneth A. (2009). Coming Out, Coming Home: Making Room for Gay Spirituality in Therapy.

This book provides the opportunity for readers to find a deeper connection with themselves and others as you savor the stories of sexual minorities who have sought meaningful connections between their spirituality and sexuality. Expect to experience something profound when you find formerly rigid boundaries between God and gays being to relax. Your God might be much larger than you ever imagined!

Carter, David (2004). Stonewall: The Riots that Sparked the Gay Revolution.

In 1969, a series of riots over police action against The Stonewall Inn, a gay bar in New York City's Greenwich Village, changed the longtime landscape of the homosexual in society literally overnight. Since then the event itself has become the stuff of legend, with relatively little hard information available on the riots themselves. Now, based on hundreds of interviews, an exhaustive search of public and previously sealed files, and over a decade of intensive research into the history and the topic, Stonewall brings this singular event to vivid life in this, the definitive story of one of history's most singular events.

Harris, Daniel (1997). The Rise and Fall of Gay Culture.

In *The Rise and Fall of Gay Culture*, price-winning essayist and critic Daniel Harris traces the historical development and meaning of the artifacts and rituals of gay culture as they evolve over time. What is the source of the gay man's deification of such cult figures as Judy Garland and Joan Crawford? Why did black leather become such a mainstay of gay fashion? What role did gay men play in the eroticization of men's underwear during the past decade? What is the real significance of the AIDS quilt? As Harris explores these phenomena, he also looks at how the process of assimilation has transformed them from what were once vehicles for political protest into sanitized commodities.

Herek, Gregory M. (ed.) (1998). Stigma and Sexual Orientation: Understanding Prejudice Against Lesbians, Gay Men, and Bisexuals.

Whether engendered by homophobia, heterosexism, or simply prejudice, violence and discrimination continue to persecute the gay community, persistent in the courtroom, on the streets, and in the voting booth. Through the 1990s, empirical research on this phenomenon has advanced at a rapid pace and the results of studies using more sophisticated theories and methods to study heterosexual responses to homosexuality have increasingly found their way into mainstream journals and books. Timely and accessible, *Stigma and Sexual Orientation* makes a significant contribution toward the deeper understanding of homophobia, in addition to providing much-needed insight into the issue of prejudice in general.

McNeill, John J. (1995). Freedom, Glorious Freedom: The Spiritual Journey to the Fullness of Life for Gays, Lesbians, and Everybody Else.
The celebrated author of The Church and the Homosexual completes his visionary trilogy of books on the saving power of God for gay men and lesbians. John J. McNeill--a Jesuit who was expelled from the Society of Jesus in 1987 for his views on homosexuals--focuses on the freedom that gay men and lesbians can find by connecting with the spirit of God.

Michaelmas, Joshua (2005). The Gay Man's Instruction Manual: Advice for a Happier, Healthier, Wealthier, Smarter, and Sexier You!
Finally, sound advice for all of the gay men in today's world. Written with compassion and understanding, bestselling author Joshua Michaelmas (I Wish I Knew How to Quit You: An Unofficial Brokeback Mountain Trivia Book) has compiled the ultimate advice book for the modern gay man! Filled with useful bits of information, helpful advice and just plain common sense, this book is the perfect "instruction manual" for the gay man looking for some direction in his life, whether it be in the romance department, work environment or dealing with family and the struggles, agonies, joys and blisses of daily gay life.

Milton, Adrian (1995). Lavender Light: Daily Meditations for Gay Men in Recovery.
In the first book of daily meditations written especially for gay men in recovery, simple yet powerful words of wisdom speak of this unique experience--and reflect upon issues that are rarely addressed by support groups or recovery literature. Offering new insights into personal concerns, these are day-to-day messages of hope and healing.

Shilts, Randy (2008). The Mayor of Castro Street.
The definitive story of the man whose personal life, public career, and tragic assassination mirrored the dramatic and unprecedented emergence of the gay community in America during the '70s.

Signorile, Michelangelo (1996). Outing Yourself: How to Come Out As Lesbian or Gay to Your Family, Friends, and Coworkers.
No matter how much you prepare, coming out as gay or lesbian is a difficult, emotional process -- a process that will continue long after the words are spoken and the secret is out. There's no magic formula, but *Outing Yourself* by Michelangelo Signorile offers structure, guidance, and straightforward advice. Signorile's 14-step program -- complete with exercises, meditation notes, and anger checks, as well as the accounts of the coming-out experiences of other lesbians and gay men -- shows how you can successfully handle this life-changing, life-renewing process. A guide for the coming-out journey, *Outing Yourself* will convince all who read it that, in the words of the author, "The stress of coming out will never be as hard on you as the stress of staying in was."

PARENTING

Acredolo, Linda & Goodwyn, Susan (2000). Baby Minds: Brain-Building Games Your Baby Will Love.

BABY MINDS translates the most up-to-date scientific knowledge about infant brain development into novel techniques parents can use to nurture their babies' zest for learning. Psychologists and child development experts Goodwyn and Acredolo show parents how to observe space and respond to their child's growing skills in seven key areas, from problem solving (at three months!) to memory (even before a baby can talk) and social communication.

Barras, Jonetta Rose (2000). Whatever Happened to Daddy's Little Girl? The Impact of Fatherlessness on Black Women.

Passionate and shockingly frank, Whatever Happened to Daddy's Little Girl? is the first book to explore the plight of America's fatherless daughters from the unique perspective of the African-American community. This brilliant volume gives all fatherless daughters the knowledge that they are not alone and the courage to overcome the hidden pain they have suffered for so long.

Bray, James H. & Kelly, John (1998). Step-families.

Based on a landmark longitudinal study, the nation's leading expert on stepfamilies reveals his breakthrough findings and offers the first detailed guide to easing the conflicts of stepfamily life and healing the scars of divorce. The purpose of *Stepfamilies* is to answer all the important questions of stepfamily life—to fill in the knowledge gaps that undermine so many stepfamilies today and, crucially, to learn the effect of stepfamily life on children. Based on one of the largest and longest studies of stepfamily life ever conducted, *Stepfamilies* interweaves the stories of real families.

Chambers, Diane (1997). Solo Parenting: Raising Strong & Happy Families.

Here is encouragement for single parents to be their best. This straightforward, step-by-step guide cuts through the obvious to deal with those deeper issues close to every single parent's heart. Solo Parenting helps single parents meet not only the needs of their children but their own needs as well. The book includes solid, practical tips on overcoming fears, "reframing" negative situations into more positive ones, acquiring new job skills through education and training, living a good life on a limited income, disciplining children effectively, and ensuring the long-term welfare of both parent and child.

Crites, F. Russell (2006). Bipolar or ADHD: Educational and Home-Based Strategies for Bipolar Disorder, ADHD and other Co-Existing Conditions.

This book is intended to provide parents, teachers, and clinicians with the proper skills and tools to help children who live with bipolar disorder and ADHD. This includes practical advice, strategies, therapeutic interventions, and self-monitoring devices for the afflicted child. Crites provides checklists and charts of symptoms, strategies for mood management, medication information, instruction on dealing with co-existing conditions, and an array of worksheets and lists of coping tools for the bipolar or ADHD child.

Engel, Beverly (1998). The Parenthood Decision: Discovering Whether You Are Ready and Willing to Become a Parent.

The Parenthood Decision will help potential parents resolve their conflicts about this major decision. Here, Beverly Engel helps readers find their own answers to questions such as: "Am I ready to be a parent?" "What should I do if I am ready and my partner is not?" "Will I be a better parent than my parents?" "How will having a baby affect my relationship?" "What are the mistakes I am most likely to make and how can I avoid them?" "Should I have a baby on my own?" By presenting important information, posing thought-provoking questions and providing exercises, Engel helps both those who are unclear whether this is the right time for them to become parents and those who are undecided about whether parenthood is right for them.

Faber, Adele & Mazlish, Elaine (2003). How to Talk So Kids Can Learn at Home and in School.

Here is the bestselling book that will give you the know-how you need to be more effective with your children — and more supportive of yourself. Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach of Faber and Mazlish makes relationships with children of all ages less stressful and more rewarding. You'll learn how to: Cope with your child's negative feelings; express your anger without being hurtful; engage your child's willing cooperation; set firm limits and still maintain goodwill; use alternatives to punishment; and resolve family conflicts peacefully.

Faber, Adele & Mazlish, Elaine (2004). How to Talk So Kids Will Listen & Listen So Kids Will Talk.

How to Talk So Kids Will Listen and Listen So Kids Will Talk provides all the know-how required for happier, more constructive parent-child relations. Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach of Faber and Mazlish makes interaction with children of all ages less stressful and more rewarding. The Christopher Award-winning

authors share their latest insights and suggestions based on feedback they've received over the years. Their real-world methods offer children's negative feelings; express anger without being hurtful; set firm limits and maintain goodwill; use alternatives to punishment; resolve family conflicts peacefully.

Gottman, John (1997). Raising an Emotionally Intelligent Child.

Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. *Raising an Emotionally Intelligent Child* is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships.

Kindlon, Dan (2001). Too Much of a Good Thing: Raising Children of Character in an Indulgent Age.

Parents Give Their Children too much and expect too little. Material indulgence -- everything from excessive toys to cell phones, cars, and credit cards -- is just the beginning. With good intentions parents too often emotionally indulge their children as well. There is too much negotiation, overprotection, an overall sense of entitlement, and too few of the character building experiences that lead to happiness and psychological health. Too Much of a Good Thing outlines the consequences of a generation of children surrounded by a sea of choices, and a lack of limits and barriers.

Kurcinka, Mary Sheedy (2006). Raising Your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent, and Energetic. (2 Copies)

The spirited child—often called "difficult" or "strong-willed"—possesses traits we value in adults yet find challenging in children. Research shows that spirited kids are wired to be "more"—by temperament, they are more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. In this revised edition of the award-winning classic, voted one of the top twenty books for parents, Kurcinka provides vivid examples and a refreshingly positive viewpoint.

Lafayette, Leslie (1995). Why Don't You Have Kids? Living a Full Life Without Parenthood.

Lafayette, the founder of the ChildFree Network, a national support group for childless adults, here offers an insightful exploration of parenting-and not parenting. The book is filled to the binding with questions, answers, interviews, and anecdotes for those deciding whether or not to have children. Importantly, the male as well as the female perspective is examined. But perhaps the book's most impressive quality is the writing. At just the right times, Lafayette is refreshingly lighthearted and humorous, while at others she knows how to drive home a point. All of these qualities combine to create a thoroughly enjoyable reading experience out of an important topic.

Mindell, Jodi (1997). Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep.

Drawing on her ten years of experience in the assessment and treatment of common sleep problems in children, Dr. Jodi A. Mindell now provides tips and techniques, the answers to commonly asked questions, and case studies and quotes from parents who have successfully solved their children's sleep problems. Unlike other books on the subject, Dr. Mindell also offers practical tips on bedtime, rather than middle-of-the-night-sleep training, and shows how all members of the family can cope with the stresses associated with teaching a child to sleep.

Nakazawa, Donna Jackson (2003). Does Anybody Else Look Like Me? A Parent's Guide to Raising Multiracial Children.

Helping a child understand his mixed racial background can be daunting, especially when, whether out of honest appreciation or mean-spiritedness, peers and strangers alike perceive their features to be "other." Drawing on psychological research and input from over fifty multiracial families, *Does Anybody Else Look Like Me?* addresses the special questions and concerns facing these families, explaining how we can best prepare multiracial children of all ages to make their way confidently in our color-conscious world. From the books and toys to use in play with young children, to advice on guiding older children toward an unflappable sense of self, *Does Anybody Else Look Like Me?* is the first book to outline for parents how, exactly, to deflect the objectifying attention multiracial children receive.

National Institute for Literacy (2006). A Child Becomes a Reader: Proven from Research for Parents.

This booklet gives ideas for playing, talking, and reading with your child that will help him or her become a good reader and writer later in life.

Newman, Susan (2001). Parenting an Only Child: The Joys and Challenges of Raising Your One & Only.
By a child-care authority and mother of an only child, this useful, knowledgeable book provides sound advice on creating an enriching environment that's stimulating and enjoyable for only children and their parents alike.

Pantley, Elizabeth (2002). The No-Cry Sleep Solution.
Until now the only two ways to deal with sleepless nights were to let your baby cry herself to sleep or to become a sleep-deprived martyr and tough it out from dusk until dawn. At last, there is a practical and effective third way, thanks to Elizabeth Pantley, a parent educator and mother of four. Pantley is like a best friend who's been there and is full of caring advice to help you and your baby get a good night's sleep. Her ten-step will lead you through the process one day at a time.

Pantley, Elizabeth (2007). The No-Cry Discipline Solution: Gentle Ways to Encourage Good Behavior Without Whining, Tantrums and Tears.
The No-Cry Discipline Solution is based on one important fact: parents know their children best. This book turns discipline into a positive, affirming experience by offering a collection of proven techniques that you can custom-tailor to your child's unique personality. This groundbreaking approach allows you to: achieve the big Cs of parental discipline (cooperation, communication, and consistency); defuse or prevent tantrums and eliminate whining; manage your own anger; and uncover and solve the real problem fueling your child's misbehavior.

Phelan, Thomas (2003). 1-2-3 Magic: Effective Discipline for Children 2-12.
Addressing the task of disciplining children ages 2 through 12 without arguing, yelling, or spanking, this audio program offers easy-to-follow steps to immediately manage troublesome behavior with reason, patience, and compassion. Parents and teachers learn how to encourage and respect children's growing independence with 10 strategies for building self-esteem. Also discussed are the three most important qualities for parents or teachers to exhibit in order to foster competence in kids. Tips are included on how to prevent homework arguments, make mealtimes more enjoyable, conduct effective family meetings, and encourage children to start doing their household chores.

Reichlin, Gail & Winkler, Caroline (2001). The Pocket Parent.
The Pocket Parent is, literally, a pocket-size book of tried-and-true advice, common sense, parental wisdom, and sanity. Written by two professionals who've reared six children between them and made a career out of helping others with parenting issues, this handy book will be a lifesaver for every parent of a 2-to-5-year-old. It begins with an overall view of the Pocket Parent approach to discipline. Based on unconditional love but firm limits, and aimed at keeping the child's dignity and self-esteem intact, here are strategies that include "I" statements, modeling, family meetings, and "one word" requests. Once the ground rules are set, the guide moves to an A-to-Z compendium of common problems. Just look it up-Anger, Bad Words, Biting, Chores, Doctor Visits, Fears at Night, Lying, Separation Anxiety-and find the "Sanity Savers" list of suggestions, easy-to-follow bullets, anecdotes, and more.

Seligman, Martin (2007). The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience.
In The Optimistic Child, Dr. Martin E. P. Seligman offers parents, teachers, and coaches a well-validated program to prevent depression in children. In a thirty-year study, Seligman and his colleagues discovered the link between pessimism -- dwelling on the most catastrophic cause of any setback -- and depression. Seligman shows adults how to teach children the skills of optimism that can help them combat depression, achieve more on the playing field and at school, and improve their physical health.

Severe, Sal (2000). How to Behave So Your Children Will, Too. (Audio Cassette)
Dr. Sal Severe maintains that "children learn what they live -- your children do as you do." Based on Dr. Severe's more than twenty years of experience as a school psychologist and parenting workshop leader, How to Behave So Your Children Will, Too! shows why a child's behavior is often a reflection of the parents' behavior, and how, by making changes themselves, parents can achieve dramatic results in their children. Dr. Severe also provides concrete strategies for dealing with common problems: solving homework hassles, ending tantrums (especially in public places), avoiding the temptation to give in to your child when you're exhausted, creating reasonable rules for every age, and making sure to take time for children even when you and your spouse are working full time.

Shaw, Mary Ann (1997). Helping Your Child Survive Divorce.
Helping Your Child Survive Divorce follows the divorce process from the roots of an unhappy household, through separation, the legal proceedings, custody and visitation, the post-divorce standard of living, the possibility of moving away from friends and school, and the lifelong process of dealing with divorced parents. Many children's drawings are included, which graphically outline some of the problems the children are going through. Divorce is traumatic for all families, but with good parenting techniques, children can

emerge mentally healthy and capable of lasting relationships. This book will help parents learn how to think first about what's best for their children by seeing divorce through the children's eyes.

Shelov, Steven (2004). The Complete and Authoritative Guide: Caring for Your Baby and Young Child: Birth to Age 5.

Warmly written yet encyclopedic in scope, this bestselling book provides advice that parents can trust from the nation's leading specialists in pediatric medicine. Includes "Where We Stand" boxes commenting on critical parenting issues, plus crucial information on air bag safety and infant car seats and a revised immunization schedule. 350+ illustrations.

PERSONAL GROWTH

Alberti, Robert & Emmons, Michael (2008). Your Perfect Right (9th Edition).
The most widely recommended assertiveness training book helps readers develop more effective self-expression with detailed procedures, examples, stories and exercises.

Anthony, Martin & Swinson, Richard (1998). When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism.
At work and at home, people are continually bombarded with demands to do better. What's more, in addition to external pressures, many feel enormous internal pressure to perform and succeed. These thoughts and behaviors can often become overwhelming and incapacitating. In *When Perfect Isn't Good Enough*, leading mental health experts Martin Antony and Richard Swinson offer a clear and thorough account of the various types of perfectionism and present detailed coping strategies for controlling and overcoming the need to be perfect.

Aron, Elaine (1998). The Highly Sensitive Person: How to Thrive When the World Overwhelms You.
Most of us feel over-stimulated every once in a while, but for the Highly Sensitive Person, it's a way of life. In this groundbreaking book, Dr. Elaine Aron, a psychotherapist, workshop leader and highly sensitive person herself, shows you how to identify this trait in yourself and make the most of it in everyday situations. Drawing on her many years of research and hundreds of interviews, she shows how you can better understand yourself and your trait to create a fuller, richer life.

Aron, Elaine (1999). The Highly Sensitive Person's Workbook.
High sensitivity is a trait shared by 20 percent of the population, according to Dr. Elaine Aron, a clinical psychologist and workshop leader and the bestselling author of **The Highly Sensitive Person**. The enormous response to her book led Dr. Aron to create **The Highly Sensitive Person's Workbook**, designed to honor that long-ignored, trampled-on part of yourself—your sensitivity. A collection of exercises and activities for both individuals and groups, this workbook will help you identify the HSP trait in yourself, nurture the new, positive self-image you deserve, and create a fuller, richer life.

Arylo, Christine (2009). Choosing Me Before We: Every Woman's Guide to Life and Love.
Full of sass, soul, and the type of empowering wisdom that no woman should live without, *Choosing ME before WE* is like a heart-to-heart with your closest girlfriend. And best of all, you'll discover that your closest girlfriend is your own truest self, inside you, always ready to offer wise, loving advice about what is best for you. Designed to challenge and guide women to create the relationships they want instead of the ones they often find themselves stuck in, this book is packed with stimulating questions to uncover what's true for you, powerful techniques to change old habits that sabotage your dreams, and real-life experiences shared by the author, her friends, and her clients.

Baron, Renee (1998). What Type Am I?: Discover Who You Really Are. (2 copies)
Based on the classic personality test taken by millions annually, this book will help you to assess your individual preferences in four basic areas: how you relate to the world, take in information, make decisions, and manage your life. Now a family therapist explains this fascinating system in a way that is entertaining and easy to absorb. Renee Baron takes on the complexity of the sixteen personality types and makes them accessible, so you can comprehend them, find your own type, and use the knowledge to enrich your own life. Here is information about individual strengths and weaknesses along with suggestions for personal growth and awareness.

Beak, Sera (2013). Red Hot & Holy: A Heretic's Love Story.
Red Hot and Holy is both a memoir and a spiritual fire starter. With a rare combination of audacious wit, scholarly acumen, and self-help motivation, Sera offers us a front-row seat on her mystical journey-sharing hard-won transformative insights and renegade spiritual wisdom while enthusiastically encouraging us all to trust our unique path and ignite our own spiritual love affair .Here is a singular book that is both a radically honest self-portrait and an inspiring call to action-a hot and holy invitation to embrace your soul, unleash your true Self, and burn, baby, burn with divine love.

Benson, Herbert & Klipper, Miriam (1976). The Relaxation Response.
This revitalizing, therapeutic approach, discovered by Dr. Benson and his colleagues in the laboratories of Harvard Medical School and its teaching hospitals, is now routinely recommended to treat patients suffering from heart conditions, high blood pressure, chronic pain, insomnia, and many other physical ailments. Requiring only minutes to learn, and just ten to twenty minutes of practice twice a day, *the Relaxation Response* has proven to be one of the most effective ways to relieve the tensions of modern-day living for a richer, healthier, more productive life.

Berg, Karen & Gilman, Andrew (1989). Get to the Point: How to Say What You Mean and Get What You Want.

The complete guide to making effective presentations. The proven program that helps you fight performance anxiety - and communicate with confidence and ease. Teaches you how to say what you mean and get what you want.

Bloomfield, Harold (1985). The Achilles Syndrome: Transforming Your Weaknesses into Strengths.

According to Psychiatrist Harold Bloomfield, we all have at least one Achilles heel, a vulnerability, an insecurity, or a weak spot in our psychological make-up that periodically affects us. The Achilles Syndrome robs us of perspective. "Many of us view our weaknesses as if they are the sole measure of our attractiveness and self-worth." Our lives can become a losing battle if we go into hiding because of our shortcomings rather than improving on an already worthy foundation.

Bradshaw, John (1990). Home Coming: Reclaiming and Championing Your Inner Child.

Using a combination of workshop presentations and exclusive, practical exercises, John Bradshaw demonstrates how your wounded inner child may be causing you pain and offers the tools to help you gradually, safely go back to reclaim, and nurture that child - and literally help yourself grow up again.

Brazier, David (1995). Zen Therapy: Transcending the Sorrows of the Human Mind.

In this book, psychotherapist David Brazier offers readers in the West a fresh perspective on Buddhist psychology and demonstrates how Zen Buddhist techniques are integrated into psychotherapy. Writing from the viewpoint of a Western psychotherapist, Dr. Brazier successfully demystifies Buddhist psychology, explains the conceptual foundations of Buddhist thought, and with the help of vivid case studies, clearly demonstrates how a Buddhist approach can provide a practical path to personal growth.

Briggs-Myers, Isabel & Myers Peter (1995). Gifts Differing: Understanding Personality Type.

Describing the 16 major personality types identified in the work of Briggs and Myers, this landmark book shows the profound effects--on marriage, learning and career satisfaction--of a person's style of perception and judgment. The late Isabel Briggs Myers co-authored the most widely used personality inventory in history, Myers-Briggs Type Indicator.

Brown, Brene (2007). I Thought It Was Just Me: Women Reclaiming Power and Courage in a Culture of Shame.

Based on seven years of ground-breaking research and hundreds of interviews, *I Thought It Was Just Me* shines a long-overdue light on an important truth: Our imperfections are what connect us to each other and to our humanity. Our vulnerabilities are not weaknesses; they are powerful reminders to keep our hearts and minds open to the reality that we're all in this together. Dr. Brown writes, 'We need our lives back. It's time to reclaim the gifts of imperfection ' the **courage** to be real, the **compassion** we need to love ourselves and others, and the **connection** that gives true purpose and meaning to life.

Brown, Brene (2010). The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are. (3 copies)

Each day we face a barrage of images and messages from society and the media telling us who, what, and how we should be. We are led to believe that if we could only look perfect and lead perfect lives, we'd no longer feel inadequate. In her ten guideposts, Brown engages our minds, hearts, and spirits as she explores how we can cultivate the courage, compassion, and connection to wake up in the morning and think, "No matter what gets done and how much is left undone, I am enough," and to go to bed at night thinking, "Yes, I am sometimes afraid, but I am also brave. And, yes, I am imperfect and vulnerable, but that doesn't change the truth that I am worthy of love and belonging."

Butler, Pamela (1992). Self-Assertion for Women.

Self-Assertion for Women offers practical advice with realistic sample dialogues and step-by-step exercises showing women how they can learn to communicate clearly and effectively; protect themselves from misread signals in public, as well as intimate, situations; maintain professional authority without becoming aggressive; deal appropriately with sexual harassment; and express positive and negative feelings without anxiety.

Byrne, Rhonda (2006). The Secret.

Fragments of a Great Secret have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of The Secret come together in an incredible revelation that will be life-transforming for all who experience it. In this book, you'll learn how to use The Secret in every aspect of your life -- money, health, relationships, happiness, and in every interaction you have in the world. You'll begin to understand the hidden, untapped power that's within you, and this revelation can bring joy to every aspect of your life.

Cain, Susan (2013). Quiet: The Power of Introverts in a World That Can't Stop Talking. (2 copies)

In *Quiet,* Susan Cain argues that we dramatically undervalue introverts and shows how much we lose in doing so. She charts the rise of the Extrovert Ideal throughout the twentieth century and explores how deeply it has come to permeate our culture. She also introduces us to successful introverts—from a witty, high-octane public speaker who recharges in solitude after his talks, to a record-breaking salesman who quietly taps into the power of questions. Passionately argued, superbly researched, and filled with indelible stories of real people, *Quiet* has the power to permanently change how we see introverts and, equally important, how they see themselves.

Cameron, Julia (2002). The Artist's Way: A Spiritual Path to Higher Creativity.

The Artist's Way has touched the lives of millions of people around the world. Now, for the first time, fans will have this elegantly designed and user-friendly volume for use in tandem with the book. *The Artist's Way Workbook* includes: more than 110 *Artist's Way* tasks; more than 50 *Artist's Way* check-ins. *The Artist's Way Workbook* is an indispensable book for anyone following the spiritual path to higher creativity laid out in *The Artist's Way*.

Carter, Les (1991). Imperative People: Those Who Must Be In Control.

According to Dr. Les Carter, imperativeness – the need to be in control – is simply taking a good thing too far, letting a strength become a weakness. This book will walk you through a self-evaluation process for determining your level of imperativeness as he gives specific ways to overcome imperative thinking.

Chia, Mantak & Saxer Dena (2009). Emotional Wisdom: Daily Tools for Transforming Anger, Depression, and Fear.

A groundbreaking book, *Emotional Wisdom* reveals powerful ancient tools for transforming our painful emotions into happiness and health. So-called negative emotions are valuable messages that let us know we are out of balance. With compassion and humor, Taoist authors Mantak Chia and Dena Saxer explain the messages that anger, depression, fear, worry, and stress offer us. They present three easy-to-learn twenty-minute internal energy practices, with helpful illustrations, to turn these imbalances into harmony and joy. They provide unusual nutritional advice for emotional healing and a Taoist First Aid section with proven natural remedies for minor ailments such as insomnia, indigestion, headaches, and overeating.

Chodron, Pema (1997). When Things Fall Apart: Heart Advice for Difficult Times (2 Copies).

There is a fundamental opportunity for happiness right within our reach, yet we usually miss it—ironically while we are caught up in attempts to escape pain and suffering. Drawn from traditional Buddhist wisdom, Pema Chödrön's radical and compassionate advice for what to do when things fall apart in our lives goes against the grain of our usual habits and expectations. There is only one approach to suffering that is of lasting benefit, Pema teaches, and that approach involves moving *toward* painful situations with friendliness and curiosity, relaxing into the essential groundlessness of our entire situation.

Chopra, Deepak (2008). Jesus: A Story of Enlightenment.

The *New York Times* bestselling author captures the untold story of Jesus in this surprising, soul-stirring, and inspiring novel.

Cooper, Barbara & Widdows, Nancy (2008). The Social Success Workbook for Teens.

Making friends is a skill like any other-there are rules to follow, ways to measure your progress, and reasons why some people are better at it than others. Although it may seem like this skill comes naturally to those who don't have Asperger's disorder, nonverbal learning disorder (NLD), or other problems relating to others, the reality is that even the most popular people must constantly hone their abilities in order to make new friends and keep the friends they already have. This workbook includes forty activities you can do to recognize and use your unique strengths, understand the unspoken rules behind how people relate to each other, and improve your social skills.

Covey, Stephen (2003). The Seven Habits of Highly Effective People Personal Workbook.

This reference offers solutions to both personal and professional problems by promoting and teaching fairness, integrity, honesty, and dignity. An engaging companion to a bestselling classic, *The 7 Habits of Highly Effective People Personal Workbook* will help readers set goals, improve relationships, and create a path to life effectiveness.

Covey, Stephen (1989). The Seven Habits of Highly Effective People. (3 Copies)

Stephen Covey, an internationally respected leadership authority, realizes that true success encompasses a balance of personal and professional effectiveness, so this book is a manual for performing better in both arenas. His anecdotes are as frequently from family situations as from business challenges. Before you can adopt the seven habits, you'll need to accomplish what Covey calls a "paradigm

shift"--a change in perception and interpretation of how the world works. Covey takes you through this change, which affects how you perceive and act regarding productivity, time management, positive thinking, developing your "proactive muscles" (acting with initiative rather than reacting), and much more.

Cowan, Connell & Kinder, Melvyn (1985). Smart Women, Foolish Choices: Finding the Right Men, Avoiding the Wrong Ones

Why is it that so many women have everything going for them-except satisfying personal relationships? In this breakthrough book, two clinical psychologists reveal the surprising answers. Writing from a much-needed male point of view, the authors tell why smart women are almost magnetically drawn to the wrong men, and how they can change their love-defeating attitudes to open up new opportunities for romantic happiness.

Curran, Linda (2013). 101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward.

This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings, these interventions will provide hope and healing for the client, as well as expand and solidify the professional's expertise.

Dass, Ram (1970). Be Here Now.

Describes one man's transformation upon his acceptance of the principles of Yoga and gives a modern restatement of the importance of the spiritual side of man's nature.

Davidson, Joy (1991). The Soap Opera Syndrome.

Dr. Joy Davidson describes the learned behavior of "self-sabotage" as drama-seeking – the need to fill our lives with melodrama – and she has helped hundreds of women break free from these self-destructive patterns. *The Soap Opera Syndrome* offers a step-by-step program for turning the temporary thrills of dramatic flare-ups into a steadier, more rewarding lifestyle.

Davis, Martha, Paleg, Kim, & Fanning, Patrick (2004). The Messages Workbook: Powerful Strategies for Effective Communication at Work & Home.

You need strong communication skills to survive. The better able you are to communicate with others, the happier and more successful you will be. Rewarding and lucrative careers, strong and lasting friendships, meaningful and satisfying romance all hang on this one uniquely human ability. Communication is a skill that can always be improved with good information and practice. Whatever your communication needs, this book offers you real tools you can use to express yourself well and relate to others effectively.

Dyer, Wayne (2001). 10 Secrets for Success and Inner Peace. (2 copies)

The ten "secrets" for success and inner peace presented here apply whether you're just embarking on your path, are nearing the end of it, or are on the path in *any* way. Dr. Dyer urges you to read these ten secrets with an open heart. By doing so, you'll learn to feel the peace of God that truly defines success. Dr. Dyer shares his view that we're living in an age of spiritual deficiency. We have more than enough information in our society -- it's spirituality that's lacking. First and foremost, spiritually advanced people must have a "burning desire" to become as spiritually fulfilled as possible -- even if they're seen as running against the pack or "marching to the beat of their own drummer," as Henry David Thoreau (Dr. Dyer's spiritual mentor) said.

Dyer, Wayne (1993). Your Erroneous Zones.

If you're plagued by guilt or worry and find yourself falling unwittingly into the same old self-destructive patterns, then you have "erroneous zones" -- whole facets of your approach to life that act as barriers to your success and happiness. Dr. Wayne W. Dyer can now help you break free! If you believe that you have no control over your feeling and reactions, Dyer reveals how much you can take charge of yourself and manage how much you let difficult situations affect you. If you spend more time worrying what others think than working on what you want and need, Dyer points the way to true self-reliance. From self-image problems to over-dependence upon others, Dyer gives you the tools you need to enjoy life to the fullest.

Dyer, Wayne (1978). Pulling Your Own Springs.

Wayne Dyer reveals how we all can prevent ourselves from being victimized by others and begin to operate from a position of power at the center of our own lives. Asserting that we alone are responsible for how much we will be controlled by others, Dyer offers his practical plan for developing new attitudes toward the most common sources of victimization and manipulation, such as family members and authority figures in the workplace.

Fensterheim, Herbert & Baer, Jean (1988). Making Life Right When it Feels All Wrong.

You can learn to say what you mean and mean what you say. This best-selling guide has already transformed thousands of lives—and can change your as well. The authors' pioneering Assertiveness Training Technique can help you gain recognition and promotion on the job, renew your marriage, put more zing in your sex life, deal with your children more effectively, and make new friends.

Fromm, Erich (1956). The Art of Loving.

Most people are unable to love on the only level that truly matters: love that is compounded of maturity, self-knowledge, and courage. As with every art, love demands practice and concentration, as well as genuine insight and understanding. In his classic work, *The Art of Loving*, renowned psychoanalyst Erich Fromm explores love in all its aspects - not only romantic love, steeped in false conceptions and lofty expectations, but also brotherly love, erotic love, self-love, the love of God, and the love of parents for their children.

Fromm, Erich (1988). To Have or to Be?

To have or to be? is one of the seminal books of the second half of the 20th century. His thesis is that two modes of existence struggle for the spirit of humankind: the having mode, which concentrates on material possessions, power, and aggression, and is the basis of the universal evils of greed, envy, and violence; and the being mode, which is based on love, the pleasure of sharing, and in productive activity. To Have Or to Be? is a brilliant program for socioeconomic change.

Fulghum, Robert (1988). All I Really Need to Know I Learned in Kindergarten: Uncommon Thoughts on Common Things

Fulghum engages us with musings on life, death, love, pain, joy, sorrow, and the best chicken-fried steak in the continental U.S.A. The little seed in the Styrofoam cup offers a reminder about our own mortality and the delicate nature of life . . . a spider who catches (and loses) a full-grown woman in its web one fine morning teaches us about surviving catastrophe . . . the love story of Jean-Francois Pilatre and his hot air balloon reminds us to be brave and unafraid to “fly” . . . life lessons hidden in the laundry pile . . . magical qualities found in a box of crayons . . . hide-and-seek vs. sardines–and how these games relate to the nature of God.

Glasser, William (1965). Reality Therapy: A New Approach to Psychiatry.

Glasser's classic bestseller, with more than 500,000 copies sold, examines his alternative to Freudian psychoanalytic procedures, explains the procedure, contrasts it to conventional treatment, and describes different individual cases in which it was successful.

Goleman, Daniel (2005). Emotional Intelligence: Why it Can Matter More Than IQ.

Everyone knows that high IQ is no guarantee of success, happiness, or virtue, but until *Emotional Intelligence*, we could only guess why. Daniel Goleman's brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our "two minds"—the rational and the emotional—and how they together shape our destiny. Through vivid examples, Goleman delineates the five crucial skills of emotional intelligence, and shows how they determine our success in relationships, work, and even our physical well-being. What emerges is an entirely new way to talk about being smart. The best news is that "emotional literacy" is not fixed early in life. Every parent, every teacher, every business leader, and everyone interested in a more civil society, has a stake in this compelling vision of human possibility.

Gray, John (1999). How to Get What You Want and Want What You Have: A Practical and Spiritual Guide to Personal Success.

What you want materially and what you want spiritually are both important, says John Gray, Ph.D., in *How to Get What You Want and Want What You Have*. "Wanting more is the nature of our soul, mind, heart, and senses," he says. As an antidote of sorts to the sometimes overly strict books of late that advocate a life of utter simplicity, he concedes that it's okay to want a big promotion or fancy car. It's also noble to want a solid spiritual life and to want to be at peace with yourself. However, he says, you need to recognize and work on the many self-defeating behaviors that may be thwarting your chances for reaching your goals.

Gregory, Barry (2013). The CBT Workbook: Practical Exercises and Worksheets to Promote Change.

The exercises and worksheets are designed to provide powerful tools that can be used in individual or group sessions and as homework assignments. An effective way to use the workbook is to have clients complete the exercises and worksheets at home and then review them together in each session.

Grett, Angela (2006). My Mother's Bipolar, So What Am I?

When the author's mother was diagnosed with bipolar disorder, the response was shock and confusion. What did it mean to be bipolar? How would it affect her mother and the members of her family? Grett became frustrated with her mother because she didn't understand the disease or her mother's behavior and believed that she could be normal if she just tried harder. The diagnosis of bipolar

disorder weighs heavily on those millions of Americans who suffer the illness. But what about their families? More specifically, what about the children whose parents are diagnosed. My Mother's Bipolar, So What Am I? reveals the emotional, physical and mental toll this complicated disease takes on the children.

Gunaratana, Bhante Henepola (2002). Mindfulness in Plain English: Revised and Expanded Edition.

With his distinctive clarity and wit, "Bhante G" takes us step by step through the myths, realities, and benefits of meditation and the practice of mindfulness. We already have the foundation we need to live a more productive and peaceful life — Bhante simply points to each tool of meditation, tells us what it does, and how to make it work. This expanded edition includes the complete text of its bestselling predecessor, as well as a new chapter on the cultivation of loving kindness.

Gawain, Shakti (2002). Creative Visualization: Use the Power of Your Imagination to Create What You Want in Your Life.

Creative Visualization has been successfully used in the fields of health, education, business, sports, and the arts for many years. Gawain explains how to use mental imagery and affirmations to produce positive changes in one's life. The book contains meditations and exercises that are aimed at helping the practitioner channel energies in positive directions, strengthen self-esteem, improve overall health, and experience deep relaxation. This is the book that launched a movement.

Hallowell, Edward & Ratey, John (1995). Driven to Distraction: Recognizing and Coping with Attention-Deficit Disorder from Childhood through Adulthood (3 copies).

Through vivid stories of the experiences of their patients (both adults and children), Drs. Hallowell and Ratey show the varied forms ADD takes -- from the hyperactive search for high stimulation to the floating inattention of daydreaming -- and the transforming impact of precise diagnosis and treatment.

Hallowell, Edward & Ratey, John (2006). Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder.

ADD is a trait, a way of living in the world. It only becomes a disorder when it impairs your life. Featuring gripping profiles of patients with ADD who have triumphed, Delivered from Distraction is a wise, loving guide to releasing the positive energy that all people with ADD hold inside. If you have ADD or care about someone who does, this is the book you must read.

Hallowell, Edward (2006). CrazyBusy: Overstretched, Overbooked, and About to Snap-Strategies for Coping in a World Gone ADD.

Are you too busy? Are you always running behind? Is your calendar loaded with more than you can possibly accomplish? Is it driving you crazy? You're not alone. CrazyBusy–the modern phenomenon of brain overload–is a national epidemic. Without intending it or understanding how it happened, we've plunged ourselves into a mad rush of activity, expecting our brains to keep track of more than they comfortably or effectively can. In fact, as Attention Deficit Disorder expert and bestselling author Edward M. Hallowell, M.D., argues in this groundbreaking new book, this brain overload has reached the point where our entire society is suffering from culturally induced ADD.

Hallowell, Edward & Hallowell, Sue George (2010). Married to Distraction: Restoring Intimacy and Strengthening Your Marriage in an Age of Interruption.

Are you more distant from your spouse than you'd like to be? Do you or your spouse waste time mindlessly viewing email or surfing the Web? Welcome to the club! Modern marriage is busy, distracted, and overloaded to extremes, with ever-increasing lists of things to do, superficial electronic connections, and interrupted moments. The good news is that there are straightforward and effective ways to restore communication and connection, resurrect happiness and romance, and strengthen—even save—a marriage.

Hansen-Shaevitz, Marjorie (1984). The Superwoman Syndrome.

This highly acclaimed guidebook is a working blueprint to help you regain control of your life. It is filled with charts, lists, self-tests – and illuminating insights that will help you recognize what is most important to you and concentrate on the people and goals that will give you genuine satisfaction in life.

Harris, Russ (2008). The Happiness Trap: How to Stop Struggling and Start Living.

Are you, like millions of Americans, caught in the happiness trap? Russ Harris explains that the way most of us go about trying to find happiness ends up making us miserable, driving the epidemics of stress, anxiety, and depression. This empowering book presents the insights and techniques of ACT (Acceptance and Commitment Therapy) a revolutionary new psychotherapy based on cutting-edge research in behavioral psychology. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life.

Hayes, Steven (2005). Get out of Your Mind & Into Your Body.

Get ready to take a different perspective on your problems and your life—and the way you live it. Acceptance and commitment therapy (ACT) is a new, scientifically based psychotherapy that takes a fresh look at why we suffer and even what it means to be mentally healthy. What if pain were a normal, unavoidable part of the human condition, but avoiding or trying to control painful experience were the cause of suffering and long-term problems that can devastate your quality of life? The ACT process hinges on this distinction between pain and suffering. As you work through this book, you'll learn to let go of your struggle against pain, assess your values, and then commit to acting in ways that further those values.

Johnson, Spencer (1998). Who Moved My Cheese? An Amazing Way to Deal with Change in Your Work and in Your Life.

Sometimes simple problems require simple answers. In just 96 pages, this humorous story uses simple metaphors and characters to encourage readers to embrace change and to adapt to new situations with an open mind and a motivated spirit. It follows four fictional characters, Sniff, Scurry, Hem and Haw, as they search for fulfillment in the maze of life.

Kahn, Michael (2001). Between Therapist and Client: The New Relationship (Revised Ed.).

Beginning with Freud's discovery of transference, Kahn traces the history of the clinical relationship from Carl Rogers' introduction of humanistic concerns through Merton Gill's theory and technique of transference analysis, to the pioneering work of Heinz Kohut, who has most successfully brought together psychoanalytic and humanistic thought. Using vivid examples from his own practice, Kahn shows how a coherent synthesis of these various approaches leads to the most successful clinical relationships.

King, Ruth (2007). Healing Rage: Women Making Inner Peace Possible (3 copies).

An empowering, soulful approach to a subject that is too often ignored, this book shows women how to understand their rage, ease its destructive potential, and preserve its wisdom.

Klauser, Henriette Anne (2000). Write It Down, Make It Happen: Knowing What You Want and Getting It.

In *Write It Down, Make It Happen,* Henriette Anne Klauser, Ph.D., explains how simply writing down your goals in life is the first step toward achieving them. Writing can even help you understand what you want. In this book, you will read stories about ordinary people who witnessed miracles large and small unfold in their lives after they performed the basic act of putting their dreams on paper. Klauser's down-to-earth tips and easy exercises are sure to get your creative juices flowing.

Kroeger, Otto & Thuesen, Janet (1988). Type Talk: Or How to Determine Your Personality Type and Change Your Life (Based on the Myers-Briggs Type Indicator).

Promote yourself at work, enhance your love life, be a better parent, and read others effectively. You will begin to explore the most significant and intimate aspects of your personality type. Learn about yourself and those around you using this exciting and scientifically validated method of evaluation. This is a wonderful, informative, helpful, and entertaining guide that may lead the way to a journey of self-discovery that will change your life.

Kübler -Ross, Elisabeth (1969). On Death and Dying: What the dying have to teach doctors, nurses, clergy, and their own families (2 copies).

Dr. Elisabeth Kübler-Ross created her classic seminal work, *On Death and Dying*, to offer us a new perspective on the terminally ill. It is not a psychoanalytic study, nor is it a "how-to" manual for managing death. Rather, it refocuses on the patient as a human being and a teacher, in the hope that we will learn from him or her about the final stages of life. *On Death and Dying* examines the attitudes of the dying and the factors that contribute to society's anxiety over death. It closely looks at the five stages of death—denial and isolation, anger, bargaining, depression, and acceptance—and how the dying and living deal with them. In addition, this program offers multi-voice readings of some of the most revealing interviews Dr. Kübler-Ross conducted with her patients.

Kushner, Harold (1981). When Bad Things Happen to Good People.

Based on the nationally acclaimed bestseller, this program features the distinguished Rabbi Harold S. Kushner in a touching, heart-warming conversation. Inspired by the death of his 14-year-old son and his family's shared ordeal, Rabbi Kushner tells how to deal spiritually with an unfair loss or tragedy. He gives us wise and compassionate advice on how we can cope, what we should do about our anger and how we can keep from feeling guilty that we are the cause of bad things that happen. Rabbi Kushner reaches out to people of all faiths as he offers a message of love and peace.

Ledgin, Norm (2002). Asperger's and Self-Esteem: Insight and Hope Through Famous Role Models.
From composer Amadeus Mozart to astronomer Carl Sagan, Ledgin examines the evidence of Asperger's Syndrome in some of history's most famous men and women and shows how, despite their apparent challenges, each made an immeasurable contribution to the world. A great book to raise the self-esteem of those with Asperger's.

Lerner, Harriet (1996). Life Preservers: Good Advice When You Need it Most.
With wit, wisdom and uncommon sense, Dr. Harriet Lerner gives readers the tools to solve problems and create joy, meaning and integrity in their relationships. Women will find *Life Preservers* (more than 40,000 copies sold in hardcover) to be an invaluable motivational guide that covers the landscape of work and creativity, anger and intimacy, friendship and marriage, children and parents, loss and betrayal, sexuality and health and much more.

Lowen Alexander (1995). Joy: The Surrender to the Body and to Life.
Alexander Lowen, famous student of Wilhelm Reich and founder of Bioenergetics, reveals in this book how to reclaim a natural, childlike state of joy through exercises that revive the body's vitality and liberate the energy of suppressed feelings. Using examples from four decades of clinical practice, Lowen shows how painful emotional experiences - from sexual abuse and fear of dying to the anger and heartbreak all human beings experience in life - are manifested in bodily symptoms. He then instructs readers how to listen for and answer the unique signals in the body that serve as internal cries for freedom.

Lyubomirsky, Sonja (2008). The How of Happiness: A Scientific Approach to Getting the Life You Want.
Drawing on her own groundbreaking research with thousands of men and women, research psychologist and University of California professor of psychology Sonja Lyubomirsky has pioneered a detailed yet easy-to-follow plan to increase happiness in our day-to-day lives-in the short term and over the long term. *The How of Happiness* is a different kind of happiness book, one that offers a comprehensive guide to understanding what happiness is, and isn't, and what can be done to bring us all closer to the happy life we envision for ourselves. Using more than a dozen uniquely formulated happiness-increasing strategies, *The How of Happiness* offers a new and potentially life- changing way to understand our innate potential for joy and happiness as well as our ability to sustain it in our lives.

McKay, Matthew, Fanning, Patrick, Lev, Avigail, & Skeen, Michelle (2013). The Interpersonal Problems Workbook: ACT to End Painful Relationship Patterns.
Written by psychologist and bestselling author Matthew McKay, *The Interpersonal Problems Workbook* combines research and evidence-based techniques for strengthening relationships in all areas in life—whether it's at home, at work, with a significant other, a parent, or a child. The skills in this workbook are based in both schema therapy and acceptance and commitment therapy (ACT), and are designed to help you connect and communicate effectively with those around them.

McKay, Matthew, Davis, Martha, & Fanning, Patrick (1995). Messages: The Communication Skills Book (2nd Edition).
Effective communication is essential to career success, stable family life, and personal happiness. Since its publication in 1983, Messages has become a proven standard in the field of books on communication skills, showing readers how to improve relationships and personal effectiveness by mastering the art of public speaking, body language, assertiveness, negotiating, and more.

McKay, Matthew & Fanning, Patrick (1987). Self Esteem.
Now you can silence your inner critic once and for all. Positive self-esteem is the foundation for a happy life. To make friends you must first like yourself; to really love others, you must first love yourself; to succeed you must have self-confidence. Find it and keep it with Self-Esteem, the classic guide to challenging -- and disarming -- your inner critic. Starting with how to recognize the self-critical voice that can be so damaging and insidious, the authors suggest practical ways to stop self-judgment, gain perspective, and heal past wounds. The authors argue that it is primarily our own thoughts, rather than the circumstances of our lives, that determine self-esteem. By learning the skills and doing the exercises contained inside, you can change how you perceive and feel about yourself and from there, how you feel about the world around you.

McKay, Matthew, Wood, Jeffrey, & Brantley, Jeffrey (2007). The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance.
The Dialectical Behavior Therapy Skills Workbook, a collaborative effort from three esteemed authors, offers straightforward, step-by-step exercises for learning these concepts and putting them to work for real and lasting change. Start by working on the introductory exercises and, after making progress, move on to the advanced-skills chapters. Whether you are a professional or a

general reader, whether you use this book to support work done in therapy or as the basis for self-help, you'll benefit from this clear and practical guide to better managing your emotions.

Nolan-Hoeksema, Susan (2003). Women Who Think Too Much: How to Break Free of Over-Thinking and Reclaim Your Life.

In *Women Who Think Too Much*, Nolen-Hoeksema shows us what causes so many women to be overthinkers and provides concrete strategies that can be used to escape these negative thoughts, move to higher ground, and live more productively.

The 100 Simple Secrets of Happy People: What Scientists Have Learned and How You Can Use It.

Scientists and academics have spent entire careers investigating what makes people happy. But hidden in obscure scholarly journals and reports, their research is all too often inaccessible to ordinary people. Now the bestselling author of the 100 Simple Secrets series distills the scientific findings of over a thousand of the most important studies on happiness into easy-to-digest nuggets of advice. Each of the hundred practices is illustrated with a clear example and illuminated by a straightforward explanation of the science behind it to show you how to transform a ho-hum existence into a full and happy life.

Ortner, Nick (2013). The Tapping Solution: A Revolutionary System for Stress-Free Living. (3 Copies)

Based on the principles of both ancient acupressure and modern psychology, tapping concentrates on specific meridian endpoints while focusing on negative emotions or physical sensations. Combined with spoken word, tapping helps calm the nervous system to restore the balance of energy in the body and rewire the brain to respond in healthy ways. In this book, you'll not only learn how to start tapping, you'll also get the history and cutting-edge science behind it. Featuring step-by-step instructions, exercises, and diagrams, The Tapping Solution shows you how to tap on a variety of issues and identify practical applications.

Palmer, Brooks (2009). Clutter Busting: Letting Go of What's Holding You Back. (2 copies)

Piles of junk in garages and closets, overflowing papers on desks, items unused for years, masses of unanswered email, clothing never worn, useless gifts that collect dust — all these things, says Brooks Palmer, come weighted with shame and guilt and have a suffocating effect on spirit and soul. In this insightful book, Palmer shows how to get rid of the things in our lives that no longer serve us. By tossing out these unneeded items, we are also eliminating their negative influences, freeing up energy, and unlocking our potential.

Palmer, Brooks (2012). Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others.

Over the course of his career helping people let go of things they no longer need, Brooks Palmer has been struck by the many ways that clutter affects relationships. In these pages, he shows how we use clutter to protect ourselves, control others, and cling to the past, and how it keeps us from experiencing the joy of connection. With insight-prompting questions, exercises, client examples, and even whimsical line drawings, Palmer will take you from overwhelmed to empowered.

Paterson, Randy (2000). The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships.

Many people in today's society fear conflict and criticism. They believe that in any conflict they would lose, and that any criticism would crush them. They feel that they have no right to impose their views – or for that matter, themselves – on the world. They have been trained from childhood to believe that their role is to accept and live up to the standards that other people impose. Being visible, being flawed, holding opinions, or having wishes of their own all leave them open to attack. In this workbook you will learn about many of the basic skills and ideas involved in being more fully present in your world and your life. Many of these skills you already know. Some may be new. In order to bring them into your life it will take practice and effort.

Patrick, Nancy J. (2008). Social Skills for Teenagers and Adults with Asperger Syndrome: A Practical Guide to Day-to-Day Life.

The author offers advice and useful strategies for tackling day-to-day problems such as visits to the dentist or the doctor, searching for a job, sorting out personal finances, going on vacation, and dealing with public transport, as well as more intimate topics such as dating and acquiring and maintaining friendships. The chapters are structured around real-life scenarios and the challenges they present, followed by step-by-step solutions and suggestions. A final section provides a set of practical self-help tools, which encourage the reader to note down answers to the questions posed and record personal reflections.

Pattillo, Christine (2014). I Am We: My Life with Multiple Personalities.

In her fascinating memoir, *I Am WE: Our Lives with Multiple Personalities,* Christine Pattillo shares her incredible journey of life with MPD. Readers will come to know Christine's alternate personalities as the unique and extraordinary individuals they are.

Pirsig, Robert (1984). Zen and the Art of Motorcycle Maintenance: An Inquiry Into Values.

One of the most important and influential books written in the past half-century, Robert M. Pirsig's *Zen and the Art of Motorcycle Maintenance* is a powerful, moving, and penetrating examination of how we live . . . and a breathtaking meditation on how to live better. Here is the book that transformed a generation: an unforgettable narration of a summer motorcycle trip across America's Northwest, undertaken by a father and his young son. A story of love and fear -- of growth, discovery, and acceptance -- that becomes a profound personal and philosophical odyssey into life's fundamental questions, this uniquely exhilarating modern classic is both touching and transcendent, resonant with the myriad confusions of existence and the small, essential triumphs that propel us forward.

Prather, Hugh (1998). Spiritual Notes to Myself: Essential Wisdom for the 21st Century.

Prather writes with a quirky sense of humor, coupled with a more mature wisdom that takes the self lightly and gently laughs at the ego's demands. His latest reflections turn away from the theme of self-fulfillment to the awareness that love and service are the way to heal our separation from God and one another. The Methodist minister touches briefly on issues such as gossip, money, marriage, parenting, prayer, and dying with thoughtfulness and humorous practicality. Sure to please many readers with its timeless wisdom presented in a fresh, simple manner.

Raja, Sheela (2012). Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT.

Overcoming Trauma and PTSD offers proven-effective treatments based in acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), and cognitive behavioral therapy (CBT) to help you overcome both the physical and emotional symptoms of trauma and post-traumatic stress disorder (PTSD). This book will help you find relief from painful flashbacks, insomnia, or other symptoms you might be experiencing. Also included are worksheets, checklists, and exercises to help you start feeling better and begin your journey on the road to recovery.

Richardson, Cheryl (2009). The Art of Extreme Self-Care: Transform Your Life One Month at a Time. (2 copies)

This life-changing handbook by best-selling author **Cheryl Richardson** offers you 12 strategies to transform your life one month at a time. Designed as a practical, action-oriented program, each chapter challenges you to alter one behavior that keeps getting you in trouble. Each chapter includes a relevant resource section that offers books, Websites, audio programs, podcasts, and more should you want to explore a particular topic further.

Richmond, Lewis (1999). Work as a Spiritual Practice: A Practical Buddhist Approach to Inner Growth and Satisfaction on the Job.

Most people associate Buddhism with developing calmness, kindness, and compassion through meditation. Lewis Richmond's Work as a Spiritual Practice shows us another aspect of Buddhism: the active, engaged side that allows us to find creativity, inspiration, and accomplishment in our work lives. With spiritual exercises that can be practiced in the middle of a busy workday, Work as a Spiritual Practice is based on the principle that "regardless of your rank and title at work, you are always the chief executive of your inner life."

Rockridge Press (2013). EFT and Tapping for Beginners: The Essential EFT Manual to Start Relieving Stress, Losing Weight, and Healing. (2 copies)

Emotional Freedom Technique (EFT) and tapping consist of activating energy points along one's body in much the same way acupuncture relieves pain-except without the needles! Energy blockages are cleared quickly and effectively, allowing for healing and a sense of overall well-being. It is a safe and easy way to relieve stress, anxiety, depression and to control weight gain and physical pain.

Rogers, Carl (1980). A Way of Being.

A Way of Being was written in the early 1980s, near the end of Carl Rogers's career, and serves as a coda to his classic On Becoming a Person. More personal and philosophical than his earlier writings, it traces his professional and personal development and ends with a person-centered prophecy, in which he predicts a future changing in the direction of more humaneness.

Rogers, Carl (1995). On Becoming a Person: A Therapist's View of Psychotherapy.

The late Carl Rogers, founder of the humanistic psychology movement, revolutionized psychotherapy with his concept of "client-centered therapy." His influence has spanned decades, but that influence has become so much a part of mainstream psychology that the ingenious nature of his work has almost been forgotten. New discoveries in the field of psychopharmacology, especially that of the antidepressant Prozac, have spawned a quick-fix drug revolution that has obscured the psychotherapeutic relationship. As the pendulum slowly swings back toward an appreciation of the therapeutic encounter, Dr. Rogers's "client-centered therapy" becomes particularly timely and important.

Satir, Virginia (1976). Peoplemaking.

Virginia Satir's work is positive and uplifting. She resists the temptation to simplistically blame everything on "dysfunction" between the partners in the "marital dyad" and, instead, looks at the family as a collection of imperfect individuals who all have a potential to grow and learn. Anyone can come up with "what's wrong" in a family, but this does nothing to solve problems and foster resiliency, which all families need in this decidedly family-hostile culture. Whether you are an experienced family therapist or just a family member, this book encapsulates Satir's paradigm for working with and helping families in need.

Scarf, Maggie (1982). Unfinished Business: Pressure Points in the Lives of Women.

In detailed, revealing portraits of women, Maggie Scarf explores the core experiences of women's lives and discovers what can happen when the days and years scurry by, leaving unfinished the tasks that transform us from child to girl to woman.

Schlessinger, Laura (1996). How Could You Do That? The Abdication of Character, Courage, and Conscience.

The best-selling author and internationally syndicated radio talk show host shows us how honoring our personal values and "doing good" leads to self-satisfaction and peace of mind. Dr. Laura explores and addresses such areas as morality and traditional values, self-respect, and decision-making to create a prescription for bettering ourselves and the lives of others.

Schlessinger, Laura (2006). Bad Childhood, Good Life: How to Blossom and Thrive in Spite of an Unhappy Childhood.

Dr. Laura will help you realize that no matter what circumstances you came from or currently live in, you are ultimately responsible for how you react to them. The acceptance of this basic truth is the source of your power to secure the Good Life you long for. In her signature straightforward style, with real-life examples, Dr. Laura shows you what you will gain by not being satisfied with an identity as a victim, or even as a survivor -- but striving to be a victor!

Schiraldi, Gleen (2001). The Self-Esteem Workbook.

The Self-Esteem Workbook is based on the author's original new research, which has shown that self-esteem can be significantly improved through the use of self-help materials. Now psychologist and health educator Glenn Schiraldi has shaped these tested resources into a comprehensive, self-directed program that guides readers through twenty essential skill-building activities, each focused on developing a crucial component of healthy self-esteem.

Seamands, David (2002). Redeeming the Past: Recovering From the Memories That Cause Our Pain.

Time alone cannot heal the memories of experiences so painful that we've been pushing them out of our conscious minds for many years. Yet such memories continue to cause us emotional and spiritual problems. They must be dealt with directly and deliberately by a special kind of spiritual therapy that Dr. David Seamands calls memory healing. This form of Christian counseling coupled with prayer focuses the healing power of the Holy Spirit on the root of the problem and breaks the bondage of traumatic memories.

Seligman, Martin (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment.

Seligman provides the tools you need in order to ascertain your most positive traits or strengths. Then he explains how, by frequently calling upon these "signature strengths" in all the crucial realms of life -- health, relationships, career -- you will not only develop natural buffers against misfortune and negative emotion, but also achieve new and sustainable levels of authentic contentment, gratification, and meaning.

Seligman, Martin (2006). Learned Optimism: How to Change Your Mind and Your Life.

Known as the father of the new science of positive psychology, Martin E.P. Seligman draws on more than twenty years of clinical research to demonstrate how optimism enhances the quality of life, and how anyone can learn to practice it. Offering many simple techniques, Dr. Seligman explains how to break an "I—give-up" habit, develop a more constructive explanatory style for interpreting your behavior, and experience the benefits of a more positive interior dialogue.

Seligman, Martin (2007). What You Can Change…and What You Can't: The Complete Guide to Successful Self-Improvement.

Martin Seligman has meticulously analyzed the most authoritative scientific research on treatments for alcoholism, anxiety, weight loss, anger, depression, and a range of phobias and obsessions to discover what is the most effective way to address each condition. He frankly reports what does not work, and pinpoints the techniques and therapies that work best for each condition, discussing why they work and how you can use them to make long lasting change. Inside you'll discover the four natural healing factors for recovering from alcoholism; the vital difference between overeating and being overweight; the four therapies that work for depression, the pros and cons of anger—and much more.

Sheehy, Gail (1977). Passages: Predictable Crises of Adult Life.

At last, this is your story. You'll recognize yourself, your friends, and your loves. You'll see how to use each life crisis as an opportunity for creative change -- to grow to your full potential. Gail Sheehy's brilliant road map of adult life shows the inevitable personality and sexual changes we go through in our 20s, 30s, 40s, and beyond.

Sheehy, Gail (1982). Pathfinders.

No matter what age or which sex you are, you are likely to face many of the following crossroads: Leaving home, choosing a mate, starting a career, turning thirty, considering divorce, deciding whether or not to become a parent, mourning the death of a parent, turning fifty, facing financial disasters, learning how to retire without joining the walking dead—*Pathfinders* will show you how to turn these life obstacles into opportunities.

Sher, Barbara (2009). Wishcraft: How to Get What You Really Want (30th Anniversary Edition)

This human, practical program puts your vague yearnings and dreams to work for you—with concrete results. You'll learn how to discover your strengths and skills, turn your fears and negative feelings into positive tools, diagram the path to your goal—and map out target dates for meeting it, chart your progress day by day, create a support network of contacts and sources, and use a buddy system to keep you on track.

Smith, Manuel (1975). When I Say No, I Feel Guilty: How to Cope Using the Skills of Systematic Assertive Therapy.

The best-seller that helps you say: "I just said 'no' and I don't feel guilty!" Are you letting your kids get away with murder? Are you allowing your mother-in-law to impose her will on you? Are you embarrassed by praise or crushed by criticism? Are you having trouble coping with people? Learn the answers in *When I Say No, I Feel Guilty*, the best-seller with revolutionary new techniques.

Spradlin, Scott (2003). Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control.

Dialectical Behavior Therapy (DBT) is a therapeutic technique designed to counter extreme emotional reactions — before they lead to overwhelming anger, depression, anxiety, and stress-related ailments. An eclectic mix of cognitive-behavioral techniques, skills training, Zen, and existentialism, DBT helps readers pay attention to their emotions, assess their blocks to controlling them, become less judgmental of themselves when they lose control, and ultimately eliminate overpowering feelings.

Stearns, Ann Kaiser (1988). Coming Back: Rebuilding Lives After Crisis and Loss.

Ann Kaiser Sterns calls them "triumphant survivors," the dozens of people interviewed for this book whose tragedies, disappointments, and losses were turned to victories. She shares with us the experiences of those whose lives have been shattered by serious disease, unexpected death, the breakup of dreams and expectations, chronic pain, and other crises that seem unbearable. She outlines the methods for new growth: dealing with pain, accepting the process of grief, recognizing turning points, using healing techniques and, most important, discovering traits of survival that have helped others achieve the best possible life.

Steiner, Claude (1974). Scripts People Live: Transactional Analysis of Life Scripts. (2 copies)

In *Scripts People Live*, Steiner demonstrates that people are innately healthy but develop a pattern early in life based upon negative or positive influences of those around them. Thus, children decide, however unconsciously, whether they will be happy or depressed, winners or failures, strong or dependent, and having decided, they spend the rest of their lives making the decision come true. For those who choose a negative script, the consequences can be disastrous unless they make a conscious decision to change.

Sulloway, Frank (1996). Born to Rebel: Birth Order, Family Dynamics and Creative Lives.
At the heart of this pioneering inquiry into human development is a fundamental insight: that the personalities of siblings vary because they adopt different strategies in the universal quest for parental favor. Frank J. Sulloway's most important finding is that eldest children identify with parents and authority, and support for the status quo, whereas younger children rebel against it. Drawing on the work of Darwin and the new science of evolutionary psychology, he transforms our understanding of personality development and its origins in the family.

Tuttle, Carol (2003). Remembering Wholeness: A Personal Handbook for Thriving in the 21st Century.
A simple and profound approach to creating the life you want and deserve. Actualizing your own innate powers and the powers of heaven to assist you. Are You In Control Of Your Life--Or Is Your Life In Control Of You?

Viorst, Judith (1990). Necessary Losses.
In *Necessary Losses,* Judith Viorst turns her considerable talents to a serious and far-reaching subject: how we grow and change through the losses that are an inevitable and necessary part of life. She argues persuasively that through the loss of our mothers' protection, the loss of the impossible expectations we bring to relationships, the loss of our younger selves, and the loss of our loved ones through separation and death, we gain deeper perspective, true maturity, and fuller wisdom about life. She has written a book that is both life affirming and life changing.

Vitti, Alisa (2013). Woman Code: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source.
With WomanCode, holistic health coach Alisa Vitti shows women how to maintain health and vitality with a food-based program to rebalance their hormones. Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. Whether you are suffering from irregular periods, fertility issues, depression, or lack of sex drive, Alisa Vitti says that meds and anti-depressants aren't the only solutions. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. And the five-step protocol can markedly improve health and overall quality of life.

Whitfield, Charles (1989). Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families.
Charlie Whitfield's breakthrough concept of the child within—that part of us which is truly alive, energetic, creative and fulfilled—launched the inner child movement. Healing the Child Within describes how the inner child is lost to trauma and loss, and how by recovering it, we can heal the fear, confusion and unhappiness of adult life.

RACE & ETHNICITY

Alexander, Michelle (2012). The New Jim Crow: Mass Incarceration in the Age of Colorblindness.
Once in a great while a book comes along that changes the way we see the world and helps to fuel a nationwide social movement. The New Jim Crow is such a book. Praised by Harvard Law professor Lani Guinier as "brave and bold," this book directly challenges the notion that the election of Barack Obama signals a new era of colorblindness. With dazzling candor, legal scholar Michelle Alexander argues that "we have not ended racial caste in America; we have merely redesigned it." By targeting black men through the War on Drugs and decimating communities of color, the U.S. criminal justice system functions as a contemporary system of racial control—relegating millions to a permanent second-class status—even as it formally adheres to the principle of colorblindness. In the words of Benjamin Todd Jealous, president and CEO of the NAACP, this book is a "call to action."

Burrell, Tom (2010). Brainwashed: Challenging the Myth of Black Inferiority.
In this powerful examination of "the greatest propaganda campaign of all time"—the masterful marketing of black inferiority, aka the BI Complex—Burrell poses ten disturbing questions that will make black people look in the mirror and ask why, nearly 150 years after the Emancipation Proclamation, so many blacks still think and act like slaves. Burrell's acute awareness of the power of words and images to shift, shape, and change the collective consciousness has led him to connect the contemporary and historical dots that have brought us to this crossroads. *Brainwashed* is not a reprimand—it is a call to action. It demands that we question our self-defeating attitudes and behaviors. Racism is not the issue; how *we respond* to media distortions and programmed self-hatred is the issue. It's time to reverse the BI campaign with a globally based initiative that harnesses the power of new media and the wisdom of intergenerational coalitions. Provocative and powerful, *Brainwashed* dares to expose the wounds so that we, at last, can heal.

Boykin, Keith (Ed.) (2012). For Colored Boys Who Have Considered Suicide When the Rainbow is Still Not Enough.
For Colored Boys addresses longstanding issues of sexual abuse, suicide, HIV/AIDS, racism, and homophobia in the African American and Latino communities, and more specifically among young gay men of color. The book tells stories of real people coming of age, coming out, dealing with religion and spirituality, seeking love and relationships, finding their own identity in or out of the LGBT community, and creating their own sense of political empowerment. For Colored Boys is designed to educate and inspire those seeking to overcome their own obstacles in their own lives.

O'Hearn, Claudine C. (2008). Half [and] Half: Writers on Growing Up Biracial and Bicultural.
As we approach the twenty-first century, biracialism and biculturalism are becoming increasingly common. Skin color and place of birth are no longer reliable signifiers of one's identity or origin. Simple questions like What are you? and Where are you from? aren't answered--they are discussed.

Gaskins, Pearl Fuyo (1999). What Are You? Voices of Mixed-Race Young People.
In the past three decades, the number of interracial marriages in the United States has increased by more than 800 percent. Now over four million children and teenagers do not identify themselves as being just one race or another. Here is a book that allows these young people to speak in their own voices about their own lives. *What Are You?* is based on the interviews the author has made over the past two years with mixed-race young people around the country. These fresh voices explore issues and topics such as dating, families, and the double prejudice and double insight that come from being mixed, but not mixed-up.

Hale, Janice (2001). Learning While Black: Creating Educational Excellence for African American Children.
In *Learning While Black* Janice Hale argues that educators must look beyond the clichés of urban poverty and teacher training to explain the failures of public education with regard to black students. Closing the achievement gap of African American children, she writes, does not involve better teacher training or more parental involvement. The solution lies in the classroom, in the nature of the interaction between the teacher and the child. And the key, she argues, is the instructional vision and leadership provided by principals. To meet the needs of diverse learners, the school must become the heart and soul of a broad effort, the coordinator of tutoring and support services provided by churches, service clubs, fraternal organizations, parents, and concerned citizens.

Jerome, Fred & Taylor, Rodger (2005). Einstein on Race and Racism.

This unique volume is the first to bring together a wealth of writings by the scientist on the topic of race. Although his activism in this area is less well known than his efforts on behalf of international peace and scientific cooperation, Einstein spoke out vigorously against racism both in the United States and around the world. Fred Jerome and Rodger Taylor suggest that one explanation for this historical amnesia is that Einstein's biographers avoided "controversial" topics, such as his friendships with African Americans and his political activities, including his involvement as co-chair of an anti-lynching campaign, fearing that mention of these details may tarnish the feel-good impression his image lends topics of science, history, and America.

Lee, Ellen; Lammert, Marilyn; & Hess, Mary Anne (2008). Once They Hear My Name: Korean Adoptees and Their Journeys Toward Identity.

A testament to the more than 100,000 Korean adoptees who have come to the United States since the 1950s, this collection of oral histories features the stories of nine Korean Americans who were adopted as children and the struggles they've shared as foreigners in their native lands. From their early confrontations with racism and xenophobia to their later-in-life trips back to Korea to find their roots (with mixed results), these narratives illustrate the wide variety of ways in which all adoptive parents and adoptees—not just those from Korea—must struggle with issues of identity, alienation, and family.

Harris, Middleton A. (2009). The Black Book: 35th Anniversary Edition.

Now in a deluxe 35th anniversary hardcover edition, The Black Book remains a breathtaking testament to the legendary wisdom, strength, and perseverance of black men and women intent on freedom. Prominent collectors Morris Levitt, Roger Furman, and Ernest Smith, as well as Middleton Harris and Toni Morrison spent months studying, laughing at, and crying over these materials–from transcripts of fugitive slaves' trials and proclamations by Frederick Douglass and other celebrated abolitionists to chilling images of cross burnings and lynching, patents registered by black inventors throughout the early twentieth century to vibrant posters from "Black Hollywood" films from the 1930s and 1940s. A labor of love and a vital link to the richness and diversity of African American history and culture, **The Black Book** honors the past, reminding us where our nation has been, and gives flight to our hopes for what is yet to come. Beautifully and faithfully presented, and featuring a new Foreword and original poem by Toni Morrison, **The Black Book** remains a timeless landmark work.

Tatum, Beverly Daniel (2003). "Why Are All the Black Kids Sitting Together in the Cafeteria?" And Other Conversations About Race.

Beverly Daniel Tatum, a renowned authority on the psychology of racism, asserts that we do not know how to talk about our racial differences: Whites are afraid of using the wrong words and being perceived as "racist" while parents of color are afraid of exposing their children to painful racial realities too soon. Using real-life examples and the latest research, Tatum presents strong evidence that straight talk about our racial identities-whatever they may be-is essential if we are serious about facilitating communication across racial and ethnic divides. We have waited far too long to begin our conversations about race. This remarkable book, infused with great wisdom and humanity, has already helped hundreds of thousands of readers figure out where to start.

RELATIONSHIPS

Beattie, Melody (2011). Codependent No More Workbook.

Through hands-on guided journaling, exercises, and self-tests, readers will learn to integrate the time-tested concepts outlined in *Codependent No More* into their daily lives by setting and enforcing healthy limits developing a support system through healthy relationships with others and a higher power experiencing genuine love and forgiveness letting go and detaching from others' harmful behaviors. Whether fixated on a loved one with depression, an addiction, an eating disorder, or other self-destructive behaviors, or someone who makes unhealthy decisions, this book offers the practical means to plot a comprehensive, personalized path to hope, healing, and the freedom to be your own best self.

Burns, David (1985). Intimate Connections.

This book applies the proven principles of Cognitive Therapy to eliminate the negative thinking and low self-esteem that cause loneliness and shyness. Includes sensible and sensitive advice, case histories, and revealing exercises that show you how to rid yourself of attitudes that keep you apart from others.

Buscaglia, Leo F. (1984). Loving Each Other: The Challenge of Human Relationships.

In this exploration of loving and living, bestselling author Leo Buscaglia addresses the intricacies and challenges of love relationships. He asks such important questions, as: How do we best interweave our lives with our loved ones? Do we change our way of relating depending on the circumstances: If we fail in one relationship, can we succeed in others? In this exhilarating book, Leo doesn't give pat answers. He presents alternatives and suggests behavior that opens the way to truly loving each other. He recalls with heartwarming detail the importance of his own family and friendships in helping him to be open to grow and to love.

Christensen, Andrew & Jacobson, Neil (2000). Reconcilable Differences: Why You and Your Partner Always Have the Same Fights.

Every couple has arguments, but what happens when recurring battles begin to feel like full-scale war? Do you retreat in hurt and angry silence, hoping that a spouse who "just doesn't get it" will eventually see things your way? Spend the time between skirmishes gathering evidence that you're right? Demand some immediate changes: or else? Whether due to innate personality traits or emotional vulnerabilities, there are some aspects of our behavior that are difficult to alter. But these differences do not have to get in the way of healthy, happy, and long-lasting romance. This practical guide offers new solutions for couples frustrated by continual attempts to make each other change. Aided by thought-provoking exercises and lots of real-life examples, readers will learn why they keep having the same fights again and again; how to keep small incompatibilities from causing big problems; and how true acceptance can restore health to their relationships.

Cloud, Henry & Townsend, John (1995). Safe People: How to Find Relationships That Are Good for You and Avoid Those That Aren't. (6 Copies)

Drs. Henry Cloud and John Townsend offer solid guidance for making safe choices in relationships, from friendships to romance. They help identify the nurturing people we all need in our lives, as well as ones we need to learn to avoid. Safe People will help you to recognize 20 traits of relationally untrustworthy people. Discover what makes some people relationally safe, and how to avoid unhealthy entanglements. You'll learn about things within yourself that jeopardize your relational security. And you'll find out what to do and what not to do to develop a balanced, healthy approach to relationships.

Cloud, Henry & Townsend, John (1992). Boundaries: When to Say Yes, How to Say No to Take Control of Your Life. (2 copies)

Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. Boundaries impact all areas of our lives: Physical boundaries help us determine who may touch us, mental boundaries give us the freedom to have our own thoughts, emotional boundaries help us to deal with our own emotions and spiritual boundaries help us to distinguish God's will from our own.

DeAngelis, Barbara (1990). Secrets About Men Every Woman Should Know.

How much do you really know about men and sex? Take the quizzes and see. Here are exercises, checklists, dos, don'ts, and proven-effective tools and techniques that can turn you into a more powerful woman and absolutely transform your relationships with men.

DeAngelis, Barbara (1992). Are You the One for Me? Knowing Who's Right & Avoiding Who's Wrong. (4 copies)

Finally--the book you've been waiting for to help you find and keep the right partner and make love last. Best-selling author and renowned relationship expert Barbara De Angelis reveals everything you need to know about compatibility and shows you how to create the fulfilling relationship you deserve whether you are - Married, and wondering if you could be happier; Single, and wondering how to avoid another wrong partner; In love, and wondering whether your partner is the right one for you. With powerful advice and groundbreaking techniques that have helped thousands of people transform their lives, Dr. De Angelis will show you the formula for creating love that lasts, and help you to understand yourself and the one you love as you never have before.

Eichenbaum, Luise & Orbach, Susie (1989). Between Women: Love, Envy and Competition in Women's Friendships.

The authors, who founded and directed the Women's Therapy Centers in London and New York City and wrote Understanding Women and What Do Women Want, explore newly emerging differences between women in what they believe is a "post-feminist" period. Arguing that sisterly solidarity was easier to maintain when women faced more overt discrimination, they see conflicts and tensions as inevitable when women move into the world of male endeavor.

Ford, Arielle (2009). The Soulmate Secret: Manifest the Love of Your Life with the Law of Attraction.

Arielle Ford, the woman who helped launch the careers of Deepak Chopra, Neale Donald Walsch, and Jack Canfield, shows readers how to take control of their romantic destiny in *The Soulmate Secret.* In this white magic counterpart to Neil Strauss's *Rules of the Game*, Ford teaches you to use the laws of attraction to deliver your soulmate to your doorstep! It's is a step-by-step guide to finding your own happily ever after.

Forward, Susan (1987). Men Who Hate Women and the Women Who Love Them: When Loving Hurts and You Don't Know Why.

In this superb self-help guide, Dr. Susan Forward draws on case histories and the voices of men and women trapped in these negative relationships to help you understand your man's destructive pattern and the part you play in it. She shows how to break the pattern, heal the hurt, regain your self-respect, and either rebuild your relationship or find the courage to love a truly loving man.

Fromm, Erich (1970). The Art of Loving.

Most people are unable to love on the only level that truly matters: love that is compounded of maturity, self-knowledge, and courage. As with every art, love demands practice and concentration, as well as genuine insight and understanding. In his classic work, *The Art of Loving*, renowned psychoanalyst and social philosopher Erich Fromm explores love in all its aspects - not only romantic love, steeped in false conceptions and lofty expectations, but also brotherly love, erotic love, self-love, the love of God, and the love of parents for their children.

Gottman, John M. (2001). The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships.

From the country's foremost relationship expert and *New York Times* bestselling author Dr. John M. Gottman comes a powerful, simple five-step program, based on twenty years of innovative research, for greatly improving all of the relationships in your life—with spouses and lovers, children, siblings, and even your colleagues at work.

Halpern, Howard (1983). How to Break Your Addiction to a Person.

Are you in love--or addicted? How to know when to call it quits...and how to find the courage to call it quits. Are you unable to leave a love relationship even though it gives you more pain than joy? Your judgment and self-respect tell you to end it, but still, to your dismay, you hang on. You are addicted--to a person. Now there is an insightful, step-by-step guide to breaking that addiction--and surviving the split.

Harvey, Steve (2009). Act Like a Lady, Think Like a Man: What Men Really Think About Love, Relationships, Intimacy, and Commitment. (2 Copies)

Steve Harvey, the host of the nationally syndicated *Steve Harvey Morning Show*, can't count the number of impressive women he's met over the years, whether it's through the "Strawberry Letters" segment of his program or while on tour for his comedy shows. These are women who can run a small business, keep a household with three kids in tiptop shape, and chair a church group all at the same time. Yet when it comes to relationships, they can't figure out what makes men tick. Why? According to Steve it's because they're asking other women for advice when no one but another man can tell them how to find and keep a man. Sometimes funny, sometimes direct, but always truthful, *Act Like a Lady, Think Like a Man* is a book you must read if you want to understand how men think when it comes to relationships.

Hayes, Christopher, Anderson Deborah, & Blau, Melinda (1994). Our Turn: Women Who Triumph in the Face of Divorce.

Rather than collapse in despair, 82% of 350 middle-aged, white, middle-class divorced women involved in this study were found to "thrive" on divorce, spurred to forge rewarding, new professional and emotional lives. Examples cited in this national survey conducted by Hayes and research coordinator Anderson, aided by freelance journalist Blau, reveal that these women tapped repressed or dormant inner resources, developed self-confidence and revived or developed relationships with family members and friends. Despite sharply reduced income, they pursued new interests and often discovered professional or sexual fulfillment without a compulsion to remarry. Women facing divorce will find encouraging words and valuable advice here.

Hendrix, Harville (2008). Getting the Love You Want: A Guide for Couples, 20th Anniversary Edition (3 copies).

As a result of his research, Hendrix created a therapy he calls Imago Relationship Therapy. In it, he combines what he's learned in a number of disciplines, including the behavioral sciences, depth psychology, cognitive therapy, and Gestalt therapy, to name just a few. He expounds upon this approach in *Getting the Love You Want: A Guide for Couples*. His purpose in writing the book, he says, is "to share with you what I have learned about the psychology of love relationships, and to help you transform your relationship into a lasting source of love and companionship." Divided into three sections, the book covers "The Unconscious Marriage," which details a marriage in which the remaining desires and behavior of childhood interfere with the current relationship; "The Conscious Marriage," which shows a marriage that fulfils those childhood needs in a positive manner; and a 10-week "course in relationship therapy, " which gives detailed exercises for you and your partner to follow in order to learn how to "replace confrontation and criticism ... with a healing process of mutual growth and support."

Hite, Shere & Colleran, Kate (1991). Good Guys, Bad Guys: The Hite Guide to Smart Choices.

This book reverses generation of myth about the wimpy psychology of women. It is a book that could change forever your perception of what is going on in your relationship – a book that will clear up any lingering doubts you have about your right not to have a relationship.

Katherine, Anne (1993). Boundaries: Where You End and I Begin.

A book for anyone who's been violated, victimized, or belittled by friends, parents, partners, bosses, or colleagues. The author maintains that the first step to true autonomy is setting personal boundaries--physical, mental, and emotional separations that define an individual's independence--and she reveals how to protect these boundaries as well.

Katherine, Anne (2000). Where to Draw the Line: How to Set Healthy Boundaries Every Day (3 copies).

This book provides the tools and insights needed to create boundaries so that we can allow time and energy for the things that matter -- and helps break down limiting defenses that stunt personal growth. Focusing on every facet of daily life -- from friendships and sexual relationships to dress and appearance to money, food, and psychotherapy -- Katherine presents case studies highlighting the ways in which individuals violate their own boundaries or let other people breach them. Using real-life examples, from self-sacrificing mothers to obsessive neat freaks, she offers specific advice on making choices that balance one's own needs with the needs of others.

Lancer, Darlene (2014). Conquering Shame and Codependency: 8 Steps to Freeing the True You

In *Conquering Shame and Codependency*, Darlene Lancer sheds new light on shame: how codependents' feelings and beliefs about shame affect their identity, their behavior, and how shame can corrode relationships, destroying trust and love. She then provides eight steps to heal from shame, learn to love yourself, and develop healthy relationships.

Lawson, Christine Ann (2004). Understanding the Borderline Mother: Helping Her Children Transcend the Intense, Unpredictable, and Volatile Relationship.

Some readers may recognize their mothers as well as themselves in this book. They will also find specific suggestions for creating healthier relationships. Addressing the adult children of borderlines and the therapists who work with them, Dr. Lawson shows how to care for the waif without rescuing her, to attend to the hermit without feeding her fear, to love the queen without becoming her subject, and to live with the witch without becoming her victim.

Lerner, Harriet (1989). The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships.

An insightful and prescriptive guide that shows women how to turn anger into a constructive force for reshaping their lives.

Lerner, Harriet (1990). The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships. (4 copies)

In this classic, bestselling work, Harriet Lerner, Ph.D. (The Dance of Connection), details the steps to follow so that good relationships may be strengthened and difficult ones may be healed. By examining those relationships where intimacy is most challenged -- by distance, intensity, or pain.

Lerner, Harriet (1993). The Dance of Deception: Pretending and Truth-Telling in Women's Lives.

Truth-telling is at the heart of what is most central in women's lives. It is at the foundation of authenticity and creativity, intimacy and joy. Yet in the name of "honesty", we can bludgeon each other. We can approach a difficult issue with such a poor sense of timing and tact that we can actually shut down the lines of communication rather than widening the path of truth-telling.

Lerner, Harriet (2001). The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate.

With her familiar mix of conversational language and profound empathy for people (primarily women) who are struggling with the most important relationships in their lives, she now tackles the verbal challenges of life's most painful conversations. Far from trite "communication skills" or "assertiveness training," her book offers lucid and concrete guidance on how to speak out in a wide variety of problem situations (e.g., when a wife suspects her husband is having an affair with a co-worker, or when friends jeopardize their relationship by becoming roommates). Lerner moves smoothly through the common obstacles to understanding how we feel, how we want to express ourselves and what we want to accomplish by talking about our feelings.

Lerner, Harriet (2004). Fear and Other Uninvited Guests: Tackling the Anxiety, Fear, and Shame That Keep Us from Optimal Living and Loving.

Unhappiness, says bestselling author Harriet Lerner, is fueled by three key emotions: anxiety, fear, and shame. They are the uninvited guests in our lives. When tragedy or hardship hits, they may become our constant companions.
Anxiety can wash over us like a tidal wave or operate as a silent thrum under the surface of our daily lives. With stories that are sometimes hilarious and sometimes heartbreaking, Lerner takes us from "fear lite" to the most difficult lessons the universe sends us. In conversational and often witty prose, amply dotted with personal anecdotes, Lerner advises readers how to achieve a balance between healthy and life-consuming fears over rejection, public speaking, body image and physical suffering, among others.

Nogales, Ana (1998). Dr. Ana Nogales' Book of Love, Sex, and Relationships.

In this compassionate, practical, and long-awaited book, Dr. Ana Nogales provides wisdom and insight for the millions of Latinos who find themselves caught between two worlds -- the traditions of their Latino upbringing and the demands of modern American society. Exploring how cultural attitudes and social pressures affect the way Latinos relate to those they love, Dr. Nogales describes the challenges Latinos encounter as they grapple with what can often be a difficult and wide cultural divide.

Prather, Hugh & Prather, Gayle (1995). I Will Never Leave You: How Couples Can Achieve the Power of Lasting Love.

After more than 20 years of counseling couples in crisis, bestselling authors and renowned couples counselors Hugh and Gayle Prather present the most detailed program ever for saving any relationship and helping it become permanent, satisfying, and spiritually centered.

Rubin, Lillian (1990). Intimate Strangers: Men and Women Together.

Intimate Strangers is a book for every man and woman who has ever yearned for an intimate relationship and wondered why it seemed so elusive. Drawing on years of research, writing, and counseling about marriage and the family, interviews with more than two hundred couples, and her own experiences, Lillian Rubin explains not just how the differences between women and men arise but how they affect such critical issues as intimacy, sexuality, dependency, work, and parenting.

Scarf, Maggie (1987). Intimate Partners: Partners in Love and Marriage.

Why do we choose the mates we choose? What affects the way a love relationship develops? What makes some marriages endure while others splinter apart? Using case histories, Scarf answers these questions, delving beneath the surface of commitment.

Staheli, Lana (1995). "Affair-Proof" Your Marriage: Understanding, Preventing and Surviving an Affair. (2 copies)

This singular guide presents the straightforward facts on affairs, as well as advice to affairees and spouses on how to cope with them.

Stern, Robin (2007). The Gaslight Effect: How to Spot and Survive the Hidden Manipulation Other People Use to Control Your Life.

Gaslighting is an insidious form of emotional abuse and manipulation that is difficult to recognize and even harder to break free from. That's because it plays into one of our worst fears—of being abandoned—and many of our deepest needs: to be understood, appreciated, and loved. In this groundbreaking guide, the prominent therapist Dr. Robin Stern shows how the Gaslight Effect works and tells you how to: Turn up your Gaslight Radar; Determine whether you are enabling a gaslighter; Recognize the Three Stages of Gaslighting; Develop your own "Gaslight Barometer" so you can decide which relationships can be saved and Learn how to Gasproof Your Life so that you'll never again choose another gaslighting relationship.

Tannen, Deborah (1990). You Just Don't Understand: Women and Men in Conversation. (2 copies)

Discover how men and women can interpret the same conversation differently, even when there is no apparent misunderstanding. Discover why sincere attempts to communicate are so often confounded, and how we can prevent or relieve some of the frustration. This fascinating, helpful, and controversial book—on the NEW YORK TIMES Bestseller list for two years!—explores, in depth the differing style men and women articulate, and how to work through it and get to the heart of the matter.

Wolf, Sharyn (1997). How to Stay Lovers for Life: Discover a Marriage Counselor's Trick of the Trade.

Every relationship has its ups and downs, the moments when someone says, "I'm so in love I can't imagine being single," and the moments when they wonder, "Who is this alien beside me?" But the good news is that the excitement and romance a couple knew at the beginning can be restored and sustained. Based on the same model of guerrilla survival skills that made her book *Guerrilla Dating Tactics* such a success, Sharyn Wolf takes the same playful, humorous approach to solving relationship problems-from the lingering dirty socks in the bedroom to the bigger issues like children, housework, sex, and communication. In this step-by-step guide to diagnosing and treating your relationship problems, hundreds of simple strategies are provided to get your relationship back on track.

SELF-INJURY

Conterio, Karen & Lader, Wendy (1998). Bodily Harm: The Breakthrough Healing Program for Self-Injurers (2 copies).
The founders of what's considered the only self-injury treatment program in the country--Self Abuse Finally Ends (SAFE)--offer groundbreaking help for a dangerous and increasingly widespread syndrome.

Levenkron, Steven (1998). Cutting: Understanding and Overcoming Self-Mutilation.
Written for the self-mutilator, parents, friends, and therapists, Levenkron unravels step by step the mindset of the self-mutilator, explains why the disorder manifests in self-harming behaviors, and, most of all, describes how the self-mutilator can be helped.

Miller, Dusty (1994). Women Who Hurt Themselves: A Book of Hope and Understanding (2 copies).
The leading authority on self-mutilation has added a new introduction to the classic text that defined the syndrome for a generation of patients, therapists, and family members. Women traumatized in childhood hurt themselves more often than men do because men are socialized to act aggressively and fight back, notes psychologist Miller, who is director of Clinical Mentoring at Antioch/New England Graduate School. Here she addresses childhood trauma, to which the individual may react by dissociating, but such fragmentation of the personality becomes the basis of her failure to protect herself as an adult.

Nadelson, Carol (2000). Cutting the Pain Away: Understanding Self-Mutilation.
Examines the nature, causes, and treatment of self-mutilation and related disorders, as well as ways of helping someone who inflicts self-injuries.

SEXUAL ASSAULT/ABUSE

Allender, Dan (1993). The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse.
Designed to be used on your own or in a group, this workbook will lead you step-by-step through the process of change: facing the truth about past and present experiences and feelings; wrestling with God, other people, and yourself; understanding the goals and fears that have determined how you relate to others.

Bass, Ellen & Thornton, Louise (1991). I Never Told Anyone: Writings by Women Survivors of Child Sexual Abuse.
A reissue of the now-classic anthology (with more than 60,000 copies sold) of deeply moving testimonies by survivors of child sexual abuse--with a new afterword by Ellen Bass, co-author of *The Courage to Heal*.

Bass, Ellen & Davis, Laura (1993). Beginning to Heal: A First Book for Survivors of Child Sexual Abuse.
Beginning to Heal offers hope and guidance for all survivors starting the healing journey. No matter how great your pain today, you can not only heal but thrive. Based on the authors' bestseller *The Courage to Heal,* this Revised Edition of *Beginning to Heal* takes you through the key stages of the healing process, from crisis times to breaking the silence, grief, and anger, to resolution and moving on. It includes inspirational highlights, clear explanations, practical suggestions, and compelling accounts of survivors' pain, their strength, and their triumphs.

Bass, Ellen & Davis, Laura (1994). The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse (3rd Ed.). (4 copies)
The Courage to Heal is an inspiring, comprehensive guide that offers hope and encouragement to every woman who, was sexually abused as a child -- and those who care about her. Although the effects of child sexual abuse are long-term and severe, healing *is* possible. The authors weave personal experience with professional knowledge to show the reader how she can come to terms with her past while moving powerfully into the future. They provide clear explanations, practical suggestions, a map of the healing journey, and many moving first-person examples of the recovery process drawn from their interviews with hundreds of survivors.

Davis, Laura (1990). The Courage to Heal Workbook: For Women and Men Survivors of Child Sexual Abuse.
In this groundbreaking companion to *The Courage to Heal,* Laura Davis offers an inspiring, in-depth workbook that speaks to all women and men healing from the effects of child sexual abuse. The combination of checklists, writing and art Projects, open-ended questions and activities expertly guides the survivor through the healing process.

Davis, Laura (1991). Allies in Healing: When the Person You Love Was Sexually Abused as a Child. (2 Copies)
Based on in-depth interviews and her workshops for partners across the country, Laura Davis offers practical advice and encouragement to all partners -- girlfriends, boyfriends, spouses, and lovers -- trying to support the survivors in their lives while tending to their own needs along the way. She shows couples how to deepen compassion, improve communication, and develop an understanding of healing as a shared activity.

Gil, Eliana (1992). Outgrowing the Pain Together: A Book for Spouses and Partners of Adults Abused as Children.
For a person who has been a victim of child abuse of any nature, forming and maintaining adult relationships can be difficult, if not impossible. Past hurts and long-term damage can sabotage the most precious of relationships. Now Dr. Gil offers hope and help to those who care about an adult survivor of childhood abuse.

Grubman-Black, Stephen (1990). Broken Boys/Mending Men: Recovery from Childhood Sexual Abuse.
One out of six males is sexually abused as a child, yet these crimes continue to be underreported and misunderstood. Stereotypes about men and masculinity actually engender sexual victimization and prevent society from protecting male children against this crime. Counselor and survivor of childhood abuse, Grubman-Black tells how the healing process can begin.

Herman, Judith (1981). Father-Daughter Incest.
Through an intensive clinical study of forty incest victims and numerous interviews with professionals in mental health, child protection, and law enforcement, Judith Herman develops a composite picture of the incestuous family. Reviewing the extensive research literature that demonstrates the validity of incest survivors' sometimes repressed and recovered memories, she convincingly challenges the rhetoric and methods of the backlash movement against incest survivors, and the concerted attempt to deny the events they find the courage to describe.

Hunter, Mic (1990). Abused Boys: The Neglected Victims of Sexual Abuse.
A long overdue book by a psychologist who has extensive clinical experience treating male victims of child sexual abuse, it explodes the myth that sexual abuse of male children is rare, or that the consequences are less serious than for girls. Hunter examines the physical and emotional impact of abuse on its victims and the factors affecting recovery. With personal case histories of victims and their families, this is a powerfully written and meticulously researched book that is a landmark in the field of child sexual abuse literature.

Ledray, Linda (1994). Recovering from Rape (2nd Edition)
Practical advice on overcoming the trauma and coping with police, hospitals, and the courts - for the survivors of sexual assault and their families, lovers, and friends.

Loiselle, Mindy & Wright Bailey, Leslie (1997). Shining through: Pulling It Together after Sexual Abuse.
When you're a young woman who has been sexually abused, how do you carry on with your life. As authors Mindy Loiselle and Leslie Bailey Wright know, you do it with courage, curiosity, strength, and a need to explore questions and construct answers. This revised and expanded edition provides both space and insightful support for the courage these young women show in their everyday lives as they help themselves toward healing.

Maltz, Wendy (1991/2001). The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse. (3 Copies)
Considered a classic in its field, this comprehensive guide will help survivors of sexual abuse improve their relationships and discover the joys of sexual intimacy. Wendy Maltz takes survivors step-by-step through the recovery process using groundbreaking exercises and techniques. Based on the author's clinical work, interviews, and workshops, this guide is filled with first-person accounts of women and men at every stage of sexual healing.

Miller, Dusty (2003). Your Surviving Spirit: A Spiritual Workbook for Coping with Trauma (2 Copies).
Your Surviving Spirit uses vignettes and activities to promote healing and transform trauma-based pain and despair into a feeling of healthy well-being and spiritual renewal. Case studies cover a variety of traumas, from childhood abuse to more contemporary disturbances. Author Dusty Miller explores six characteristics crucial to the process of transformation: Willingness, Letting Go, Commitment, Empathy and Compassion, "Lightening Up," and Creating Connections. She uses fill-ins, questionnaires, and interactive exercises to keep the reader focused and engaged with these strategies. Skill-building exercises, journal-writing activities, and the creation of personal stories and affirmations reinforce healing on a daily basis that will help trauma survivors reclaim their inner strength and work toward spiritual transformation.

Nice, Suzanne & Forrest, Russell (1990). Childhood Sexual Abuse: A Survivor's Guide for Men.
This pamphlet is specially written for recovering chemically dependent men who are beginning to come to terms with the fact that they were sexually abused as children. Intended to be used in conjunction with therapy, this pamphlet discusses different facets of healing, including anger, trust and intimacy, and shame, as they relate to the male victims.

Thomas, T. (1989). Men Surviving Incest.
This groundbreaking book, written by a male survivor, makes explicit the isolation and stigmatization of male survivors and discusses the fear and conflict of disclosure. Focus is maintained on hope and recovery through a 12-Step model of spiritual and emotional growth and development.

Wisechild, Louise (1991). She Who Was Lost is Remembered: Healing From Incest Through Creativity.
An anthology presenting the work of more than thirty women visual artists, musicians and writers, along with essays by each contributor on how she used creativity to mend from childhood abuse. 50 photographs, drawings and paintings.

Ziegenmeyer, Nancy (1992). Taking Back My Life.

Ziegenmeyer, angry and frustrated by the delayed trial of the man who raped her, responded to an appeal in 1989 by a Des Moines Register editor for rape victims to tell their stories. The resulting five-part feature was reprinted in national newspapers and Ziegenmeyer was interviewed on radio and television. This book, in the words of Ziegenmeyer and those around her, is an account of her progress from rape victim to survivor, to spokesperson and advocate for victims of violent crimes. She describes the rape, its psychological aftermath, the effect on her family and friends, her recovery, the trial, and her efforts to understand the complexities of the legal system.

SEXUALITY

Barbach, Lonnie (1984). For Each Other: Sharing Sexual Intimacy.
For Each Other offers a complete program for establishing more joyful and satisfying intimacy with your partner. Dr. Barbach helps you answer the questions you have always wondered about and provides the tools you need to enliven your sexual relationship.

Barbach, Lonnie (2000). For Yourself: The Fulfillment of Female Sexuality.
This unique, step-by-step program, developed by an acclaimed sex therapist and intimacy expert, has led countless women to discover the wisdom of their own bodies -- learning to enjoy sex not just to please a partner or live up to imagined expectations, but for themselves. It answers intimate questions that so many women have been afraid to ask -- clearing up the misinformation and confusion that can interfere with experiencing healthy pleasure. It can help you achieve more frequent and intense orgasms -- even if you've never had one before. It offers reassuring, factual information about individual preferences, responses, and fantasies. And with simple, effective exercises, it can help you discover a new world of sexual fulfillment...for yourself.

Freud, Sigmund (1975). Three Essays on the Theory of Sexuality.
The definitive edition of one of Freud's most important works in which he describes his theory of the development, transformation, and aberrations of the sexual instinct from its earliest beginnings in childhood.

Hite, Shere (1981). The Hite Report: A Nationwide Study of Female Sexuality.
Shere Hite distributed questionnaires consisting of some 60 questions to 300 women across the country, from every age and economic group and from all walks of life. Her aim was to reveal the complex nature of female sexuality. THE HITE REPORT presents what the women who answered said, in their own words and in their own way. The book features dozens of actual quotes from respondents to illustrate the conclusion at which Hite has arrived.

Janus, Samuel & Janus, Cynthia (1993). The Janus Report on Sexual Behavior.
Based on a nationwide survey of adult Americans of every political and religious persuasion, from ages eighteen to eighty and beyond, and from every income bracket and every region of the United States, The Janus Report surpasses all previous studies of American sexuality in both its scope and breadth. Frank, penetrating, and at times surprising in its findings, the Report cuts through platitudes and media hype to delve deeply into the American sexual psyche.

Rose, Tricia (2003). Longing to Tell: Black Women Talk About Sexuality and Intimacy.
In a culture driven by sexual and racial imagery, very few honest conversations about race, gender, and sexuality actually take place. In their absence, commonly held perceptions of black women as teenage mothers, welfare recipients, mammies, or exotic sexual playthings remain unchanged. For fear that telling their stories will fulfill society's implicit expectations about their sexuality, most black women have retreated into silence. Tricia Rose seeks to break this silence and jump-start a dialogue by presenting, for the first time, the sexual testimonies of black women who span a broad range of ages, levels of education, and socioeconomic backgrounds. Both brilliantly conceived and sensitively executed, *Longing to Tell* is required reading for anyone interested in issues of race and gender.

Zilbergeld, Bernie (1999). The New Male Sexuality: The Truth about Men, Sex, and Pleasure.
The New Male Sexuality addresses the most urgent questions of men today--and of the women who love them. Bernie Zilbergeld reports findings from his twenty years as a psychologist specializing in human sexuality, as well as those other experts in the field, and shares his own and his clients' experiences. the result is the most comprehensive guide ever to enhancing desire and arousal, focusing on pleasure rather than performance, and keeping sex exciting and fulfilling.

DVD Films and Documentaries

ADDICTIONS

Alcohol

Recovery Schools: Beacons of Hope (12 min.)
This DVD discusses the importance of recovery from addiction.

Misc. Drug Videos/DVDs

Requiem for a Dream (102 min.)
Based on the novel by Hubert Selby Jr., this gritty drama concerns four people trapped by their addictions. Harry (Jared Leto), and his best friend Tyrone (Marlon Wayans) are impoverished heroin addicts living in Coney Island, NY, while Harry's girlfriend Marion (Jennifer Connelly) is a fellow addict trying to distance herself from her wealthy father. Harry dreams of scoring a pound of smack, from which he could make enough money to open a clothing boutique with Marion, but so far he and his friends can barely scrape by supporting their own habits. Meanwhile, Harry's mother Sara (Ellen Burstyn), who spends her days watching television, is told she has the opportunity to appear on her favorite game show; wanting to lose enough weight to fit into her favorite red dress, she visits a sleazy doctor who gives her a prescription for amphetamines. Soon Sara has a drug habit of her own that is spiraling out of control

Broken Glass: The Crystal Meth Explosion (2 copies)
This DVD focuses on the lives of two men who have gone through the hell of crystal meth addiction and a young woman whose path through addiction to redemption is a warning to us all.

Heroin: A Dose of Reality (3 copies)
An informative DVD about the dangers of heroin use and abuse.

Marijuana: Burning Out.
This DVD uncovers the harmful truths about smoking marijuana by dealing with the people who have suffered the pain and tragedy of addiction.

Problem Gambling

"21"
"21," a docu-drama, addresses the phenomenon of poker and on-line gambling on college campuses today. This DVD explores the development of a gambling problem by a male and female student and the consequences they experience.

PERSONAL GROWTH

Girl, Interrupted (127 min.)
In 1967, 19-year-old Susanna (Winona Ryder) feels that "reality is becoming too dense" and is diagnosed with Borderline Personality Disorder. The doctor suggests to her parents that she be committed to the Claymore Hospital, and she spends the next 18 months struggling with her troubled psyche and the bizarre world of the institution. Susanna bonds with several other patients, including Lisa (Angelina Jolie), Polly (Elizabeth Moss), and Georgina (Clea DuVall). As she realizes that Lisa is potentially dangerous and truly needs help, Susanna begins to work harder with her psychiatrist (Vanessa Redgrave) and the nurse on the ward (Whoopi Goldberg). But Susanna soon learns that getting out of the hospital is not as easy as getting in.

Bullied: A Teaching Tolerance Documentary.
Bullied is a documentary film that chronicles one student's ordeal at the hands of anti-gay bullies and offers an inspiring message of hope to those fighting harassment today. It can become a cornerstone of anti-bullying efforts in middle and high schools.

Bullied is designed to help administrators, teachers and counselors create a safer school environment for all students, not just those who are gay and lesbian. It is also intended to help all students understand the terrible toll bullying can take on its victims, and to encourage students to stand up for their classmates who are being harassed.

The Secret (91 min.) (2 copies)

The self-actualization phenomenon known as *The Secret* pivots on the time-honored new age notion of the Laws of Attraction: That is, think positively, and positive things will come to you. This film, originally broadcast over the Internet, has been enhanced and extended for this DVD edition; but it retains the essential elements that have captivated millions. Over the course of its 92 minutes, *The Secret* introduces a parade of "teachers" hailing from various fields, including psychology, metaphysics, quantum physics, theology, spirit channeling, and personal motivation.

Haze

SEXUAL ASSAULT/ABUSE

Antwone Fisher (120 min.)

Written by the real Antwone Fisher and based on his own life, the film opens at a Southern California naval base, where a young seaman's hair-trigger temper has just landed him in trouble, and not for the first time. Fisher is placed in the care of a Navy psychotherapist, played with great warmth and depth by Washington, who guides him through a process of wrenching self-discovery, helping him identify and conquer the demons of his horrific childhood and guiding him toward the healing powers of home and family.