

Bibliotherapy

January 2019

Subject	Book	Author	Year
Anger	Act on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger	Georg Eifert, Matthe McKay, John Forsyth and Steven Hayes	2006
Anxiety/fear	The Anxiety and Phobia Workbook (5 th Edition)	Edmund, Bourne	2010
	The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy	John Forsyth and Georg Eifert	2008
	The Worry Trap: How to Free Yourself from Worry & Anxiety Using Acceptance & Commitment Therapy	Steven Hayes	2007
	Feel the fear and do it anyways	Susane Jeffers	2006
	When Bad Things Happen To Good People	Harold Kushner	2004
	Don't Panic Revised Edition: Taking Control of Anxiety Attacks	Reid Wilson	2009
	Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic	Jeffrey Brantley & Jon Kabat-Zinn	2006
	Out-Of-Control: A Dialectical Behavior Therapy Cognitive Behavior Therapy Workbook For getting Control of Your Emotions and Emotion Driven behavior	Melanie Gordon Sheets PhD	2009
	The Anxiety Toolkit	Alice Boyles, PhD	2015
Assertiveness	Your Perfect Right: Assertiveness and Equality in Your Life and Relationships	Robert Alberti and Michael Emmons	2008
	The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships	Randy J. Paterson	2000
Personality Disorder	Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder	Randi Kreger and Paul Mason	2010
	The Essential Family Guide to Borderline Personality Disorder	Randi Kreger	2008
	Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic personality Disorder	Bill Eddy LCSW, JD Randi Kreger	2011
	Say Goodbye to Your PDI (Personality Disordered Individual)	Stan Kapuchinski, M.D.	2007
	The Cognitive Behavioral Therapy Workbook for Personality Disorders	Jeffrey C. Wood, PSY.D.	2010
	Out-Of-Control: A Dialectical Behavior Therapy Cognitive Behavior Therapy Workbook For getting Control of Your	Melanie Gordon Sheets PhD	2009

	Emotions and Emotion Driven behavior		
	Almost A Psychopath	Ronald Schouten MD & James Silver	2012
	In Sheep's Clothing	George K Simon PhD	1996
	Without Conscience	Robert Hare	1993
Personality Disorder cont.	Controlling People	Patricia Evans	2002
	Character Disturbance: The Phenomenon of Our Age	George K Simon PhD	2011
	Avoidant	Jeb Kinnison	2014
	BIFF: Quick Responses to High Conflict People	Bill Eddy LCSW	2011
	So What's Your Proposal?: Shifting High Conflict People from Blaming to Problem Solving	Bill Eddy LCSW	2014
Boundaries	Controlling People: How to Recognize, Understand, and Deal with People Who Try to Control You	Patricia Evans	2003
	Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You	Susan Forward	1998
	Where to Draw the Line: How to Set Healthy Boundaries Every Day	Anne Katherine	2000
	In Sheep's Clothing: Understanding and Dealing with Manipulative People	George Simon	2010
	Emotional Vampires: Dealing with People who Drain you Dry	Albert J. Bernstein PhD	
	The Emotional Incest Syndrome: What to Do When a Parent's Love Rule Your Life	Dr. Patricia Love	1991

Grief/death	Final Journeys: A Practical Guide for Bringing Care and Comfort at the End of Life	Maggie Callanan	2009
	Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying	Maggie Callanan and Patricia Kelley	1997
	What Dying People Want: Practical Wisdom For The End Of Life	David Kuhl	2003
	Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart	Alan Wolfelt	2004
Joy/optimisms/happiness	Awakening Joy: 10 Steps That Will Put You on the Road to Real Happiness	James Baraz and Shoshana Alexander	2010
	A thousand names for joy	Katie Bryson and Steven Mitchel	2007
	Happiness Now!: Timeless Wisdom for Feeling Good FAST	Robert Holden	2007
	Zen And the Art of Happiness	Chris Prentiss	2006
	Learned Optimism: How to Change Your Mind and Your Life	Martin Seligman	2006
	How To Be An Adult	David Richo	
Men's wellness	The way of the superior man	David Deida	2006
	No More Mr. Nice Guy	Robert Glover	2005
	Why Men Won't Commit	Weinberg	2004
	The Male Brain	Louann Brizendine M.D.	
	Understanding The Tin Man: Why So Many Men Avoid Intimacy	William July PhD	1999
Mindfulness/meditation	Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy	Steven Hayes and Spencer Smith	2005
	Wherever You Go There You Are	Jon Kabat-Zinn	2005
	Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness	Jon Kabat-Zinn	2009
	Meditation for Beginners (With CD)	Jack Kornfield	2008
	Peace begins with me	Ted Kuntz	2006
	Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance	Matthew McKay, Jeffrey C. Wood and Jeffrey	2007
Mood/depression	Feeling Good: The New Mood Therapy	David Burns	1999
	Thoughts and Feelings: Taking Control of Your Moods and Your Life by	Martha Davis, Patrick Fanning and Matthew McKay	2007
	Mind Over Mood: Change How You Feel by Changing the Way You Think	Dennis Greenberger and Christine Padesky	1995

	The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness	Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn	2007
	Breaking the Patterns of Depression	Michael D. Yapko	1998
	Stop Overreacting: Effective Strategies for Calming Your Emotions	Judith Siegel, PhD, LCSW	2010
Procrastination	Procrastination: Why You Do It, What to Do About It Now	Jane Burka and Lenora Yuen	2008
	The Procrastination Equation: How to Stop Putting Things Off and Start Getting Stuff Done	Piers Steel	2010
Relationships	Dating For Dummies	Joy Browne	2010
	The Five Love Languages: The Secret to Love that Lasts	Gary Chapman	2009
	Rebuilding: When Your Relationship Ends, 3rd Edition (Rebuilding Books; For Divorce and Beyond)	Bruce Fisher and Robert Alberti	2005
	The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert	John Gottman and Nan Silver	2000
	Ten Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for Strengthening Your Relationship by	John Gottman, Julie Schwartz Gottman, and Joan Declaire	2007
	Messages: The Communication Skills Book	Martha Davis, Patrick Fanning and Matthew McKay	2009
	Getting the Love You Want, 20th Anniversary Edition: A Guide for Couples	Harville Hendrix Ph.D.	2007
	Too Good to Leave, Too Bad to Stay: A Step-by-Step Guide to Help You Decide Whether to Stay In or Get Out of Your Relationship	Mira Kirshenbaum	1997
	Should You Leave	Kramer	1999
	Daring to Trust: Opening Ourselves to Real Love and Intimacy	David Richo	2011
	How to Be an Adult in Relationships: The Five Keys to Mindful Loving	David Richo and Kathlyn Hendricks	2002
	Transcending Divorce: Ten Essential Touchstones for Finding Hope and Healing Your Heart	Alan Wolfelt	2008
	When Love Meets Fear: How to Become Defense-Less and Resource-Full	David Richo	
	It's Called a Break up Because it's Broken	Greg Behrendt & Amiira Ruotola-Behrendt	

Self-care	When Helping You Is Hurting Me: Escaping the Messiah Trap	Carmen Renee Berry	2003
	The art of extreme self-care	Cheryl Richardson	2009
Self-Esteem	The Self-Esteem Companion: Simple Exercises to Help You Challenge Your Inner Critic & Celebrate Your Personal Strengths	Matthew McKay, Patrick Fanning and Carole Honeychurch	2005
	Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem	Matthew McKay and Patrick	2000
Self-discovery/ other/spirituality	The Highly Sensitive Person: How to Thrive When the World Overwhelms You	Elaine Aron	1997
	The Success Principles: How to Get from Where You Are to Where You Want to Be	Jack Canfield and Janet Switzer	2006
	The Miracle of Real Forgiveness	Tom Carpenter	2010
	A guide to rational living	Albert Ellis	1997
	Embraced by the Light	Betty Eadie	2002
	The Art of Loving	Eric Fromm	2006
	You Can Heal Your Life	Louise Hay	2006
	Shift Happens: How to Live an Inspired Life...Starting Right Now!	Robert Holden	2011
	Way of the Peaceful Warrior: A Book That Changes Lives	Dan Millman	2006
	The New Personality Self-Portrait: Why You Think, Work, Love and Act the Way You Do	John Oldham and Lois Morris	1995
	When Love Meets Fear: How to Become Defense-Less and Resource-Full	David Richo	1997
	Coming Home to Who You Are: Discovering Your Natural Capacity for Love, Integrity, and Compassion	David Richo	2011
	The Four Agreements: A Practical Guide to Personal Freedom, A Toltec Wisdom Book	Miguel Ruiz	2001
	Get Off Your "But": How to End Self-Sabotage and Stand Up for Yourself	Sean Stephenson and Anthony Robbins	2009
	The Art of Possibility: Transforming Professional and Personal Life	Rosamund Stone Zander and Benjamin Zander	2002
	A Return to Love: Reflections on the Principles of "A Course in Miracles"	Marianne Williamson	1996
	How To Be An Adult	David Richo	
Social anxiety	Living Fully With Shyness and Social Anxiety: A Comprehensive Guide to Gaining Social Confidence	Erika Hilliard and Paul Foxman	2005
	Always at Ease: Overcoming Shyness and Anxiety in Every Situation	Christopher McCulloug	1991

Stress	The Relaxation and Stress Reduction Workbook: Sixth Edition	Martha Davis, Elizabeth Robbins Eshelman, Patrick Fanning	2011
Women's wellness	When food is love	Geneen Roth	2002
	Women's Bodies, Women's Wisdom (Revised Edition): Creating Physical and Emotional Health and Healing	Christiane Northrup	2010
	Women Food and God: An Unexpected Path to Almost Everything	Geneen Roth	2010
	Loving Him Without Losing You: How to Stop Disappearing and Start Being Yourself	Beverly Eagle	2001
	The Female Brain	Louann Brizendine M.D.	
	Odd Girl Out: The Hidden Culture of Aggression in Girls	Rachel Simmons	
Dysfunctional Relationship Patterns in Families			
	Adult Children of Abusive Parents	Steven Farmer MA, MFCC	1989
	Outgrowing The Pain: A Book For and About Adults Abused as Children	Eliana Gil PhD	1983
	The Emotional Incest Syndrome: When a Parent's Love Rules Your Life	Dr. Patricia Love PhD	1991
	Will I Ever Be Good Enough?: Healing The Daughters of Narcissistic Mothers	Karyl McBride	2009
	The Narcissistic Family	Stephanie Donaldson- Pressman Robert M. Pressman	1994
	Why Is It Always About You? A how-to book for disengaging from a narcissist	Sandy Hotchkiss, LCSW	2003
	In Sheep's Clothing: Understanding and Dealing with Manipulative People	George Simon, Jr., PhD	1996
	Escaping Toxic Guilt	Susan Carrell, RN, LPC	2008
Polyamory	Polyamory: The New Love Without Limits: Secrets of Sustainable intimate Relationships	Dr. Deborah M. Anapol PhD	1997
	The Ethical Slut	Dossie Easton Catherine A. Liszt	1997

