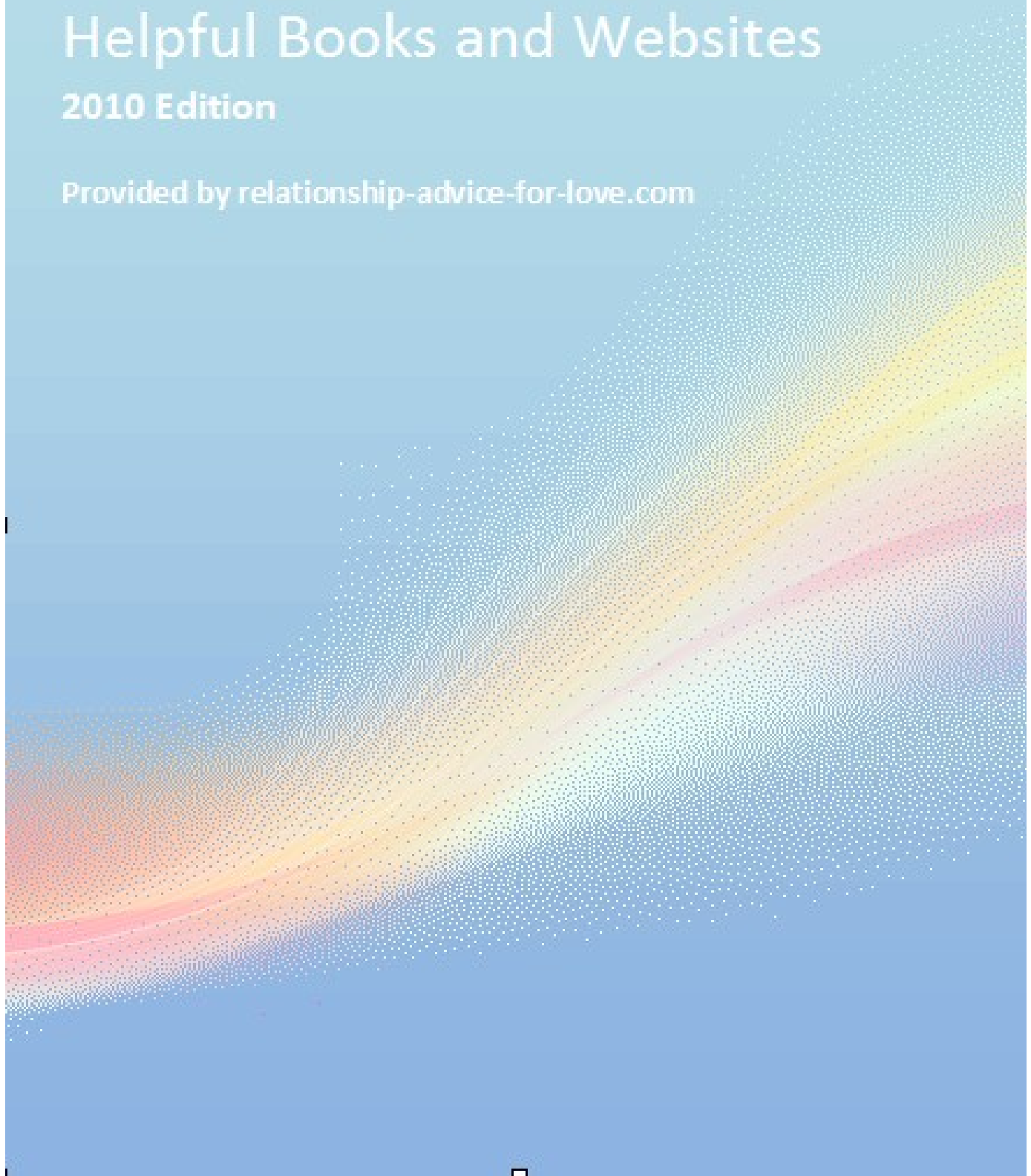


# Helpful Books and Websites

2010 Edition

Provided by [relationship-advice-for-love.com](http://relationship-advice-for-love.com)



## Welcome!

At relationship-advice-for-love.com, our primary goal is to give you real advice for real relationships to help you build or enhance intimacy, resolve issues and move forward in your life.

If personal or relationship issues are preventing you from living the way you want, finding information that will help you—and acting on it—can improve your quality of life. You'll find many options out there to assist you, including professionals like doctors, therapists or counselors, your family and friends or self-help techniques.

This booklet focuses on the self-help side by offering a comprehensive list of books and websites that can lead you to useful information as you seek to resolve personal issues.

- The [adult section](#) includes resources on: Addictions, Brain/Mood Disorders, Interactions with Others, Life Lessons and Sexuality.
- The [children/teens](#) section includes resources on: ADD/ADHD, Bullying, Depression and Life Skills.
- On the final pages, you'll find a [website quick reference guide](#) with links to several helpful sites.

Some of the book listings are classics—oldies, but goodies, as they say. Some may be available at your local library or bookstore, however, another good option is to shop online.

Click here to visit [Amazon](#); at the time of writing, most of the recommended readings are available for purchase there.

Good luck as you continue on your journey. The knowledge you draw from these comprehensive resources could provide the keys to improving your overall mental health or that of a loved one.

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## Adult-related Books and Websites

### Addictions

#### CHEMICAL DEPENDENCY AND RELAPSES

About (<http://www.alcoholism.about.com>)

Alcoholics Anonymous (<http://www.alcoholics-anonymous.org>)

National Center on Addiction and Substance Abuse at Columbia University  
(<http://www.casacolumbia.org>)

National Council on Alcoholism and Drug Dependence (<http://www.ncadd.org>)

National Institute on Alcohol Abuse and Alcoholism (<http://www.niaaa.nih.gov>)

Substance Abuse and Mental Health Services Administration (<http://www.health.org>)

Jay, Jeff, and Jay, Debra Erickson. *Love First: A New Approach to Intervention for Alcoholism and Drug Addiction*. Center City, MN: Hazelden, 2000.

Johnson, Vernon. *Intervention: How to Help Someone Who Doesn't Want Help: A Step-by-Step Guide for Families of Chemically Dependent Persons*. Washington, DC: The Johnson Institute, 1989.

West, James, and Ford, Betty. *The Betty Ford Center Book of Answers: Help for Those Struggling with Substance Abuse and for the People Who Love Them*. New York: Pocket Books, 1997.

#### IMPULSE CONTROL DISORDERS

##### **Impulse Control Disorders (General)**

Horvath, Thomas, and Hester, Reid. *Sex, Drugs, Gambling, and Chocolate: A Workbook for Overcoming Addictions*. San Luis Obispo, CA: Impact Publishers, 1998.

##### **Intermittent Explosive Disorder**

Lerner, Harriet. *The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships*. New York: HarperCollins, 1997.

Potter-Efron, Ron, and Potter-Efron, Pat. *Letting Go of Anger: The 10 Most Common Anger Styles and What to Do about Them*. Oakland, CA: New Harbinger Publications, 1995.

##### **Kleptomania**

<http://www.shopliftersanonymous.com>

## **Pathological Gambling**

<http://www.gamblersanonymous.org>

Heineman, Mary. *Losing Your Shirt: Recovery for Compulsive Gamblers and Their Families*. Minneapolis: Compcare Publications, 1996.

## **Pyromania**

Sakheim, George, and Osborn, Elizabeth. *Firesetting Children: Risk Assessment and Treatment*. Washington, DC: Child Welfare League of America, 1994.

## **Trichotillomania**

Golomb, Ruth, and Vavrichek, Sherrie. *The Hair Pulling "Habit" and You: How to Solve the Trichotillomania Puzzle* (revised ed.). Silver Spring, MD: Writers' Cooperative of Greater Washington, 2000.

## **Brain/Mood Disorders**

### **ADULT ADD**

Children and Adults with Attention Deficit/Hyperactivity Disorder  
(<http://www.chadd.org>)

National Attention Deficit Disorder Association (<http://www.add.org>)

Hallowell, E., and Ratey, J. *Driven to Distraction*. New York: Pantheon Books, 1994.

Hallowell, E., and Ratey, J. *Answers to Distraction*. New York: Bantam Books, 1996.

Hartmann, T. *Attention Deficit Disorder: A Different Perception*. Grass Valley, CA: Underwood, 1997.

Kelly, K., and Ramundo, P. *You Mean I'm Not Lazy, Stupid, or Crazy?* Cincinnati: Scribner, 1995.

Latham, P., and Latham, P. *Attention Deficit Disorder and the Law* (2nd ed.). Washington, DC: JKL Communications, 1998.

### **BORDERLINE PERSONALITY DISORDER**

Borderline Personality Disorder Research Foundation  
(<http://www.borderlineresearch.org>)

BPD Central (<http://www.bpdcentral.com>)

Internet Mental Health (<http://www.mentalhealth.com>)

Dean, Melanie. *Borderline Personality Disorder: The Latest Assessment and Treatment Strategies*. Evanston, WY: Compact Clinicals, 2001.

Forward, Susan. *Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life*. New York: Bantam Books, 1990.

Friel, John, and Friel, Linda. *An Adult Child's Guide to What's Normal*. Deerfield Beach, FL: Health Communications, 1990.

Kreisman, Jerry. *I Hate You, Don't Leave Me*. New York: Avon Books, 1991.

Moskovitz, Richard. *Lost in the Mirror: An Inside Look at Borderline Personality Disorder*. Dallas: Taylor Publishing, 2001.

## DEPRESSION

About (<http://www.depression.about.com>)

Canadian Mental Health Association (<http://www.cmha.ca>)

Depression Canada ([www.depressioncanada.com](http://www.depressioncanada.com))

National Alliance on Mental Illness (<http://www.nami.org>)

National Institute of Mental Health  
(<http://www.nimh.nih.gov/publicat/depression.cfm>)

Mood Disorders Society of Canada ([www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca))

The Mayo Clinic (<http://www.mayoclinic.com>)

*Diagnostic and Statistical Manual* (4th ed.). Washington, DC: American Psychiatric Association, 1994.

Burns, David. *Feeling Good: The New Mood Therapy*. New York: Avon Books, 1980.

Solomon, Andrew. *The Noonday Demon: An Atlas of Depression*. New York: Scribner, 2001.

Yapko, Michael. *Breaking the Patterns of Depression*. New York: Doubleday, 1997.

## DISSOCIATION

Alderman, Tracy, and Marshall, Karen. *Amongst Ourselves: A Self-Help Guide to Living with Dissociative Identity Disorder*. Oakland, CA: New Harbinger Publications, 1998.

Dragon, Judy, and Popp, Terry. *Multiple Journeys to One: Spiritual Stories of Integrating from Dissociative Identity Disorder*. Santa Rosa, CA: Dancing Serpents Press, 1999.

Haddock, Deborah Bray. *The Dissociative Identity Disorder Sourcebook*. New York: McGraw-Hill, 2001.



## EATING DISORDERS

Costin, Carolyn. *The Eating Disorder Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders*. New York: McGraw-Hill, 1999.

Natenshon, Abigail. *When Your Child Has an Eating Disorder: A Step-by-Step Workbook for Parents and Other Caregivers*. New York: Jossey-Bass, 1999.

Siegel, Michelle, Brisman, Judith, and Weinschel, Margot. *Surviving an Eating Disorder: Strategies for Family and Friends*. New York: HarperCollins, 1997.

## MANIA AND HYPOMANIA

National Depressive and Manic-Depressive Association (<http://www.ndmda.org>).

Fawcett, Jan, Golden, Bernard, Rosenfeld, Nancy, and Goodwin, Frederick. *New Hope for People with Bipolar Disorder*. Rocklin, CA: Prima Publishing, 2000.

Mondimore, Francis. *Bipolar Disorder: A Guide for Patients and Families*. Baltimore: Johns Hopkins University Press, 1999.

## OBSESSIVE-COMPULSIVE DISORDER (OCD)

Colas, Emily. *Just Checking: Scenes from the Life of an Obsessive-Compulsive*. New York: Pocket Books, 1998.

Ellis, Albert. *A New Guide to Rational Living*. North Hollywood, CA: Wilshire Book Co., 1975.

Foster, Constance. *Funny You Don't Look Crazy*. Ellsworth, ME: Dilligaf Publishing, 1993.

Hyman, Bruce, and Pedrick, Cherry. *The OCD Workbook*. Oakland, CA: New Harbinger Publications, 1999.

Rapoport, Judith. *The Boy Who Couldn't Stop Washing*. New York: Penguin Books, 1989.

Steketee, Gail, and White, Kenin. *When Once Is Not Enough*. Oakland, CA: New Harbinger Publications, 1990.

## PARANOIA

*Diagnostic and Statistical Manual of Mental Disorders* (4th ed.). Washington, DC: American Psychiatric Association, 1994.

Hampton, William, Smith, James, and Burnham, Virginia. *The Two-Edged Sword: A Study of the Paranoid Personality in Action*. Santa Fe, NM: Sunstone Press, 1990.

## PHOBIAS, PANIC, AND AGORAPHOBIA

Anxiety Disorders Association of America (<http://www.adaa.org>)

Anxiety Panic Internet Resource (<http://www.algy.com/anxiety>)

Internet Mental Health (<http://www.mentalhealth.com>)

National Institute of Mental Health (<http://www.nimh.nih.gov/anxiety>)

Bassett, Lucinda. *From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and Put You in Control of Your Life*. New York: Quill, 1997.

Bourne, Edmund J. *The Anxiety and Phobia Workbook (Fourth Edition)*. Oakland, CA: New Harbinger, 2005.

Ross, Jerilyn. *Triumph over Fear: A Book of Help and Hope for People with Anxiety Disorders*. New York: Bantam Books, 1995.

### POSTTRAUMATIC STRESS DISORDER (PTSD)

National Center for PTSD (<http://www.NCPTSD.org>)

<http://www.PTSD.com> offers free information about PTSD and related disorders.

Rothschild, Babette. *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. New York: W. W. Norton & Company, 2000.

Wilson, John, Friedman, Matthew, and Lindy, Jacob (eds.). *Treating Psychological Trauma and PTSD*. New York: Guilford Press, 2001.

### PSYCHOSIS

National Institute of Mental Health (<http://www.nimh.gov>)

National Mental Health Association (<http://www.nmha.org>)

Torrey, E. Fuller. *Surviving Schizophrenia: A Manual for Families, Consumers, and Providers*. New York: Quill, 2001.

Woolis, Rebecca, and Hatfield, Agnes. *When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers*. New York: Jeremy Tarcher, 1992.

### SUICIDAL THOUGHTS

Canadian Association for Suicide Prevention (<http://www.suicideprevention.ca>)

National Suicide Prevention Lifeline US (1-800-273-TALK [8255])

The Help Line USA (1-561-659-6900)

Marcus, Eric. *Why Suicide?: Answers to 200 of the Most Frequently Asked Questions about Suicide, Attempted Suicide, and Assisted Suicide*. San Francisco: Harper San Francisco, 1996.

## Interactions with Others

### ANXIETY IN SOCIAL SETTINGS

Social Phobia/Social Anxiety Association (<http://www.socialphobia.org>)  
Burns, David. *Ten Days to Self Esteem*. New York: William Morrow, 1993.

Zimbardo, P. *Shyness: What It Is and What to Do about It*. Reading, MA: Addison-Wesley, 1987.

### ANTISOCIAL BEHAVIOUR

Katherine, Anne. *Boundaries: Where You End and I Begin*. New York: Simon and Schuster, 1991.

Meloy, J. Reid. *The Psychopathic Mind: Origins, Dynamics, and Treatment*. Northvale, NJ: Jason Aronson Publishing, 1995.

Rosellini, Gayle, Worden, Mark, Rosell, Garth. *Of Course You're Angry: A Guide to Dealing with the Emotions of Substance Abuse*. San Francisco: Harper Hazelden, 1986.

Williams, Redford, and Williams, Virginia. *Anger Kills: Seventeen Strategies for Controlling the Hostility That Can Harm Your Health*. New York: Time Books, 1993.

Wolman, Benjamin. *Antisocial Behavior: Personality Disorders from Hostility to Homicide*. Amherst, NY: Prometheus Books, 1999.

### COMMUNICATION

Alberti, Robert, and Emmons, Michael. *Your Perfect Right*. San Luis Obispo, CA: Impact Publishers, 2001.

Bower, Sharon, and Bower, Gordon. *Asserting Yourself: A Practical Guide for Positive Change*. New York: Perseus, 1991.

Elgin, Suzette Haden. *The Gentle Art of Verbal Self-Defense at Work*. Englewood Cliffs, NJ: Prentice-Hall, 2000.

Gordon, Thomas. *Leader Effectiveness Training*. New York: Bantam Doubleday Dell, 1986.

### COPING WITH THE ILLNESS OF A LOVED ONE

Gordon, Thomas. *Leader Effectiveness Training*. New York: Bantam Doubleday Dell, 1986.

Miller, Jim. *One You Love Is Dying: 12 Thoughts to Guide You*. Fort Wayne, IN: Willowgreen Publishing, 1997.

### DEMYSTIFYING FEELINGS AND EMOTIONS

Gordon, Thomas. *Parent Effectiveness Training: The Proven Program for Raising*

*Responsible Children*. New York: Three Rivers Press, 2000.

Gottman, John. *Why Marriages Succeed or Fail and How You Can Make Yours Last*. New York: Fireside Books, 1994.

McKay, Matthew, Fanning, Patrick, and Paleg, Kim. *Couple Skills: Making Your Relationship Work*. Oakland, CA: New Harbinger Publications, 1994.

## DEPENDENCY ISSUES

Branden, Nathaniel. *The Six Pillars of Self-Esteem*. New York: Bantam, 1994.

Burns, David. *Ten Days to Self-Esteem*. New York: William Morrow, 1993.

Hammond, John, Keeney, Ralph, and Raiffa, Howard. *Smart Choices: A Practical Guide to Making Better Decisions*. Harvard Business School Press, 1998.

## EMPATHY

Ciaramicoli, Arthur, and Ketcham, Katherine. *The Power of Empathy: A Practical Guide to Creating Intimacy, Self-Understanding and Lasting Love*. New York: Plume, 2001.

Fanning, Patrick, McKay, Matthew, and Davis, Martha. *Messages: The Communication Skills Book*. Oakland, CA: New Harbinger Publications, 1995.

## FAMILY CONFLICT RESOLUTION

Gordon, Thomas. *Parent Effectiveness Training: The Proven Program for Raising Responsible Children*. New York: Three Rivers Press, 2000.

Ury, William. *Getting Past No: Negotiating Your Way from Confrontation to Cooperation*. New York: Bantam Doubleday Dell, 1993.

## Life Lessons

### BUILDING PEOPLE SKILLS

Goleman, Daniel. *Emotional Intelligence*. New York: Bantam, 1997.

Nagy, Allen, and Nagy, Geraldine. *How to Raise Your Child's Emotional Intelligence: 101 Ways to Bring Out the Best in Your Children and Yourself*. Heartfelt Publications, 1999.

### BUILDING YOUR SELF-ESTEEM

National Association for Self Esteem (<http://www.self-esteem-nase.org>).

Branden, Nathaniel. *The Six Pillars of Self-Esteem*. New York: Bantam, 1994.

Burns, David D. *Ten Days to Self-Esteem*. New York: William Morrow, 1993.

Sher, Barbara, and Gottlieb, Annie. *Wishcraft*. New York: Ballantine Books, 1979.

## CHANGING YOUR LIFE

Sher, Barbara. *Live the Life You Love: In Ten Easy Step-by Step Lessons*. New York: Dell Trade Paperback, 1997.

Sher, Barbara. *It's Only Too Late If You Don't Start Now: How to Create Your Second Life at Any Age*. New York: Delacorte Press, 1999.

Sher, Barbara, and Gottlieb, Annie. *Wishcraft: How to Get What You Really Want*. New York: Ballantine, 1996.

Sher, Barbara, and Smith, Barbara. *I Could Do Anything If I Only Knew What It Was: How to Discover What You Really Want and How to Get It*. New York: Dell Trade Paperback, 1995.

Young, Jeffrey, and Klosko, Janet. *Reinventing Your Life: The Breakthrough Program to End Negative Behavior . . . and Feel Great Again*. New York: Plume, 1994.

### COPING WITH AGING

Burns, David D. *Feeling Good: The New Mood Therapy*. New York: Avon Books, 1980.

Sheehy, Gail. *New Passages: Mapping Your Life Across Time*. New York: Random House, 1995.

Smith, J. Walker, and Clurman, Ann. *Rocking the Ages: The Yankelovich Report on Generational Marketing*. New York: HarperCollins, 1997.

Yapko, Michael. *Breaking the Patterns of Depression*. New York: Doubleday, 1997.

### COPING WITH CHILDHOOD TRAUMA

American Academy of Child and Adolescent Psychiatry (<http://www.AACAP.org>)

EMDR Institute (<http://www.EMDR.com>)

Natural Child Project (<http://www.naturalchild.com>)

Black, Claudia. *It Will Never Happen to Me*. Denver: MAC Publishing, 1980.

Bradshaw, John. *Healing the Shame That Binds You*. Deerfield Beach, FL: Health Communications, 1988.

Grand, David. *Emotional Healing at Warp Speed: The Power of EMDR*. New York: Harmony Books, 2001.

Matsakis, A. *I Can't Get Over It: A Handbook for Trauma Survivors*. Oakland, CA: New Harbinger, 1992.

Miller, Alice. *Prisoners of Childhood*. (Also published as *The Drama of the Gifted Child*.) New York: Basic Books, 1981.

### COPING WITH HOLIDAY BLUES

American Psychological Association (<http://www.apa.org>)

National Depressive and Manic-Depressive Association (<http://www.ndmda.org>)  
National Mental Health Association (<http://www.nmha.org>)

## FINANCIAL STRESS

Debtors Anonymous (<http://www.debtorsanonymous.org>)

Dominguez, Joe, and Robin, Vicki. *Your Money or Your Life: Transforming Your Relationship with Money and Achieving Financial Independence*. New York: Penguin USA, 1999.

Lawrence, Judy. *The Budget Kit: The Common Cents Money Management Workbook* (3rd ed.). Chicago: Dearborn Trade, 2000.

Pierce, Linda Breen, and Robin, Vicki. *Choosing Simplicity: Real People Finding Peace and Fulfillment in a Complex World*. Carmel, CA: Gallagher Press, 2000.

## LIVING RESPONSIBLY

Goleman, Daniel. *Emotional Intelligence*. New York: Bantam, 1995.  
McGraw, Phillip. *Life Strategies*. New York: Hyperion, 1999.

Ruiz, Don Miguel. *The Four Agreements: A Practical Guide to Personal Freedom*. San Rafael, CA: Amber-Allen Publishing, 1997.

## LIVING WITH CHRONIC PAIN/ILLNESS

American Chronic Pain Association (<http://www.theacpa.org>)

American Pain Society (<http://www.ampainsoc.org>)

<http://www.pain.com>

Capossela, Cappy, and Warnock, Sheila. *Share the Care: How to Organize a Group to Care for Someone Who Is Seriously Ill*. New York: Fireside Books, 2004.

Kübler-Ross, Elisabeth. *On Death and Dying*. New York: MacMillan, 1969.

Register, Cheri. *The Chronic Illness Experience*. Minneapolis: Hazelden Information and Educational Services, 1999.

Well, Susan Milstrey. *A Delicate Balance: Living Successfully with Chronic Illness*. New York: Perseus Books, 1998.

## MANAGING ANXIETY

<http://www.anxieties.com> is free self-help for people with anxiety disorders.

Anxiety Disorders Association of America (<http://www.adaa.org>)

Anxiety Network (<http://www.anxietynetwork.com>)

Anxiety Panic Internet Resource (<http://www.algy.com/anxiety>)

Beck, Aaron, Emery, Gary, and Greenberg, Ruth. *Anxiety Disorders and Phobias: A Cognitive Perspective*. New York: Basic Books, 1990.

Freeman, Arthur, and DeWolf, Rose. *Woulda, Coulda, Shoulda: Overcoming Regrets, Mistakes, and Missed Opportunities*. New York: Harperperennial Library, 1992.

### MOVING ON AFTER DISAPPOINTMENTS

Bridges, William. *Job Shift: How to Prosper in a Workplace without Jobs*. Reading, MA: Addison-Wesley, 1994.

Glassner, Barry. *Career Crash: America's New Crisis—and Who Survives*. New York: Simon & Schuster, 1994.

Pines, Ayala, and Aronson, Elliot. *Career Burnout: Causes and Cures*. New York: The Free Press, 1988.

Seligman, Martin. *Learned Optimism: How to Change Your Mind and Your Life*. New York: Pocket Books, 1998.

### RECOVERING FROM LOSS

Deits, Bob. *Life after Loss*. Tucson, AZ: Fisher Books, 1992.

James, John W. and Friedman, Russell. *The Grief Recovery Handbook (Revised Ed.)*. HarperCollins: New York, NY, 1998.

James, John W., Friedman, Russell, and Landon Matthews, Leslie. *When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses*. Quill: New York, NY, 2002.

Kübler-Ross, Elisabeth. *On Death and Dying*. New York: MacMillan, 1969.

### OVERCOMING COGNITIVE DEFICIT

Schmelzkopf, Dick. *Brain-Damage: A Book about Overcoming Cognitive Deficit and Creating the New You*. Houston: Emerald Ink Publishing, 2001.

Swanson, Kara, and Chrumka, Mike. *I'll Carry the Fork!: Recovering a Life after Brain Injury*. Scotts Valley, CA: Rising Star Press, 1999.

### RELAXATION TECHNIQUES

Benson, Herbert. *The Relaxation Response*. New York: Avon, 1990.

Benson, Herbert, and Proctor, William. *Beyond the Relaxation Response: How to Harness the Healing Power of Your Personal Beliefs*. New York: Berkley Publishing Group, 1994.

Davis, Martha, McKay, Matthew, and Eshelman, Elizabeth Robbins. *The Relaxation & Stress Reduction Workbook*. Oakland, CA: New Harbinger Publications, 2000.

Gawain, Shakti. *Creative Visualization*. New York: Bantam, 1983.

Lark, Susan. *Dr. Susan Lark's Anxiety & Stress Self Help Book: Effective Solutions for Nervous Tension, Emotional Distress, Anxiety, & Panic*. Berkeley, CA: Celestial Arts, 1996.

### SELF MOTIVATION

Blair, Gary Ryan. *Goal Setting Forms: Tools to Help You Get Ready, Get Set, and Go for Your Goals*. Palm Harbor, FL: The Goals Guy, 2000.

Blair, Gary Ryan. *Goal Setting 101: How to Set and Achieve a Goal*. Palm Harbor, FL: The Goals Guy, 2000.

### SLEEP ISSUES

National Sleep Foundation (<http://www.sleepfoundation.org>)

Hauri, Peter, and Linde, Shirley. *No More Sleepless Nights*. New York: John Wiley & Sons, 1996.

Jacobs, Gregg D. *Say Goodnight to Insomnia*. New York: Owl Books, 1999.

### SLOWING DOWN THE PACE OF YOUR LIFE

Koch, Richard. *The 80/20 Principle: The Secret of Achieving More with Less*. New York: Doubleday, 1998.

St. James, Elaine. *Simplify Your Life: 100 Ways to Slow Down and Enjoy the Things That Really Matter*. New York: Hyperion, 1994.

### SPIRITUALITY

Chopra, Deepak. *The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams*. San Rafael, CA: Amber-Allen Publishing and New World Publishing, 1994.

Dalai Lama and Cutler, Howard. *The Art of Happiness: A Handbook for Living*. New York: Riverhead Books, 1998.

Dyer, Wayne. *Real Magic*. New York: William Morrow, 1992.

Fields, Rick, Taylor, Peggy, and Weyler, Rex. *Chop Wood, Carry Water: A Guide to Finding Spiritual Fulfillment in Daily Life*. New York: Jeremy Tarcher, 1985.

Kelley, Sarano. *The Game: Win Your Life in 90 Days*. San Diego: Jodere Group, 2001.

Kushner, Harold. *When All You've Ever Wanted Isn't Enough: The Search for a Life That Matters*. New York: Pocket Books, 1986.

Kushner, Harold. *Living a Life That Matters: Resolving the Conflict Between Conscience and Success*. New York: Alfred A. Knopf, 2001.

### TYPE A PERSONALITY/BEHAVIOR

Burns, David. *Feeling Good: The New Mood Therapy*. New York: Avon Books, 1980.



Davidson, Jeff. *The Complete Idiot's Guide to Managing Stress*. New York: Alpha Books, 1997.

Friedman, Meyer. *Type A Behavior: Its Diagnosis and Treatment*. New York: Plenum Publishing, 1996.

Hanson, Peter. *The Joy of Stress*. Kansas City, MO: Andrews & McMeel, 1985.

Hanson, Peter. *Stress for Success*. New York: Doubleday, 1989.

*Prevention's Guide to Stress-Free Living*. Emmaus, PA: Rodale Press, 1998.

## VALUES

Belf, Teri-E, and Ward, Charlotte. *Simply Live It UP: Brief Solutions*. Bethesda, MD: Purposeful Press, 1995.

Edwards, Paul, and Edwards, Sarah. *Finding Your Perfect Work: The New Career Guide to Making a Living, Creating a Life*. New York: Jeremy Tarcher, 1996.

Louden, Jennifer. *The Woman's Retreat Book: A Guide to Restoring, Rediscovering, and Reawakening Your True Self - in a moment, an hour or a weekend*. San Francisco: Harper San Francisco, 1997.

Sher, Barbara, with Smith, Barbara. *I Could Do Anything If I Only Knew What It Was: How to discover what you really want and how to get it*. New York: Delacorte Press, 1994.

## WHAT TO DO WHEN YOU CAN'T STOP WORRYING

Anxiety Disorders Association of America (<http://www.adaa.org>)

<http://www.anxieties.com> is free self-help for people with anxiety disorders.

The Anxiety Panic Internet Resource (TAPIR) (<http://www.algy.com>)

Anxiety Network (<http://www.anxietynetwork.com>)

Beck, Aaron, Emery, Gary, and Greenberg, Ruth. *Anxiety Disorders and Phobias: A Cognitive Perspective*. New York: Basic Books, 1990.

Burns, David. *Feeling Good: The New Mood Therapy*. New York: HarperCollins/Wholecare, 1999.

Freeman, Arthur, and DeWolf, Rose. *Woulda, Coulda, Shoulda: Overcoming Regrets, Mistakes, and Missed Opportunities*. New York: HarperPerennial Library, 1992.

## WORK-RELATED STRESS

Cunningham, J. Barton. *The Stress Management Sourcebook*. Los Angeles: Lowell House, 1997.

Davidson, Jeff. *The Complete Idiot's Guide to Managing Stress*. New York: Alpha

Books, 1997.

Hanson, Peter G. *The Joy of Stress*. Kansas City, MO: Andrews & McMeel, 1985.

Hanson, Peter G. *Stress For Success*. New York: Doubleday, 1989.  
*Prevention's Guide to Stress-Free Living*. Emmaus, PA: Rodale Press, 1998.

Viscott, David. *The Viscott Method*. New York: Pocket Books, 1984.

## Sexuality

### FEMALE SEXUAL DYSFUNCTION

Barbach, Lonnie. *For Each Other: Sharing Sexual Intimacy*. New York: Signet, 2001.

Comfort, Alex. *Sexual Positions [The Joy of Sex Series]*. New York: Crown Publishing, 1997.

Comfort, Alex. *The New Joy of Sex*. New York: Pocket Books, 1992.

Kaplan, Helen Singer. *Illustrated Manual of Sex Therapy*. New York: Brunner/Mazel, 1988.

### MALE SEXUAL DYSFUNCTION

Barbach, Lonnie. *For Each Other: Sharing Sexual Intimacy*. New York: Signet, 2001.

Comfort, Alex. *The New Joy of Sex*. New York: Pocket Books, 1992.

Kaplan, Helen Singer. *Illustrated Manual of Sex Therapy*. New York: Brunner/Mazel, 1988.

Lue, Tom. *A Patient's Guide to Male Sexual Dysfunction*. Newtown, PA: Handbooks in Health Care, 2000.

Newman, Alfred. *Beyond Viagra: Plain Talk about Treating Male and Female Sexual Dysfunction*. Washington, DC: Starrhill Press, 1999.

### RECOVERING FROM SEXUAL ABUSE

Bass, E., and Davis, L. *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse*. San Francisco: HarperCollins, 1988.

Bradshaw, John. *Healing the Shame That Binds You*. Deerfield Beach, FL: Health Communications, 1988.

## Child/Teen-related Books and Websites

### ADD/ADHD

ADDvance: information for parents of children with ADD (ADHD)  
(<http://www.addvance.com/help/parents/index.html>)

Children and Adults with Attention Deficit/Hyperactivity Disorder  
(<http://www.chadd.org>)

American Academy of Pediatrics ([www.aap.org/healthtopics/adhd.cfm](http://www.aap.org/healthtopics/adhd.cfm))

Canadian Paediatric Society (<http://www.caringforkids.cps.ca/bahaviour/index/htm>)

Barkley, Russell A. *Taking Charge of ADHD: the Complete Authoritative Guide for Parents*. New York: The Guilford Press, 2005.

Brown, Thomas E., *Fears and Prejudices About AD/HD* (video), 2003.

Galvin, Matthew. *Otto Learns About His Medicine: A Story About Medication For Children With ADHD*. Magination Press, 2001.

Kraus, Jeanne. *Cory Stories: A Kid's Book About Living With ADHD*. Magination Press, 2004.

Nadeau, Kathleen G., Dixon, Ellen B. *Learning to Slow Down and Pay Attention: A Book for Kids About ADD*. Magination Press, 2005.

Nadeau, Kathleen G., Littman, Ellen B, Quinn, Patricia O. *Understanding Girls with AD/HD*. Silver Spring, MD: Advantage Books, 1999.

Nass, Ruth D. and Levental, Fern. *100 Questions & Answers about Your Children's Attention Deficit Hyperactivity Disorder*. Sudbury, MA: Jones and Bartlett Publishers, Inc., 2005.

Parker, Harvey C. *Put Yourself in Their Shoes: Understanding Teenagers With Attention Deficit Hyperactivity Disorder*. Plantation, FL: Specialty Press, Inc., 1999.

Rief, Sandra F. *The ADHD Book of Lists: A Practical Guide for Helping Children and Teens with Attention Deficit Disorders*. San Francisco, CA: Jossey-Bass, 2003.

Silver, Larry B. *Dr. Larry Silver's Advice to Parents on Attention Deficit Hyperactivity Disorder*. New York: Three Rivers Press, 1999.

The American Academy of Pediatrics. *ADHD: A Complete & Authoritative Guide*. American Academy of Pediatrics, 2004.

## Bullying

Bully Free Alberta ([www.bullyfreealberta.ca](http://www.bullyfreealberta.ca))

Calgary Police Service (<http://www.gov.Calgary.ab.ca/police/kids/frame1.html>)

Let's Talk About Bullying (<http://www.talk-helps.com>)

Kids' Health (<http://www.kidshealth.org>)

Alexander, Jenny. *Bullies, Big Mouths and So-Called Friends*, 2003.

Alexander, Jenny. *Bullying: Practical and Easy-to-Follow Advice*. Element Books Ltd., 1998.

Beane, Allen. *The Bully-Free Classroom: Over 100 Tips and Strategies for Teachers K-8*. Minneapolis, MN: Free Spirit Publishing, 1999.

Coloroso, Barbara. *The Bully, the Bullied, and the Bystander: From Preschool to High School – How Parents and Teachers Can Help Break the Cycle of Violence*. New York: Harper Paperbacks, 2004.

Crary, Elizabeth. *My Name is Not Dummy*. Parenting PR, 1996.

Depino, Catherine. *Blue Cheese Breath and Stinky Feet*. Magination Press, 2004.

It's a Girl's World (Warning: Some viewers may be disturbed by the suicide information in this video). Video, 2004.

McCain, Becky Ray. *Nobody Knew What To Do: A Story About Bullying*. Morton Grove, Illinois: Albert Whitman and Company, 2001.

Slavens, Elaine. *Bullying: Deal with it Before Push Comes to Shove*. James Lorimer & Company Ltd., Publishers, 2003.

## Depression in Children

American Academy of Child & Adolescent Psychiatry ([www.aacap.org](http://www.aacap.org))

Depression and Selected Affective Disorders Association ([www.drada.org](http://www.drada.org)).

Kids' Health ([www.kidshealth.org](http://www.kidshealth.org)).

Mental Health & High School ([www.cmha.ca/highschool/english/htm](http://www.cmha.ca/highschool/english/htm))

National Mental Health Information Center ([www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov))

Faraone, Stephen. *Straight Talk About Your Child's Mental Health*. New York: The Guilford Press, 2003.

Kaufman, Miriam. *Helping Your Teenager Overcome Depression: A Guide for Parents*. Key Porter Books, 2000.

Manassis, Katharina and Levac, Anne Marie. *Helping Your Teenager Beat Depression: A Problem-Solving Approach for Families*. Bethesda, MD: Woodbine House, Inc., 2004.

Mondimore, Francis Mark. *Adolescent Depression: A Guide for Parents*. Baltimore, MD: The Johns Hopkins University Press, 2000.

Panula-Hockey, Kathleen. *Raising Depression-Free Children: A Parent's Guide to Prevention and Early Intervention*. Hazelden Publishing & Educational Services, 2004.

Yapko, Michael. *Hand-Me-Down Blues: How to Stop Depression From Spreading in Families*. New York: St. Martin's Press, 1999.

### Life Skills

Covey, Sean. *The 7 Habits of Highly Effective Teens: The Ultimate Teenage Success Guide*. New York: Simon and Schuster, 1998.

McGraw, Jay, and McGraw, Phillip. *Life Strategies for Teens*. New York: Fireside, 2000.

## Website Quick Reference Guide

Topic	Organization	Website/Phone Number
<b>ADD/ADHD</b>	Children and Adults with Attention Deficit/Hyperactivity Disorder	<a href="http://www.chadd.org">http://www.chadd.org</a>
	National Attention Deficit Disorder Association	<a href="http://www.add.org">http://www.add.org</a>
<b>Anxiety</b>	General	<a href="http://www.anxieties.com">http://www.anxieties.com</a>
	Anxiety Disorders Association of America	<a href="http://www.adaa.org">http://www.adaa.org</a>
	Anxiety Network	<a href="http://www.anxietynetwork.com">http://www.anxietynetwork.com</a>
	Anxiety Panic Internet Resource	<a href="http://www.algy.com/anxiety">http://www.algy.com/anxiety</a>
	Social Phobia/Social Anxiety Association	<a href="http://www.socialphobia.org">http://www.socialphobia.org</a>
<b>Borderline Personality Disorder</b>	Borderline Personality Disorder Research Foundation	<a href="http://www.borderlineresearch.org">http://www.borderlineresearch.org</a>
	BPD Central	<a href="http://www.bpdcentral.com">http://www.bpdcentral.com</a>
<b>Childhood Trauma</b>	American Academy of Child/Adolescent Psychiatry	<a href="http://www.AACAP.org">http://www.AACAP.org</a>
	EMDR Institute	<a href="http://www.EMDR.com">http://www.EMDR.com</a>
	Natural Child Project	<a href="http://www.naturalchild.com">http://www.naturalchild.com</a>
<b>Children/Teens</b>	Addvance	<a href="http://www.addvance.com/help/parents/index.html">http://www.addvance.com/help/parents/index.html</a>
	American Academy of Child/Adolescent Psychiatry	<a href="http://www.aacap.org">www.aacap.org</a>
	Bully Free Alberta	<a href="http://www.bullyfreealberta.ca">www.bullyfreealberta.ca</a>
	Kids' Health	<a href="http://www.kidshealth.org">www.kidshealth.org</a>
	<i>Let's Talk About Bullying</i>	<a href="http://www.talk-helps.com">http://www.talk-helps.com</a>
	Mental Health & High School	<a href="http://www.cmha.ca/highschool/english/htm">www.cmha.ca/highschool/english/htm</a>
	<b>Chronic Pain</b>	American Chronic Pain Association
	American Pain Society	<a href="http://www.ampainsoc.org">http://www.ampainsoc.org</a>
<b>Depression</b>	About	<a href="http://www.depression.about.com">http://www.depression.about.com</a>
	Depression Canada	<a href="http://www.depressioncanada.com">http://www.depressioncanada.com</a>
	National Institutes of Mental Health	<a href="http://www.nimh.nih.gov/publicat/depression.cfm">http://www.nimh.nih.gov/publicat/depression.cfm</a>
	Depression and Selected Affective Disorders Association	<a href="http://www.drada.org">www.drada.org</a>
<b>Financial Stress</b>	Debtors Anonymous	<a href="http://www.debtorsanonymous.org">http://www.debtorsanonymous.org</a>
<b>Gambling</b>	Gambler's Anonymous	<a href="http://www.gamblersanonymous.org">http://www.gamblersanonymous.org</a>
<b>Kleptomania</b>	Shoplifters Anonymous	<a href="http://www.shopliftersanonymous.com">http://www.shopliftersanonymous.com</a>
<b>Mental Health</b>	American	<a href="http://www.apa.org">www.apa.org</a>

<b>General</b>	Psychological Association Internet Mental Health	
	Canadian Mental Health Association	<a href="http://www.cmha.ca">http://www.cmha.ca</a>
	Internet Mental Health	<a href="http://www.mentalhealth.com">http://www.mentalhealth.com</a>
	Mood Disorders Society of Canada	<a href="http://www.mooddisorderscanada.ca">http://www.mooddisorderscanada.ca</a>
	National Alliance on Mental Illness	<a href="http://www.nami.org">http://www.nami.org</a>
	National Depressive and Manic-Depressive Assoc.	<a href="http://www.ndmda.org">http://www.ndmda.org</a>
	National Institute of Mental Health	<a href="http://www.nimh.nih.gov">http://www.nimh.nih.gov</a>
	National Mental Health Association	<a href="http://www.nmha.org">http://www.nmha.org</a>
	National Mental Health Information Center	<a href="http://www.mentalhealth.samhsa.gov">www.mentalhealth.samhsa.gov</a>
	The Mayo Clinic	<a href="http://www.mayoclinic.com">http://www.mayoclinic.com</a>
	The Help Line USA	1-561-659-6900
<b>PTSD</b>	National Center for PTSD	<a href="http://www.NCPTSD.org">http://www.NCPTSD.org</a>
		<a href="http://www.PTSD.com">http://www.PTSD.com</a>
<b>Self Esteem</b>	National Association for Self Esteem	<a href="http://www.self-esteem-nase.org">http://www.self-esteem-nase.org</a>
<b>Sleep</b>	National Sleep Foundation	<a href="http://www.sleepfoundation.org">http://www.sleepfoundation.org</a>
<b>Substance Abuse</b>	Alcoholics Anonymous	<a href="http://www.alcoholics-anonymous.org">http://www.alcoholics-anonymous.org</a>
	National Center on Addiction and Substance Abuse at Columbia University	<a href="http://www.casacolumbia.org">http://www.casacolumbia.org</a>
	National Council on Alcoholism and Drug Dependence	<a href="http://www.ncadd.org">http://www.ncadd.org</a>
	National Institute on Alcohol Abuse and Alcoholism	<a href="http://www.niaaa.nih.gov">http://www.niaaa.nih.gov</a>
	Substance Abuse and Mental Health Services Administration	<a href="http://www.health.org">http://www.health.org</a>
<b>Suicide</b>	Canadian Association for Suicide Prevention	<a href="http://www.suicideprevention.ca">http://www.suicideprevention.ca</a>
	National Suicide Prevention Lifeline US	1-800-273-TALK (8255)