

SELF-HELP BOOKS	<i>Compiled by Marilyn Stromsness, Ph.D. 480.704.4995</i>
ADD & ADHD	
Amen, Daniel	Change Your Brain, Change Your Life (Anxiety, ADD, Depression, Anger)
Burns, David	Ten Days to Self-Esteem (ADD)
Hallowell, Edward	Driven to Distraction Answers to Distraction Delivered from Distraction
Monastra, V.J.	Parenting Children with ADHD
Moss, Deborah M.	Shelley the Hyperactive Turtle
Nadeau K.G.	Survival Guide for Students with ADHD or LD
Quinn, Patricia & Stern, Judith	Putting on the Brakes: Activity Book for Young People with ADHD
Abuse Issues	
Evert, Kathy	When You're Ready (For Adults Abused as Children)
Freeman, Lory	It's My Body (To Teach Young Children to Resist Uncomfortable Touch)
Gil, Eliana	Outgrowing the Pain (Childhood Abuse)
Hunter, Mic	Abused Boys: the Neglected Victims of Sexual Abuse
Jones & Schector	When Love Goes Wrong (Abusive Relationships)
Jones, Ann	Next Time She'll Be Dead: Battering and How to Stop It
Kingsonbloom, Jennifer; Conterio, Karen; Lader, Wendy	Bodily Harm: the Breakthrough Healing Program for Self-Injurers
Levy, Barrie	Dating Violence, Young Women in Danger
Lew, Mike	The Courage to Heal (Men Who Were Children of Sexual Abuse)
Lew, Mike	Victims No Longer (Men's Recovery from Sexual Abuse)
Madanes, Cloe	The Violence of Men
Maltz, W. & Arian, C.	The Sexual Healing Journey
Nicarthy, Ginny	Getting Free: a Handbook for Women in Abusive Relationships
Mcgee and Buddenberg	The Me Nobody Knows (Adolescent Sexual Abuse Victims)
Paul, Marilyn	It Is Hard to Make a Difference When You Can't Find Your Keys (Adult ADD)
Salter, Anna	Predators
Sanford, Linda T.	Silent Children (Child Abuse Prevention)
Sanford, Linda T.	Strong at the Broken Places (Overcoming Childhood Abuse)
Statman, Jan Berliner	The Battered Woman's Survival Guide: Breaking the Cycle
Stosny, Steven	You Don't Have to Take it Anymore: Turn Your Resentful, Angry, or Emotionally Abusive Relationship into a Compassionate Loving One.
Barnett, Old & La Violette	It Could Happen to Anyone
Adjustment to Medical Concerns	
Budoff, P.W.	No More Hot Flashes and Other Good News
Budoff, P.W.	No More Menstrual Cramps and Other Good News
Bolen, J.	Close to the Bone: Life-threatening Illnesses and the Search for Meaning

Cutler, W. B.	Menopause. A Guide for Women and the Men Who Love Them
Chang, A.	A Survivors Guide to Breast Cancer
Huddleston, Peggy	Prepare for Surgery, Heal Faster
Siegel, Bernie	Love, Medicine, and Miracles
Simonton, Carl & Stephanie	Getting Well Again
Teitelbaum, Md Jacob,	From Fatigued to Fantastic (Fibromyalgia)
Van Dernoot, Peter	Helping your Children Cope with your Cancer
Adolescence	
Bradley, Michael J.	Yes, Your Teen is Crazy: Loving Your Kid Without Losing Your Mind
Bradley, Michael J.	Yes, Your Parents Are Crazy: A Teen Survival Guide
Califano, Joseph A.	How to Raise Drug Free Kids
Levy, Barrie	In Love & Danger: a Teen's Guide to Breaking Free of Abusive Relationships
Mayle, Peter & Robins, Arthur	Where Did I Come From
Mayle, Peter & Robins, Arthur	What's Happening to Me? (A Guide to Puberty)
Mcgee and Buddenberg	The Me Nobody Knows (Adolescent Sexual Abuse Victims)
Mcgee and Buddenberg	Unmasking Sexual Con Games (Adolescent Sexual Abuse)
Monastra, V.J.	Parenting Children with ADHD
Nadeau K.G.	Survival Guide for Students with ADHD or LD.
Pater, Val and Dowd, Tom	Boundaries: a Guide for Teens
Phelan, T.	Surviving Your Adolescents: How to Manage and Let Go of Your 13-18 Year Olds.
Wolfe, Anthony	Get out of My Life, but First Could You Drive Me & Cheryl to the Mall
Adoption	
Krementz, Jill	How it Feels to be Adopted
Addiction (Drug & Alcohol Abuse)	
Al-Anon	What's "Drunk" Mama
Alcoholics Anonymous	The Big Book
Anderson, Louie	Dear Dad (Alcoholic Family)
Cruise, Sharon Wegscheider	Another Chance (Alcoholic Family)
Dorris, Michael & Erdrich, Louise	Broken Cord (Fetal Alcohol Syndrome)
Cermak, T.	A Time to Heal: the Road to Recovery for Adult Children of Alcoholics.
Gorski, Terence and Miller, Merlene	Staying Sober: a Guide to Relapse Prevention
Hazelton	A Parent's Survival Guide
Jersild, D.	Happy Hours: Alcohol in a Woman's Life
Johnson, V.	I'll Quit Tomorrow: a Practical Guide to Alcoholism Treatment
Rice-Licare, Jennifer & Delany-McLoughlin, Katherine	Cocaine Solutions: Help for Cocaine Abusers and Their Families.
Robertson, N.	Getting Better: Inside Alcoholics Anonymous
Somer, Suzanne	Keeping Secrets (Alcoholic Family)
Twerski, Abraham J.	Addictive Thinking, 2 nd Edition: Understanding Self-Deception

Black, Claudia	It Will Never Happen to Me (Adult Children of Alcoholics)
Anger	
Amen, Daniel	Change Your Brain, Change Your Life (Anxiety, Add, Depression, Anger)
Bang, Molly	When Sophie Gets Angry, Really Really Angry
Borris-Dunchunstang, E.R.	Finding Forgiveness: A Seven Step Program for Letting Go of Anger and Bitterness
Lerner, Harriet Goldhor	The Dance of Anger
Moser, Adolph	Don't Rant and Rave on Wednesdays (Anger)
Nanka, Lynne	The Mad Family Gets Their Mads out
Thich Nhat Han	Anger
Williams, & Williams	Anger Kills (Anger Management)
Bernskin, S.	A Family That Fights
Anxiety	
Bourne, Edmund J.	Coping with Anxiety: 10 Simple Ways to Relieve Anxiety, Fear, & Worry
Bourne, Edmund J.	The Anxiety and Phobia Workbook
Brantley, John	Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic
Feniger, Mani	Journey from Anxiety to Freedom
Hazelett-Stevens, Holly	Woman Who Worry Too Much
Jon Kabat-Zinn	Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness
Kirsta, Alex	The Book of Stress Survival - How to Relax and Live Positively
Wilson, R.	Don't Panic: Taking Control of Anxiety Attacks.
ASD Autism / Aspergers	
Ashley, Susan	Asperger's Answer Book
Dawson, Geraldine & Mcparkland, James	A Parent's Guide to Asperger Syndrome and High-Functioning Autism: How to Meet the Challenges and Help Your Child Thrive
Stillman, William	Autism Answer Book
Williams, D.	Nobody Nowhere: The Autobiography of an Autistic
Bipolar Disorder	
Amador, Xavier	I Am Not Sick, I Don't Need Help!
Milkowitz, David	The Bipolar Survival Guide
Mondimore, F.M.	Bipolar Disorder: A Guide for Patients and Families.
Papalos, D. & Papalos, J.	Bipolar Child: the Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder
Redfield Jamison, Kaay	An Unquiet Mind
Steel, Danielle	His Bright Light (Her Son with Bipolar)
Patty Duke and Gloria Hochman	Brilliant Madness: Living with Manic Depressive Illness
Body Dymorphic Disorder	

Phillips, Katharine	The Broken Mirror: Understanding & Treating Body Dysmorphic Disorder
Children's Issues	
Krementz, Jill	(A Unique Series for Kids Ages 7-17) How it Feels When a Parent Dies How it Feels When Parents Divorce How it Feels to Be Adopted
Mayle, Peter & Robins, Arthur	Where Did I Come From
Mayle, Peter & Robins, Arthur	What's Happening to Me? (A Guide to Puberty)
Miranda, Anne & Emberley, Ed	Glad Monster, Sad Monster
Monastra, V.j.	Parenting Children with ADHD
Moser, Adolph	Don't Rant and Rave on Wednesdays (Anger)
Moss, Deborah M.	Shelley the Hyperactive Turtle
Nanka, Lynne	The Mad Family Gets Their Mads Out
Neuman, M. Gary	Helping Kids Cope with Divorce
Papalos, D. & Papalos, J.	Bipolar Child: the Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder
Papernow, P.	Becoming a Stepfamily
Phelan, T.	1-2-3 Magic: Effective Discipline for Children 2-12
Salter, Anna	Predators
Sanford, Linda T.	Silent Children (Child Abuse Prevention)
Sanford, Linda T.	Strong at the Broken Places (Overcoming Childhood Abuse)
Van Dernoot, Peter	Helping your Children Cope with your Cancer
Ziegler, Robert G.	Homemade Books to Help Kids Cope
Co-Dependency - ACOA	
Beattie, Melody	Beyond Co-dependency
Beattie, Melody	Co-dependent No More
Black, Claudia	It Will Never Happen to Me
Mellody, Miller & Miller	Facing Co-dependence
Communications Issues for Women	
Horn, Sam	Tongue Fu
Death, Dying and Bereavement	
Blankenship, Jane	In the Center of the Night: Journey Through a Bereavement
Brown, Laurie & Brown, Mark	When Dinosaurs Die
Bolen, J.	Close to the Bone: Life-threatening Illnesses and the Search for Meaning
Caine, Lynn	Her Journey as a Widow in Her 30's with Children
Devita-Raeburn, Elizabeth	<u>The Empty Room: Understanding Sibling Loss</u>
Fitzgerald, Helen	The Grieving Child
Grollman, E.	Living When a Loved One Has Died

Krementz, Jill	How it Feels When a Parent Dies
Kubler Ross, Elizabeth	On Death and Dying
Lord, Janice	No Time for Goodbye: Coping with Sorrow, Anger & Injustice After A Tragic Death
Lucas, Christopher	Silent Grief: Living in the Wake of Suicide
Manning, D.	Don't Take My Grief Away: What to Do When You Lose a Loved One
Manning, M.	Undercurrents: a Therapist's Reckoning with Her Own Depression
Prestire, J.	Someone Special Died
Rugg, S.	Memories Live Forever: a Memory Book for Grieving Children
Schiff, H.	The Bereaved Parent
Staudacher, Carol	Beyond Grief: a Guide for Recovering from the Death of a Loved One
Depression	
Burns, David	The Feeling Good Handbook
Amen, Daniel	Change Your Brain, Change Your Life (Anxiety, Add, Depression, Anger)
Earle, R. & Crow, G.	Lonely All the Time
Flach, Frederic & Whybrow, Peter	The Secret Strength of Depression
Gordon, J.	Unstuck: Your Guide to the Seven-Step Journey out of Depression
Greenberger, D. & Padesky, C.	Mind over Mood: Change the Way You Feel by Changing the Way You Think.
Hazelton, Leslie	The Right to Feel Bad
Kingsonbloom, Jennifer; Conterio, Karen; Lader, Wendy	Bodily Harm: the Breakthrough Healing Program for Self-Injurers
Lewinsohn, P.	Control Your Depression
Lucas, Christopher	Silent Grief: Living in the Wake of Suicide
Minirth, Dr. & Meier, Dr.	Happiness Is a Choice
Miranda, Emberley & Mirana, Anne	Glad Monster Sad Monster
Miller, Dusty	Women Who Hurt Themselves
Moz, Jane Middleton	Will to Survive (Strengths of Human Spirit)
Real, Terrance	I Don't Want to Talk about It: Overcoming the Secret Legacy of Male Depression
Strong, Marilee	A Bright Red Scream: Self-Mutilation and the Language of Pain
Styron, W.	Darkness Visible: a Memoir of Madness (Depression)
Thich Nhat Han	Art of Happiness
Wright, Jesse & Ramirez, Bosco, Monica	Getting Your Life Back
Yapko, M.	When Living Hurts: Directives for Treating Depression
Dissociative Disorders	
Gil, Eliana	United We Stand (Dissociative Disorder Support for Families)
Divorce	
Clapp, G.	Divorce and New Beginnings: A Complete Guide to Recovery, Solos Parenting, Co-Parenting, and Stepfamilies
Farburn & Daris	Caught in the Middle
Krementz, Jill	How it Feels When Parents Divorce

Lusterman, D.	Infidelity: a Survival Guide
Macgregor , Cynthia & Alberti , R. E.	After Your Divorce, Creating the Good Life on Your Own.
Neuman, M. Gary	Helping Kids Cope with Divorce
Papernow, P.	Becoming a Stepfamily
Trafford, Abigail	Crazytime: Surviving Divorce
Weyburne, D.	What to Tell the Kids about Your Divorce
Eating Disorders	
Farburn	Overcoming Binge Eating
Heater, S.	Am I Still Visible? A Woman's Triumph over Anorexia Nervosa
Hollis, Judy	Fat Is a Family Affair
L., Elizabeth	Listen to the Hunger (Why We Overeat)
Mitchell, Susan & Christie, Catherine	I'd Kill for a Cookie (Eating Disorder)
Family Communication / Issues	
Bernskin, S.	A Family That Fights
Maisel, Eric	20 Communication Tips for Families
Faber, Adele & Mazlish, Elaine	How to Talk So Kids Will Listen and Listen So Your Kids Will Talk
Chapman, Gary	The Five Love Languages: How to Express Heartfelt Commitment to Your Mate
Van Dernoot, Peter	Helping your Children Cope with your Cancer
Fears and Phobias	
De Becker, Gavin	The Gift of Fear
Gambling	
Estes/Brubaker	Deadly Odds (Gambling)
GLBTQ	
Tafoya, Terry	Native Gay and Lesbian Issue: the Two-spirited
Ann Thompson Cook	And God Loves Each One: A Resource for Dialogue about the Church and Homosexuality
Kevin Jennings	Becoming Visible: a Reader in Gay and Lesbian History for High School and College Students
Janice Rench	Understanding Sexual Identity: A Book for Gay and Lesbian Teens
Ann Heron	Two Teenagers in Twenty: Writings by Lesbian and Gay Youth
Bauer, Marion Dane	Am I Blue? Coming out from the Silence
Carolyn Griffin & Marian Wirth	Beyond Acceptance: Parents of Lesbians & Gays Talk about Their Experiences
Mary Borhek	Coming out to Parents: A Two-Way Survival Guide for Lesbians and Gay Men and Their Parents
Eric Marcus	Is it a Choice? Answers to 300 of the Most Frequently Asked Questions about Gays and Lesbians
Robert A. Berstein	Straight Parents, Gay Children: Keeping Families Together
Robb Forman Dew	The Family Heart: A Memoir of When Our Son Came Out

Eric Marcus	Is it a Choice? Answers to 300 of the Most Frequently Asked Questions about Gays and Lesbians,
Ellen Bass & Kate Kaufman	Free Your Mind: The Book for Gay, Lesbian, and Bisexual Youth and Their Allies
Ann Muller	Parents Matter
Mary V. Borhek	My Son Erick
Don Clark, Ph.D	Loving Someone Gay
Mary Ann Cantwell	Homosexuality: The Secret a Child Dare Not Tell
Anne L Boedecker PhD	The Transgender Guidebook: Keys to a Successful Transition
Susan Kuklin	Beyond Magenta: Transgender Teens Speak Out
Ellen Wittlinger	Parrotfish
Stephanie Brill & Rachel Pepper	The Transgender Child: A Handbook for Families and Professionals
Guilt & Shame	
Jampolsky, Gerald M.d.	Good-Bye to Guilt
Moz, Jane Middleton	Shame & Guilt (Masters of Disguise-Dysfunctional Family Issues)
Donald L. Nathanson	Shame and Pride
Hair Pulling - Trichotillomania	
Kauthen, Nancy; Stein, Dan & Christensen, Gary	Help for Hair Pullers: Understanding and Coping With Trichotillomania
Head Injury – Neurological Trauma	
Manson, Douglas & Gottfried, Jean-Louis	The Mild Traumatic Brain Injury Workbook
Swanson, Kara	I'll Carry the Fork: Recovering a Life After Brain Injury
Hypochondriasis & Health Anxiety	
Asmundson, Gordon & Taylor, Steven	It's Not All in Your Head: How Worrying about Your Health Could Be Making You Sick--and What You Can Do about It
Impulse Control Disorders	
Grant, Jon & Kim, S.W.	Stop Me Because I Can't Stop Myself: Taking Control of Impulsive Behavior
Misc	
Andreasen, Nancy C.	The Broken Pain (Mental Health Disorders)
Hare, Robert	Without Conscience
Haury, Don	I'm Not My Fault (Changes from Dysfunctional Family)
Hickman, Martha Whitmore	When Andy's Father Went to Prison
Holmes, Marjorie	I've Got to Talk to Somebody, God! (Problem Solving)
Kohanov, Linda	Tao of Equus
Laney, M.	The Introvert Advantage: How to Thrive in an Extrovert World
Mundis, Jerrold	How to Get out of Debt & Stay out of Debt & Live Prosperously

Ross, Julia	The Diet Cure
Rosenberg, Marshall B.	Nonviolent Communication: a Language of Life
Shapiro, Francine & Silkforrest, Margot	EMDR – Eye Movement Desensitization Reprocessing
Sutton, Robert	The No Asshole Rule (Surviving Assholes in the Workplace)
Twerski, Abraham J.	Addictive Thinking, 2 nd Edition: Understanding Self-Deception
Wallfish, S. & Hess, A.	Succeeding in Graduate School: the Career Guide for Psychology Students
Wilson, Alex	How We Find Ourselves: Identity Development and Two-Spirit People
Ziegler, Robert G.	Homemade Books to Help Kids Cope
Men's Issues	
Bly, R.	Iron John: A Book about Men
Farrell, W.	Why Men Are the Way They Are
Forward, Dr. Susan & Torres, Joan	Men Who Hate Women & the Women Who Love Them
Hunter, Mic	Abused Boys: the Neglected Victims of Sexual Abuse
Keen, S.	Fire in the Belly: On Being a Man
Lew, Mike	The Courage to Heal (Men Who Were Children of Sexual Abuse)
Lew, Mike	Victims No Longer (Men's Recovery from Sexual Abuse)
Madanes, Cloe	The Violence of Men
Moore, R.L. & Gillette, D.	King, Warrior, Magician, Lover: Rediscovering the Archetypes of Men
Zilbergeld, B.	New Male Sexuality
OCD	
Foa, E. & Wilson, R.	Stop Obsessing: How to Overcome Your Obsessions and Compulsions.
Mallinger, Allan	When Being in Control Gets out of Control
Parenting	
Barkley, Russell & Benton, Christine	Your Defiant Child: 8 Steps to Better Behavior
Bernskin, S.	A Family That Fights
Califano, Joseph A.	How to Raise Drug Free Kids
Cline, F. & Fray, J.	Parenting with Love and Logic: Teaching Children Responsibility
Clapp, G.	Divorce and New Beginnings: a Complete Guide to Recovery, Solos Parenting, Co-Parenting, and Stepfamilies
Dinkmeyer & Mckay	Raising a Responsible Child (Parenting)
Dinkmeyer & Mckay	The Parents Handbook (Parenting)
Dorris, Michael & Erdrich, Louise	Broken Cord (Fetal Alcohol Syndrome)
Doucette-Dudman, Deborah	Raising Our Children's Children
Ellerbusch, Kristen	Talking to Your Kids about Sex!
Faber, Adele & Mazlish, Elaine	How to Talk So Kids Will Listen and Listen So Your Kids Will Talk
Glenn, H.s. & Nelson, J.	Raising Self-Reliant Child in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People.
Hazelton	A Parent's Survival Guide (For Parents of Drug Abusers)
Hickman, Martha Whitmore	When Andy's Father Went to Prison
Hindman, Jan	A Very Touching Book (For Children to Review Good Touch, Bad Touch, And Scary Touch about Sexual Abuse)

Glasser, Howard	Transforming the Difficult Child: A Nurtured Heart Approach.
Levy, Barrie	In Love & Danger: a Teen's Guide to Breaking Free of Abusive Relationships
Levy, Barrie & Giggans	What Parents Need to Know about Dating Violence
Mayle, Peter & Robins, Arthur	Where Did I Come from (Explanation for Children about Birth)
Mayle, Peter & Robins, Arthur	What's Happening to Me? (A Guide to Puberty)
Monastra, V.J.	Parenting Children with Adhd
Neuman, M. Gary	Helping Kids Cope with Divorce
Papalos, D. & Papalos, J.	Bipolar Child: the Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder
Papernow, P.	Becoming a Stepfamily
Phelan, T.	Surviving Your Adolescents: How to Manage and Let Go of Your 13-18 Year Olds.
Phelan, T.	1-2-3 Magic: Effective Discipline for Children 2-12
Seaburn, David	Darkness as Is Light(adult Child and Parent Relationship) a Novel
Weyburne, D.	What to Tell the Kids about Your Divorce
Personality Disorders	
Kaysen, S.	Girl Interrupted (Borderline Personality Disorder)
Kreisman, Jerold, J. & Strauss, Hal	I Hate You, Don't Leave Me: Understanding the Borderline Personality

Post-Traumatic Stress Disorder (PTSD)	
Armstrong, Keith; Best, Suzanne; & Domenici, Paula	Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and Their Families
Schiriadi, Glenn	The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery, and Growth
Relationship Issues	
Fisher, Bruce	Rebuilding, When Your Relationship Ends
Fisher, H.	Why We Love: the Nature and Chemistry of Romantic Love
Glass, S & Streheli. J.	Not "Just Friends": Rebuilding Trust and Recovering Your Sanity after Infidelity.
Gottman, John M.	The Seven Principles for Making Marriages Work
Halpern, Howard M.	How to Break Your Addiction to a Person
Chapman, Gary	The Five Love Languages: How to Express Heartfelt Commitment to Your Mate
Hendrix, Harville	Getting the Love You Want: a Guide for Couples
Hendrix, Harville	Keeping the Love You Find: a Guide for Singles
Hutchison, Deborah and Toler, Lynn	Put it in Writing! Creating Agreements Between Family and Friends
Jampolsky, Gerald	Love Is Letting Go of Fear
Jones & Schector	When Love Goes Wrong (Abusive Relationships)
Katherine, Anne	Where to Draw the Line (Boundaries)
Laney, M.	The Introvert Advantage: How to Thrive in an Extrovert World
Leman, K.	Sheet Music: Uncovering the Secrets of Sexual Intimacy in Marriage.

Leonard Schierse, Linda	On the Way to the Wedding(transforming the Love Relationship)
Leonard Schierse, Linda	The Wounded Woman (Healing the Father-Daughter Relationship)
Levy, Barrie	In Love & Danger: a Teen's Guide to Breaking Free of Abusive Relationships
Louden, Jennifer	Couples Comfort Book (Connect with Your Spouse)
Love, Pat	Hot Monogamy
Love, Patricia & Steven Stosy	How to Improve Your Marriage Without Talking about It.
Lusterman, D.	Infidelity: a Survival Guide
Macgregor , Cynthia & Alberti , R. E.	After Your Divorce, Creating the Good Life on Your Own.
Maultsby, Maxie	Coping Better, Anytime, Anywhere: the New Handbook of Rational Self Counseling
McCarthy, B.W. & Mccarthy, E.J.	Rekindling Desire: a Step-by-Step Program to Help Low Sex and No-Sex Marriages
McWilliams, Peter	Surviving the Loss of a Love
Moore, R.I. & Gillette, D.	King, Warrior, Magician, Lover: Rediscovering the Archetypes of Men
Moore, T.	The Soul of Sex: Cultivating Life as an Act of Love
Norwood, Robin	Women Who Love Too Much (Relationships)
Phillips, Debra & Judd, Robert	How to Fall out of Love (Free from Love That Hurts)
Real, Terrance	How Can I Get Through to You? Closing the Intimacy Gap Between Men and Women
Scarf, Maggie	Secrets, Lies and Betrayals (Affairs)
Schnarch, D.	Passionate Marriage
Schwartz, Pepper	Love Between Equals (Equalitarian Relationships)
Siegel, Bernie	Love, Medicine, and Miracles
Sieger, Daniel J / Hartzell, Mary	Parenting from the Inside-Out: How a Deeper Self-understanding Can Help You Raise Children Who Thrive
Beck, A.	Love Is Never Enough
Schizophrenia	
Berger, Diane and Lisa	We Heard the Angels of Madness
Boisin, A.T.	Out of Depths
Gotkin, J. & Gotkin, P.	Too Much Anger, Too Many Tears
North, C. L.	Welcome Silence: My Triumph over Schizophrenia
Self Discovery	
Cameron, Julia	Artist Way (Finding Yourself)
Carter, Jay	Self Analysis: a Kick-Butt Boot Camp Approach
Canfield, Jack	Chicken Soup for the Soul
Koller , Alice	An Unknown Woman: a Journey to Self-Discovery
Lindberg, Amme Marrow	Gifts from the Sea
Linehan, M.	From Suffering to Freedom: Practicing Reality Acceptance
Moz, Jane Middleton	Children of Trauma
Peck, M. Scott	The Road less Traveled
Peck, M. Scott	Further along on the Road less Traveled
Self-Esteem	

McKay, Matthew & Fanning, Patrick	Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem
Sexual Abuse	
Bass, Ellen	The Courage to Heal
Blaha, Dionne C	The Singing Bird Will Come
Maltz, W. & Arian, C.	The Sexual Healing Journey
Martin, Del	Battered Wives
Mcgee and Buddenberg	The Me Nobody Knows
Mcgee and Buddenberg	Unmasking Sexual Con Games (Adolescent Sexual Abuse)
Sexuality	
Barbach, L.	For Each Other
Barbach, L.	For Yourself
Barbach, L.	Pause: Positive Approaches to Perimenopause and Menopause
Birch, R.	Pathways to Pleasure: a Woman's Guide to Orgasm
Carnes, Patrick Ph.D.	Out of the Shadows
Carnes, Patrick Ph.D.	Facing the Shadow: Starting Sexual and Relationship Recovery.
Carnes, Patrick Ph.D.	In the Shadow of the Net: Breaking Free of Compulsive Online Sexual Behavior.
Comp Care Publisher	Hope & Recovery
Davis, Laura	Allies in Healing
Freeman, Lory	It's My Body
Gil, Eliana	Outgrowing the Pain
Hindman, Jan	A Very Touching Book
Holstein, L.	How to Have Magnificent Sex
Hunter, Mic	Abused Boys: the Neglected Victims of Sexual Abuse
Kitzinger Sheila	Women's Experience of Sex: the Facts and Figures of Women's Sexuality at Every Stage of Life.
Leman, K.	Sheet Music: Uncovering the Secrets of Sexual Intimacy in Marriage.
Leonard Schierse, Linda	On the Way to the Wedding
Leonard Schierse, Linda	The Wounded Woman (Healing the Father-Daughter Relationship)
Masters & Johnson	Sex and Human Loving
Mayle, Peter & Robins, Arthur	Where Did I Come from (Explanation for Children about Birth)
Mayle, Peter & Robins, Arthur	What's Happening to Me? (A Guide to Puberty)
Metz, M.e. & Mccarthy, B.w.	Coping with Premature Ejaculation
Moore, T.	The Soul of Sex: Cultivating Life as an Act of Love
Moz, Jane Middleton	Children of Trauma (Rediscovering Self)
Ponyboy, Gwani	Horse Follow Closely (Spirituality)
Rosenthal	Sex over 40
Zilbergeld, B.	New Male Sexuality
Zoldbrod, A.P.	Sex Smart: How Your Childhood Shaped Your Sexual Life and What to Do about It.
Sexual Dysfunction	
Keesling, Barbara	Sexual Healing: The Complete Guide to Overcoming Common Sexual

	Problems
Shame	
Bradshaw, John	Healing the Shame That Binds You
Single Parenting	
Caine, Lynn	Her Journey as a Widow in Her 30's with Children
Sleep Disorders	
Epstein, Lawrence and Mardon, Steven	The Harvard Medical School Guide to a Good Night's Sleep
Smoking Cessation	
Casey, Karen	If Only I Could Quit
McKean, Margaret	Stop Smoking Book
Spirituality	
Chopra, Deepak	Way of the Wizard
Cornell, Judith	Drawing the Light from Within
Mccormick, Adele & Marlene	Horse Sense and Human Heart
Peck, M. Scott	The Road Less Traveled
Peck, M. Scott	Further along on the Road Less Traveled
Thunder, Beverly Little	Native American Spirituality
Trott, Susan	The Holy Man
Spouse Abuse	
Engle, Beverly	Encouragement's for the Emotionally Abused Woman
Jones & Schector	When Love Goes Wrong (Abusive Relationships)
Jones, Ann	Next Time She'll Be Dead: Battering and How to Stop It
Trauma	
Herman, J.	Trauma and Recovery
Levine, Peter a	Waking the Tiger: Healing Trauma
Moz, Jane Middleton	Children of Trauma
Scaer, MD, C. Robert	The Body Bears the Burden: Trauma, Dissociation, & Disease
Wellbeing	
Canfield, Jack	Chicken Soup for the Soul
Carroll, Lenedra	The Architecture of All Abundance Creating a Successful Life in a Material World
Andreasen, Nancy C.	The Broken Pain (Mental Health Disorders)
Cloud /Townsend	Boundaries Workbook
Fulghum, Robert	All I Really Needed to Know I Learned in Kindergarten
Holmes, Marjorie	I've Got to Talk to Somebody, God!
Kushner, Harold	When Bad Things Happen to Good People

Lair, Jess	Ain't I A Wonder and Ain't You a Wonder Too
Lair, Jess	I Ain't Much, Baby, but I'm All I've Got
Lair, Jess	I Ain't Well, but I Sure Am Better
Lindberg, Amme Marrow	Gifts from the Sea
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Canfield, Jack	Chicken Soup for the Women's Soul
Allenbaugh, Kay	Chocolate for a Woman's Dreams
Allenbaugh, Kay	Chocolate for a Woman's Soul
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