Self-Help Lending Library Books

Personal Counseling Services

**ANXIETY**

The Anxiety & Worry Workbook: The Cognitive Behavioral Solution / David Clark & Aaron Beck

The 10 Best-Ever Anxiety Management Techniques / Margaret Wehrenberg

The Cognitive Behavioral Workbook for Anxiety / William Knaus

Diagonally-Parked in a Parallel Universe: Working Through Social Anxiety / Signe Dayhoff

The Dialectical Behavior Therapy Skills Workbook for Anxiety / Alexander Chapman

Don't Panic: Taking Control of Anxiety Attacks /Reid Wilson

Master Your Panic and Take Back Your Life / Denise F. Beckfield

Monkey Mind: A Memoir of Anxiety / Daniel Smith

Panic Attack Workbook / David Carbonell

The Shyness & Social Anxiety Workbook/ Martin Anthony & Richard Swinson

**BODY IMAGE & DISORDERED EATING**

50 Ways to Soothe Yourself without Food / Susan Albers

The Beauty Myth / Naomi Wolf

The Beginners Guide to Eating Disorder Recovery / Nancy Kolodny

The Dialectical Behavior Therapy Skills Workbook for Bulimia / Ellen Astrachan-Fletcher & Michael Maslar

Eating in the Light of the Moon / Anita Johnston

Goodbye Ed, Hello Me / Jenni Schaefer

Intuitive Eating / Evelyn Tribole & Elyse Resch

Living with Your Body & Other Things You Hate / Emily Sandoz & Troy DeFrene

**DEPRESSION**

The 10 Best-Ever Depression Management Techniques / Margaret Wehrenberg

The Chemistry of Joy: A Three-Step Program for Overcoming Depression / Henry Emmons

The Chemistry of Joy Workbook / Henry Emmons, Susan Bourgerie, Carolyn Denton, & Sandr Kacher

Cognitive-Behavioral Therapy (CBT) Skills Workbook / Barry Gregory

The Cognitive Behavioral Workbook for Depression / William Knaus

Darkness Visible: A Memoir of Madness / William Styron

Feeling Good: The New Mood Therapy / David Burns

Leaving Loneliness: A Workbook / David Narang

A Meditation to Help You Relieve Depression (CD) / Belleruth Naparstek

The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness / Mark Williams, John Teasdale, Zindel Segal, & Jon Kabat-Zinn

Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks / Seth Gillihan

Seasonal Affective Disorder for Dummies / Laura Smith & Charles Elliott

Winter Blues: Everything You Need to Know to Beat Seasonal Affective Disorder / Norman Rosenthal

**DIVERSITY & INCLUSION**

50 Things I Wish Someone Would Have Told Me about College: Straight Talk for First-Generation Students from First Generation Graduates / Angel Flores

Acts of Faith / Eboo Patel

The Adventure Gap / James Edward Mills

Blind Spot: Hidden Biases of Good People / Mahzarin Banaji & Anthony Greenwald

The Broken Ladder: How Inequality Affects the Way We Think, Live, and Die / Keith Payne

Decoding College: Stories, Strategies, and Struggles of First-Generation College Students / Kallie Clark

Dismantling Racism / Joseph Barndt

A Guide to Gender: The Social Justice Advocate's Handbook / Sam Killermann

How to Be an Antiracist / Ibram X. Kendi

How to Be an Indian in the 21st Century / Louis V. Clark III (Two Shoes)

My New Gender Workbook / Kate Bornstein

QUEER: The Ultimate LGBT Guide for Teens / Kathy Belge & Marke Bieschke

Race Talk and the Conspiracy of Silence: Understanding and Facilitating Difficult Dialogues on Race / Derald Wing Sue

The Second Shift / Arlie Russell Hochschild with Anne Machung

So You Want to Talk About Race / Ijeoma Oluo

Why Are All the Black Kids Sitting Together in the Cafeteria? / Beverly Daniel Tatum

**GRIEF & LOSS**

Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief / Joanne Cacciatore

The Grief Recovery Handbook / John James & Russell Friedman

How to Survive the Loss of a Love / Harold Bloomfield, Melba Colgrove & Peter McWilliams

It's OK That You're NOT OK / Megan DeVine

Permission to Mourn: A New Way to do Grief / Tom Zuba

**PERSONAL GROWTH**

10% Happier / Dan Harris

Braving the Wilderness / Brené Brown

Change Your Brain Change Your Life / Jesse Payne

Dare to Lead / Brene Brown

The Empowered Highly Sensitive Person: A Workbook / Amanda Cassil

Essentialism: The Disciplined Pursuit of Less/ Greg McKeown

The Gifts of Imperfection / Brene Brown

Hardwiring Happiness / Rick Hanson

Healing your Emotional Self: Raise Your Self Esteem, Quiet Your Inner Critic, Overcome Your Shame / Beverly Engel

The Introvert Advantage / Marti Olsen Laney

I Thought It Was Just Me (But It Isn't) / Brené Brown

Journal to the Self / Kathleen Adams

The Life-Changing Magic of NOT GIVING A F\*CK / Sarah Knight

Making Your Mind Matter / Vincent Ryan Ruggiero

Man's Search for Meaning / Victor Frankl

Mindful Living Card Deck: 56 Practices to Feel Calm, Balanced, Happy & Present / Elisha Goldstein

Mindfulness Cards: Practices for Everyday Life

Never Good Enough / Monica Ramirex Basco

Option B / Sheryl Sandberg & Adam Grant

Quiet: The Power of Introverts in a World That Can't Stop Talking/ Susan Cain

Resilient / Rick Hanson with Forrest Hanson

The Self-Care Prescription / Robyn Gobin

Self Compassion / Kristin Neff

The Self-Esteem Workbook / Glenn Schiraldi

Super You / Emily Gordon

What You Can Change… and What You Can't: Learning to Accept Who You Are / Martin Seligman

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism / Martin Antony & Richard Swinson

**RELATIONSHIPS**

The 5 Love Languages: The Secret to Love That Lasts / Gary Chapman

The Assertiveness Workbook / Randy Paterson

The Attachment Theory Workbook: Powerful Tools to Promote Understanding, Increase Stability & Build Lasting Relationships / Annie Chen

Beyond Boundaries: Learning to Trust Again in Relationships / Dr. John Townsend

Boundaries / Henry Cloud & John Townsend

Boundaries for Leaders / Henry Cloud

Boundaries Workbook / Henry Cloud & John Townsend

Couples Therapy Workbook / Kathleen Mates-Youngman

The Disease to Please: Curing the People-Pleasing Syndrome / Harriet Braiker

Eight Dates: Essential Conversations For A Lifetime of Love / John Gottman, Julie Schwartz Gottman, Doug Abrams, & Rachel Carlton Abrams

Fighting for Your Marriage / Howard Markman, Scott Stanley, & Susan Blumberg

Getting Love Right: Learning the Choices of Healthy Intimacy / Terence Gorski

The Gifts of Imperfect Parenting (Audiobook) / Brene Brown

I Hate You, Don't Leave Me: Understanding the Borderline Personality / Jerold J Kreisman & Hal Straus

It's Called a Breakup Because It's Broken / Greg Behrendt & Amiira Ruotola-Behrendt

Love is Never Enough / Aaron Beck

Messages: The Communication Skills Book / Matthew McKay, Martha Davis, & Patrick Fanning

Safe People / Henry Cloud & John Townsend

The Seven Principles for Making Marriage Work / John Gottman & Nan Silver

Shame: The Power of Caring / Gershen Kaufman

Stop Caretaking the Borderline or Narcissist / Margalis Fjelstad

Stop Walking on Eggshells / Paul Mason & Randi Kreger

The Stop Walking on Eggshells Workbook / Randi Kreger & James Paul Shirley

Surviving a Borderline Parent / Kimberlee Roth & Freda Friedman

Walking on Eggshells: Navigating the Delicate Relationship Between Adult Children and Parents / Jane Isay

**STRESS MANAGEMENT**

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness / Jon Kabat-Zin

Get Out of Your Mind & Into Your Life Workbook / Steven Hayes with Spencer Smith

Guided Mindfulness Meditation (CD) / Jon Kabat-Zinn

A Meditation for Relaxation & Wellness (CD) / Belleruth Naparstek

A Mindfulness-Based Stress Reduction Workbook / Bob Stahl & Elisha Goldstein

Mindfulness for Beginners / Jon Kabat-Zinn

The Mindfulness Toolbox / Donald Altman

Peace is Every Step / Thich Nhat Hanh

Progressive Relaxation and Breathing (CD) / Matthew McKay & Patrick Fanning

The Stress-Proof Brain / Melanie Greenberg

Stress Relief (CD) / Martin L. Rossman, MD

Wherever You Go There You Are / Jon Kabat-Zinn

**TRAUMA & ABUSE**

After the Tears: Helping Adult Children of Alcoholics Heal Their Childhood Trauma / Jane Middelton-Moz & Lorie Dwinell

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma / Bessel Van Der Kolk

The Cognitive Behavioral Coping Skills Workbook for PTSD / Matthew Tull, Kim Gratz, & Alexander Chapman

The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control & Becoming Whole / Arielle Schwartz

Healing From Hidden Abuse / Shannon Thomas

Healing from Trauma / Jasmin Lee Cori

It's My Life Now: Starting Over After an Abusive Relationship or Domestic Abuse / Meg Kennedy Dugan & Roger Hock

Out of the Fog: Moving from Confusion to Clarity After Narcissistic Abuse / Dana Morning Star

Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT / Sheela Raja

The Post-Traumatic Stress Disorder Sourcebook / Glenn Schiraldi

Sexual Assault in Context: Teaching College Men About Gender / Christopher Kilmartin & Alan Berkowitz

Stalking: A Handbook for Victims / Emily Spence-Diehl

Trauma-Sensitive Mindfulness / David Treleaven

**OTHER**

The Acceptance & Commitment Therapy (ACT) Card Deck / Timothy Gordon & Jessica Borushok

Angry All the Time: An Emergency Guide to Anger Control / Ronald Potter-Efron

The Bipolar Disorder Survival Guide: What You and Your Family Need to Know) / David J. Miklowitz

The Bipolar Disorder Workbook: Powerful Tools & Practical Resources for Bipolar II and Cyclothymia / Peter Forster with Gina Gregory

Brain Lock / Jeffrey Schwartz

The Craggy Hole in My Heart and the Cat Who Fixed It / Geneen Roth

Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder / Edward Hallowell & John Ratey

Different…Not Less: Autism, Asperger's, and ADHD / Temple Grandin

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood / Edward Hallowell & John Ratey

The Dialectical Behavioral Therapy (DBT) Card Deck / Lane Pederson

Freedom from Self-Harm / Kim Gratz & Alexander Chappman

A Gentle Path through the Twelve Steps / Patrick Carnes

Getting Over OCD / Jonathan Abramowitz

Healthful Sleep (CD) / Belleruth Naparstek

Look Me in the Eye: My Life with Asperger's / John Elder Robison

Managing Pain Before It Manages You / Margaret Caudill

Orphan Train / Christina Baker Kline

Overcoming Compassion Fatigue: A Practical Resilience Workbook) / Martha Teater & John Ludgate

The Promise of Sleep / William DeMent & Christopher Vaughan

The Sleep Revolution / Arianna Huffington

Sleep Well, Sleep Deep / Alex Lukeman

The Social Skills Guidebook / Chris MacLeod

Sometimes I Act Crazy: What We Know and What You Can Do About Borderline Personality Disorder / Jerold Kreisman & Hal Straus

STOP Obsessing / Edna Foa, & Reid Wilson

Students Helping Students: A Guide for Peer Educators on College Campuses / Steven Ender & Fred Newton

Taking Charge of ADHD: The Complete, Authoritative Guide for Parents / Russell Barkley

An Unquiet Mind: A Memoir of Moods and Madness / Kay Redfield Jamison