

SUNY GENESEO COUNSELING SERVICES
Self-Help Lending Library

The following books are available to be borrowed from Counseling Services, Lauderdale 205. In order to borrow materials, you will need to give your name to our receptionist; if you don't return an item, your student account will be charged. You can find out more information online at go.geneseo.edu/selfhelp.

Attention Deficit/Hyperactivity Disorder

Greenbaum, J., & Markel, G. (2006). *Finding Your Focus: Practical Strategies for the Everyday Challenges Facing Adults with ADD*. This strategy-based book assists with identifying strengths/weaknesses, developing a personal tool box, and applying these tools to problems such as losing things, getting organized, being late, procrastinating, and getting along with others.

Hallowell, E.M. & Ratey, J.J. (1994). *Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood*. A guide to Adult ADD written by an author with ADD. Includes information on recognizing ADD in adults, managing the disorder, and identifying coping resources.

Kelly, K. & Ramundo, P. (1993). *You Mean I'm Not Lazy, Stupid or Crazy?! The Classic Self-Help Book for Adults with Attention Deficit Disorder*. Designed specifically for adults with ADD, this book helps understand how this disorder affects friends, work, relationships, and other areas.

College Survival/Study Skills

Ellis, D. (1997). *Becoming a Master Student (8th Edition)*. Covers various areas of college life on such diverse topics as relationships, time management, reading/note-taking, writing, tests, and health. Uses humor and includes many self-assessment quizzes, worksheets, and exercises.

Hefferon, S. (2011). *The Skinny on Your First Year in College*. This brief book covers major topics relevant to the first year of college, including social relationships, academics, stress management, and getting involved on campus. Good information, although the stick figure drawings are a bit juvenile.

John-Roger, & McWilliams, P. (1991). *Life 101: Everything We Wish We Had Learned About Life in School—But Didn't*. Uses an easy to read format: topics are 1-2 pages on one side of the page, with the other reserved for quotes, sayings, etc. The "life lessons" cover areas such as emotions, relationships, and happiness.

Mayer, J.J. (1995). *Time Management for Dummies*. Teaches strategies for becoming more organized, including creating a master list, using a daily planner, and managing interpersonal interactions.

Randal, J. (2010). *The Skinny On: Time Management*. A short, simple book which uses stick figure drawings and a class lecture format to present concise but valuable information on time management strategies.

Rowe, B. M. (1992). *The College Survival Guide: Hints and References to Aid College Students (2nd Ed.)*. Reviews various tips for starting your college career and focuses on the development of study skills. Suggestions for additional reading are made throughout the book.

Van Blerkom, D.L. (2003). *College Study Skills: Becoming a Strategic Learner (4th Edition)*. Teaches practical skills for improving college performance; areas addressed include time management, improving concentration, taking notes, preparing for exams, test taking, writing papers, and more.

Alcohol/Substance Abuse/Adult Children of Alcoholics (ACOAs)

Black, C. (1981). *“It Will Never Happen to Me!”* Describes roles played by ACOAs, common feelings, and impact on the adult child. Includes screening tests for both ACOA and alcoholism.

Children of Alcoholics Foundation (1997). *Options for Mastering the Challenges of College Life: A Handbook for Students with a History of Family Alcohol or Substance Abuse*. This book is geared towards college students with substance abuse in their families; it addresses decision making about alcohol/drug use as well as more general college adjustment issues.

Friends in Recovery (1987, 1989). *The 12 Steps for Adult Children (Revised Edition)*. Applies AA’s 12 steps to addictive/dysfunctional families; reviews common feelings/behaviors of adult children.

Gravitz, H. L., & Bowden, J. D. (1985). *Recovery: A Guide for Adult Children of Alcoholics*. A question and answer guide covering issues such as the roots of alcoholism, characteristics of survivors, and steps towards transformation. (2)

Knapp, C. (1996). *Drinking: A Love Story*. Memoir which describes a woman’s 20 years as an alcoholic. The book chronicles from when she first started drinking at age 14 through her years at an Ivy League university to her eventual job as an editor and columnist.

Sales, P (2002). *Alcohol Abuse: Straight Talk, Straight Answers*. Using a Q & A format, discusses issues such as the signs of alcoholism, physical effects of drinking, and available treatment.

Smith, A. W. (1988). *Grandchildren of Alcoholics*. Multi-generational view of how alcoholism affects the family. Discusses common characteristics of grandchildren of alcoholics, treatment options, and steps towards recovery. (2+)

Woititz, J. G. (1983). *Adult Children of Alcoholics*. Discusses commonalities among Adult Children of Alcoholics (ACOAs) and offers suggestions for breaking the cycle.

Woititz, J. G. (1985). *Struggle for Intimacy*. Discusses relationship problems common both to children of alcoholics and to children from other types of dysfunctional families. Topics include choice of partner, components of a healthy relationship, and fears and emotions associated with ACOAs.

Anxiety/OCD/Panic (see also Stress Reduction below)

Bourne, E.J. (2010). *The Anxiety & Phobia Workbook (5th Edition)*. This workbook-based self-help guide provides specific strategies for reducing anxiety. Starts with a self-assessment and includes techniques for coping with panic attacks, dealing with phobias, and addressing other anxiety issues.

Hyman, B.M. & Pedrick, C. (2005). *The OCD Workbook (3rd Edition)*. An excellent self-help guide offering a cognitive-behavior approach to OCD called exposure and response prevention. This direct, concrete manual includes many examples, case studies, and worksheets.

OCD: When a Habit Isn’t Just a Habit; A Guide to Obsessive-Compulsive Disorder (1991). This booklet provides an overview of OCD, including a review of typical obsessions and compulsions, a brief description of available treatments, and an obsessive-compulsive checklist.

NurrieSterns, M., & NurrieSterns, R. (2010). *Yoga for Anxiety: Meditations and Practices for Calming Body and Mind*. This book offers various practices to enhance general well-being, not just anxiety. Also provides specific instruction on breathing practices, calming yoga poses, and meditation.

O'Hanlon, B. (2009). *Calm Beneath the Waves: Help relieve panic, anxiety and desperation*. This 40-minute **AUDIO CD** suggests some new ways of looking at your fears through the use of case examples and storytelling.

Osborn, I. (1998). *Tormenting Thoughts and Secret Rituals: The Hidden Epidemic of Obsessive-Compulsive Disorder*. An excellent review of the basics of Obsessive-Compulsive Disorder (OCD), including types of OCD, strategies for coping, medications available, and how to obtain treatment.

Peurifoy, R. Z. (1988). *Anxiety, Phobias & Panic: Taking Charge & Conquering Fear*. A step-by-step manual for reducing stress, anxiety symptoms, and sources of anxiety; also addresses distorted thinking, need for approval, perfectionism, anger, and assertiveness. Each section contains recommended activities, and several appendixes are provided.

Rapoport, J. (1989). *The Boy Who Couldn't Stop Washing: The Treatment and Experience of Obsessive-Compulsive Disorder*. Provides both patient and physician perspectives of OCD, offers information on making the diagnosis, and reviews treatment options. Also discusses OCD from a religious viewpoint.

Selhub, E.M (2009). *The Love Response*. This is a spiritually-based self-help book that centers around Dr. Selhub's belief that love can heal not only emotional wounds but also the physical body. She combines behavioral strategies with visualization techniques, focusing on exercises for Awareness, Release, and Healing.

Sheehan, D. (1983). *The Anxiety Disease*. Offers an explanation of anxiety and steps to reduce it.

Steketee, G., & White, K. (1990). *When Once is Not Enough: Help for Obsessive Compulsives*. Reviews the causes of OCD and discusses how to recognize the disorder, providing a symptom checklist. Offers techniques for reducing obsessive fears and stopping rituals. (2)

Van Noppe, B. L., Pato, M. T., & Rasmussen, S. (1997). *Learning to Live with OCD: Obsessive Compulsive Disorder (4th Edition)*. This booklet answers many common questions about OCD and provides for helping friends and family members with the disorder.

Wilson, R. R. (1987). *Breaking the Panic Cycle*. A 7-step booklet containing specific strategies for controlling one's anxiety and fear.

Wilson, R. R. (1986). *Don't Panic: Taking Control of Anxiety Attacks*. Describes both physical and psychological symptoms of panic and provides guidelines for gaining control over panic.

Assertiveness and Anger

Alberti, R. & Emmons, M. (7th Ed., 1995). *Your Perfect Right: A Guide to Assertive Living*. A classic assertiveness manual, offers skills for setting goals, overcoming anxiety, dealing with difficult people and more.

Managing Anger: Self Care Handbook. This workbook contains exercises for exploring the causes of anger, identifying warning signs and triggers, and developing strategies for anger management. Also has information on dealing with someone else's anger.

Burns, R. (2001). *Making Assertiveness Happen: A Simple and Effective Guide to Developing Assertiveness Skills*. This book teaches specific assertiveness scripts/skills and shows how to use these in a variety of situations, such as giving feedback, saying "no," asking for help, and dealing with problems.

Cloud, H & Townsend, J. (1992). *Boundaries: When to Say Yes, When to Say No, To Take Control of Your Life*. This book offers a Christian perspective on how to set boundaries with loved ones, coworkers, friends, and yourself.

Hauak, P. A. (1974). *Overcoming Frustration and Anger*. This older book contains some useful tips on recognizing the thinking processes which contribute to anger and developing coping strategies.

McKay, M., Davis, M., & Fanning, P. (1995). *Messages: The Communication Skills Book (2nd Ed.)*. Reviews basic communication skills such as listening, self-disclosure, expressing as well as more advanced skills (e.g., clarifying and conflict). Also discusses family and public communication skills.

McKay, M., Rogers, P. D., & McKay, J. (1989). *When Anger Hurts: Quieting the Storm Within*. Provides practical guidelines for identifying the effects of anger and learning coping skills for dealing with anger. Includes specific anger management skills.

Paterson, R. J. (2000). *The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and In Relationships*. Filled with exercises, this workbook helps to overcome the barriers to assertiveness as well as teach basic assertiveness skills, such as saying “no,” making requests, and dealing with confrontation.

Silverberg, Farrell (2005). *Make the Leap: A Practical Guide to Breaking the Patterns That Hold You Back*. Uses the SUBGAP method (seeing, understanding, breaking, and guarding against patterns) to help you combat destructive patterns that get in the way of meeting your goals.

Small, M. (2005). *What About Me, What Do I Want? Becoming Assertive*. This easy-to-read book focuses on four basic communication styles (assertive, passive, aggressive, and passive-aggressive) and gives tips on how to overcome obstacles to being assertive, including the fear of saying “no.”

Smith, M. (1975). *When I Say No, I Feel Guilty*. Describes an individual’s assertive rights and provides a comprehensive review of assertiveness techniques. Uses specific examples and dialogues to help one apply assertiveness strategies to various situations, from friends to partners to supervisors.

Depression/Suicide and General Mood/Happiness

Baxter, J. (2011). *Manage Your Depression through Exercise: The Motivation You Need to Start and Maintain an Exercise Program*. Presents a 5-week program teaching readers how to use exercise as a means to improve mood; includes both strength and cardio components which can be done at home.

Bloomfield, H. H., & McWilliams, P. (1994). *How to Heal Depression*. An easy-to-read, educational book about depression: chapters are 1-2 pages long, written in an outline format on the right-hand sides of the page only; the left-hand pages consist of quotes from famous people about depression.

Burns, D. D. (1989). *The Feeling Good Handbook*. A sequel to the book below, this handbook provides guidelines for coping with everyday problems; addresses building self-esteem, feeling confident, and strengthening relationships.

Burns, D. D. (1980). *Feeling Good: The New Mood Therapy*. Based on Beck’s Cognitive Therapy for Depression, this seminal work provides practical explanations of how to alter your negative cognitions in order to improve your mood.

Copeland, M. E. (1994). *Living Without Depression and Manic Depression: A Workbook for Maintaining Stability*. Contains information on creating a support network, resolving trauma and past issues, raising self-esteem, taking medication safely, and using counseling effectively.

Edelman, S. (2002). *Change Your Thinking: Overcome Stress, Anxiety & Depression, and Improve Your Live with CBT*. An excellent review of the use of Cognitive Behavior Therapy (CBT) as a means to address negative thinking patterns for positive outcomes; very readable and accessible.

Espradlin, S. (2003). *Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control*. A workbook which teaches use of dialectical behavioral therapy to cope with extreme emotional reactions and to reduce anger, depression, anxiety, and stress.

Frankel, V. E. (2006 updated edition). *Man's Search for Meaning*. Psychiatrist Victor Frankel spent 3 years in four different Nazi death camps, experiencing the death of his entire immediate family, including his pregnant wife. In this book, he argues that one cannot avoid suffering in life, yet we can still move forward with meaning and purpose. This edition offers a forward by Rabbi Harold Kushner.

Grayson, P.A., & Meilman, P. W. (1992). *Beating the College Blues (2nd Edition)*. A guide to coping with issues such as roommates, relationships, family, stress, depression, alcohol, and more.

Greenberger, D & Padesky, C. (1995). *Mind Over Mood: Change How You Feel by Changing the Way You Think*. This cognitive therapy manual uses worksheets to teach specific skills to help the reader handle a wide variety of personal challenges.

Harris, R. (2007, 2008). *The Happiness Trap: How to Stop Struggling and Start Living*. Presents the basics of ACT (Acceptance and Commitment Therapy) as a means to reduce stress and worry, handle painful thoughts/feelings more effectively, overcome self-doubt, and create a rich, more meaningful life.

Ingerman, S. (2007). *How to Heal Toxic Thoughts: Simple Tools for Personal Transformation*. Although the author is a self-described Shaman practitioner, this book offers many simple, practical strategies for letting go of stress and negativity, from breathing exercises to visualization techniques.

Lukas, C. & Seiden, H.M. (2007). *Silent Grief: Living in the Wake of Suicide (revised edition)*. Written together by a suicide survivor (Lukas) and a psychologist, this book addresses the common grief experiences shared by suicide survivors and talks about ways to overcome the stigma of suicide.

Marra, T. (2004). *Depressed and Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety*. This workbook helps to identify symptoms of depression and anxiety, to cope with painful emotions, to regulate mood shifts, and to learn how to calm/soothe oneself.

Matthews, A. (1990). *Being Happy: A Handbook to Greater Confidence & Security*. Filled silly illustrations by the author, this book focuses on providing short, encouraging words of wisdom on topics such as self-image, depression, forgiveness, and gratitude. Offers brief strategies and interventions.

McKay, M. (2007). *The Dialectical Behavior Therapy Skills Workbook*. This workbook offers step-by-step exercises in distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness to help manage overwhelming emotion.

McWilliams, P., & John-Roger. (1988, 1989). *You Can't Afford the Luxury of a Negative Thought*. Provides educational information and teaches how to accentuate the positive while eliminating the negative; easy-to-read format utilizes brief chapters, humor, and quotes.

Melemis, S. (2008). *Make Room for Happiness: 12 Ways to Improve Your Life by Letting Go of Tension*. Focuses on the technique of "mindbody relaxation," a specific form of meditation which emphasizes relaxing the body.

O'Hanlon, B. (2000). *Do One Thing Different: Ten Simple Ways to Change Your Life*. Sensible, simple solutions to life's persistent problems; easy-to-read format.

Otto, M.W. & Smits, J.A.J. (2011). *Exercise for Mood and Anxiety: Proven Strategies for Overcoming Depression and Enhancing Well-Being*. Presents a comprehensive, action-based approach for using exercise to manage mood. Includes specific tips for dealing with low motivation and making working out more pleasant.

Preston, J.D. & Kirk, M. (2010). *Depression 101: A Practical Guide to Treatments, Self-Help Strategies, and Preventing Relapse*. An proactive book which helps the reader identify positive changes.

Richo, D. (2005). *The Five Things We Cannot Change...and the Happiness We Find by Embracing Them*. Talks about the five "givens" in life, asserting that we must embrace these givens head-on in order to attain happiness; offers insight and recommendations which stem from Buddhist traditions.

Seligman, M. (2002). *Authentic Happiness*. Focuses on helping the reader to identify positive traits or "signature strengths"; provides strategies for incorporating these qualities in order to attain a happier, more meaningful life.

Seligman, M. (1990). *Learned Optimism: How to Change Your Mind and Your Life*. Focuses on how the way in which one thinks can affect how one feels; describes specific strategies for changing negative thoughts. Presents diverse research in areas such as sports, medicine, and politics.

Trautman, K., & Connors, R. (1994). *Understanding Self-Injury: A Workbook for Adults*. This comprehensive workbook helps users further explore their own self-injury (AKA cutting) through exercises such as identifying patterns; also focuses on developing alternatives.

Williams, M., Teasdale, J., Segal, Z., & Kabat-Zinn, J. (2007). *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness*. Focuses on the concept of mindfulness, or awareness of the current moment. Includes various exercises as well as an **AUDIO CD** with meditation practices.

Eating Issues/Body Image

Chernin, K. (1985). *The Hungry Self*. This book offers an analysis of the connection between eating and female identity.

Hall, L., & Cohn, L. (1986). *Bulimia: A Guide to Recovery*. Recounts the female author's own struggle with bulimia, answers common questions, and offers suggestions to aid recovery. Also provides advice for significant others and guidelines for a two-week self-help program.

Kano, S. (1989). *Making Peace With Food (Revised Ed)*. Strategies for overcoming dieting, binge eating, food anxiety, body anxiety, and guilt. Utilizes the concept of "setpoint" weight and provides worksheets, exercises, and further reading.

Krasnow, M. (1996). *My Live as a Male Anorexic*. This is an autobiography of a male with anorexia, a problem once thought to be rare. Michael, the author, died three days after writing the book's epilogue.

Listen to the Hunger (1987). A brief discussion of how hunger reflects and expresses unmet needs, masks uncomfortable feelings, and signals unmet expectations or dependency.

Maria, Sarah (2009). *Love Your Body, Love Your Life: 5 Steps to End Negative Body Obsession and Start Living Happily and Confidently*. Focuses on the concept of Negative Body Obsession (NBO) and provides case studies, exercises, and more to help one attain a sense of peace with one's body.

Miller, C. A. (1991). *My Name is Caroline*. A former bulimic recounts her struggles with an eating disorder amidst the guise of a "perfect" life and describes her recovery process.

Roth, G. (1982), *Feeding the Hungry Heart: The Experience of Compulsive Eating*. A former compulsive eater, the author discusses topics such as bingeing and body image and reviews the process of breaking free. She also includes excerpts about the eating struggles of others.

Roth, G. (1984). *Breaking Free From Compulsive Eating*. The author of the previous book incorporates more practical strategies for putting an end to compulsive eating, addressing areas such as knowing what to eat, deciding when to stop, eating in social situations, and sexuality.

Roth, G. (1989). *Why Weight? A Guide to Ending Compulsive Eating*. The author talks about how to stop eating to meet emotional needs, to learn to trust your body's hunger signals, and to discover other pleasures besides food.

Sandbeck, T. J. (1986). *The Deadly Diet: Recovering from Anorexia and Bulimia*. Somewhat out-of-date, but still provides a good review of stress management techniques as well as strategies for combating negative thoughts.

Siegel, M., Brisman, J., & Weinshel, M. (1997). *Surviving an Eating Disorder: Strategies for Family and Friends (Revised and Updated Edition)*. Discusses the family context for eating disorders and offers tips for discussing the disorder, coping with denial, and seeking help.

Weil, A. (2001). *Eating Well for Optimum Health*. New York: HarperCollins. Covers the basics of nutrition, the optimum human diet, and tips on buying food/eating out; includes recipes.

GLBT/Gender/Sexuality Issues

Boston Women's Health Book Collective, The (1992). *The New Our Bodies, Ourselves: A Book by and for Women*. A guidebook for helping women take care of themselves; addresses such topics as body image, health, therapy, relationships, and sexuality.

Clark, D. (1987). *Loving Someone Gay (Revised Edition)*. Written by a gay therapist, helps families and friends confront their own prejudices and confusion in order to build more meaningful relationships. Also addresses homophobia and AIDS.

DePuy, C., & Dovitch, D. (1997). *The Healing Choice: Your Guide to Emotional Recovery after an Abortion*. This book is designed to specifically target the many emotions a woman may feel after an abortion, including guilt, anger, and loss. Includes specific exercises to facilitate the healing process.

Fanning, P., & McKay, M. (1993). *Being A Man*. Provides guidelines on various topics such as appreciating gender differences, relating to one's father, making male friends, expressing feelings, and controlling anger.

Goldberg, H. (1979). *The New Male*. Discusses the conflict between traditional "macho" male pressures and the more recent push towards sensitivity; somewhat dated.

Howard, K., & Stevens, A., Eds. (2000). *Out & About on Campus: Personal Accounts by Lesbian, Gay, Bisexual, & Transgendered College Students*. A collection of stories from 28 lesbian, gay, bisexual, and transgender students reflecting their experiences in college.

Kelly, M. F. (1996). *The Choice I Made...* Written by a young woman who had an abortion, this book describes her own healing process and offers support and suggestions for other women.

Locker, S. (2005). *The Complete Idiot's Guide to Amazing Sex (3rd Edition)*. Gives information about sex in a non-threatening format. Topics covered include sexual compatibility, initiating sex, body image, masturbation, foreplay, oral sex, sexual positions, sexual health, and overcoming sexual difficulties.

McNaught, B. (1988). *On Being Gay*. Gay author writes about growing up gay, coming out, being Catholic, and relationships with friends and lovers.

Owens, R. E. (1998). *Queer Kids: The Challenges and Promise for Lesbian, Gay, and Bisexual Youth*. Written by a Geneseo professor, this book discusses issues such as coming out, meeting one's needs, and gaining acceptance. Also offers guidelines for seeking counseling.

Richardson, D. (1988). *Women & AIDS*. Reviews origins of AIDS and discusses how AIDS affects women's lives. Also addresses safe sex and prevention, living with AIDS, and caring for people with AIDS; includes resource list.

Reid, J. (1973). *The Best Little Boy in the World*. An old but classic book; the true story of one man's struggle to come to terms with being gay.

Waxman, J. (2007). *Getting Off: A Woman's Guide to Masturbation*. This book celebrates female sexuality and encourages masturbation as a healthy expression of this; includes social/historical perspectives, tips on techniques, strategies on developing fantasies, and plenty of detailed resources.

Wolf, N. (1991). *The Beauty Myth*. Well-known work which reviews how images of beauty are used against women in work, culture, religion, sex, hunger, and violence.

Grief/Bereavement

Edelman, H. (2006). *Motherless Daughters: The Legacy of Loss (2nd Edition.)* Based on hundreds of interviews, this book looks at a mother's death shapes a woman's identity and affects her other relationships. Talks about understanding grief as a journey.

Gootman, M.E. (2005). *When a Friend Dies: A Book for Teens About Grieving & Healing (Revised & Updated Edition)*. This simple question and answer book provides compassion for teens/young adults who have lost a friend. Includes a forward by Michael Stipe of R.E.M.

Kushner, H. S. (1981). *When Bad Things Happen to Good People*. Written by a rabbi, discusses human suffering from a non-denominational religious perspective.

Mark, J. & Ammerman, K. (1996). *Help During Grief: Hope for the Hurting*. Shares personal stories from each of the authors as a means to describe the slow process of healing and offer support.

Smith, H.I. (2001,2007). *ABCs of Healthy Grieving: A Companion for Everyday Coping*. An A-Z book offering simple, practical advice and support regarding how to live with grief day-to-day.

Staudacher, C. (1987). *Beyond Grief: A Guide for Recovering from the Death of a Loved One*. Reviews the stages of grief and describes specific strategies for coping. Also addresses specific types of loss (spouse, parent, child, accidental death, suicide, etc.) and includes quotes from grief survivors.

Stearns, A. K. (1984). *Living Through Personal Crisis*. An older book that deals with all types of grief and loss, borrowing concepts from other books on the subject. Addresses guilt, physical symptoms, self-care, and re-adjustment; also includes commonly asked questions about crisis.

Westberg, G. E. (1962). *Good Grief*. This books reviews the stages of grief and offers support from the perspective of a Lutheran minister/medical school professor.

Working Through Grief: Self Care Handbook. Contains educational information about grief/loss and provides worksheets for coping with feelings, healing, and moving on.

Rape/Sexual Assault

Johnson, K. M. (1984, 1993). *If You are Raped: What Every Woman Needs to Know (2nd Ed.)*. Reviews the stages of recovery from a rape and provides strategies coping. Also contains detailed information on dealing with family/friends, taking legal action, and obtaining additional resources.

Ledray, L. E. (1994). *Recovering from Rape (Second Ed.)*. Practical guidelines for overcoming the trauma of rape, addressing such topics as learning it was not your fault, coping with difficult emotions, and telling others. Includes tips for significant others and information about prosecution.

McEvoy, A.W. & Brookings, J. B. (1991). *If She is Raped: A Guidebook for Husbands, Partners, and Male Friends*. Offers advice for communicating with the rape victim, understanding her experience, and reporting the rape. Uses case studies and describes how to learn from them.

McEvoy, A., Rollo, D., & Brookings, J. (1998). *If He is Raped: A Guidebook for Parents, Partners, Spouses, and Friends*. Addresses myths, offers suggestions on what to say, and provides additional resources.

Warsaw, R. (1988). *I Never Called It Rape: The Ms. Report on Recognizing, Fighting, and Surviving Date and Acquaintance Rape*. Addresses issues specifically related to date rape, including recognizing the facts, learning it was not your fault, and coping with the effects.

Relationships/Family

Beattie, M. (1987). *Codependent No More*. Defines codependency and provides strategies for releasing one's control over others and caring for oneself.

Beattie, M. (1989). *Beyond Codependency and Getting Better All the Time*. In this follow-up to *Codependent No More*, the author shares her own story of recovery and addresses issues such as coping with family, breaking through shame, improving relationships, and dealing with fear of commitment.

Behrendt, G. & Ruotola-Behrent, A. (2005). *It's Called a Breakup Because It's Broken*. The married authors, both of whom have had bad breakups, present a book that is both humorous and supportive. Using personal stories, exercises, and encouragement, they give readers the hope to survive.

Bloomfield, H. H. Colgrove, M., & McWilliams, P. (1976, 1991, 2000). *How to Survive the Loss of a Love*. A short, simple book focusing on surviving, healing, and growing after a relationship loss.

Bradshaw, J. (1988). *Bradshaw on The Family: A Revolutionary Way of Self Discovery*. A tool to help understand and explain dysfunctional families; discusses the effects on adult children and how to make healthy changes for the future.

Engel, B. (2002). *The Emotionally Abusive Relationship*. Helps identify emotional abuse and get to the roots of this behavior. Uses personal stories and offers strategies for taking action, including making the decision whether to stay or leave.

Evans, P. (1996). *The Verbally Abusive Relationship*. Talks about how to recognize verbal abuse in various relationships (romantic, family, friends), explores the consequences of verbal abuse, and addresses response and recovery.

Hendrix, H. (1988). *Getting the Love You Want: A Guide for Couples*. Although intended for married couples, provides a useful context for understanding relationships, including a helpful series of exercises (for individuals and couples), to create a relationship vision and improved interactions.

Keirse, D., & Bates, M. (1984). *Please Understand Me*. Based on the Myers-Briggs Type Indicator, the book contains a questionnaire which provides classification into one of sixteen types. Each type is described individually and the interactions between the types are discussed.

Korgeski, P. (2008). *The Complete Idiot's Guide to Enhancing Your Social IQ*. This basic guide helps you to better understand how you respond to social situations and to improve your social interactions with others, from making friends to finding romantic relationships to improving work skills.

Lerner, H. (1985). *The Dance of Anger*. Intended for women, this book looks at the patterns of anger in intimate relationships. Aims to help women identify the source of their anger and to change any destructive relationship patterns associated with this anger.

Katherine, A. (1991). *Boundaries: Where You End and I Begin*. Describes how boundaries are essential to healthy relationships and true intimacy. Explains how to recognize if your personal boundaries are being violated and what you can do to protect yourself.

McKay, M., Fanning, P., & Paleg, K. (2006). *Couple Skills (2nd Edition)*. This is a skill-focused book for committed couples who want to improve their relationship; topics including listening, communication, negotiation, problem-solving, and anger/conflict.

Norwood, R. (1985), *Women Who Love Too Much*. Reviews how women become involved with men who cannot love them back and explores how love can become an addiction. Offers steps towards change, affirmations, and other assistance.

Novotni, M. (1999). *What Does Everybody Else Know that I Don't? Social Skills Help for Adults with Attention Deficit/Hyperactivity Disorder (AD/HD)*. Using a reader-friendly format, helps those with AD/HD become more aware of problems with social skills and take steps towards change.

Pomeroy, D. (1996). *When Someone You Love Has Cancer*. A guide to coping with the difficult issues that can arise from a loved one's cancer diagnosis, from the various emotional reactions (e.g., anger, anxiety, fear, denial, resentment, guilt, grief) to more practical concerns.

Provost, J. A. (1990). *Work, Play, and Type: Achieving Balance in Your Life*. Utilizes the sixteen personality types from the Myers-Briggs Type Indicator to discuss how to increase one's satisfaction with both work and play; includes questions for further thought.

Spence-Diehl, E. (1999). *Stalking: A Handbook for Victims*. This booklet defines stalking, reviews practical and legal options, and describes ways to plan for safety. Also has specific information about stalking on college campuses and includes several helpful appendices.

Self-Esteem

Branden, N. (1994). *The Six Pillars of Self-Esteem*. Proposes the following sources of self-esteem: living consciously, self-acceptance, self-responsibility, self-assertiveness, living purposefully, and personal integrity; addresses self-esteem with respect to school, work, therapy, and culture.

McKay, M., & Fanning, P. (1987). *Self-Esteem*. Based on the idea that low self-esteem is related to an internal self-critic; chapters focus on topics such as cognitive distortions, "shoulds," responding to criticism, and handling mistakes.

Sokol, L. & Fox, M.G. (2009). *Think Confident, Be Confident: A Four-Step Program to Eliminate Doubt and Achieve Lifelong Self-Esteem*. The authors utilize basic concepts from cognitive therapy (i.e., that how you think influences how you feel and how you behave), to work towards changing thinking—in particular, the self-doubt that undermines self-confidence.

Sexual Abuse

Bass, E., & Davis, L. (1992). *The Courage to Heal (Revised Ed.)*. A comprehensive self-help manual for women survivors of child sexual abuse. Addresses such areas as recognizing the effects, surviving the emergency stage, dealing with feelings, and changing patterns; offers specific exercises for each topic. Also includes a section for supporters of survivors.

Davis, L. (1991). *Allies in Healing: When the Person You Love Was Sexually Abused as a Child*. Designed to assist those with a partner who was sexually abused. The majority of the book is in a Q&A format, addressing issues such as denial, anger, and communication. Also includes personal stories.

Gil, E. (1983). *Outgrowing the Pain: A Book for and About Adults Abused as Children*. Somewhat basic at times, but a good beginning book for coming to terms with childhood abuse, both physical and sexual, and its long-term effects.

Hansen, P. A. (1991). *Survivors & Partners: Healing the Relationships of Sexual Abuse Survivors*. Guide for helping couples cope with the effects of past sexual abuse on their relationship; useful for other supporters of survivors as well. Addresses issues such as trust, denial, and grief.

Maltz, W. (1991). *The Sexual Healing Journey*. Helps survivors of sexual abuse to identify the impact of the abuse on their sexuality, begin to create a new meaning for sex, and move towards more healthy behavior. Also contains exercises to do both alone and with a partner.

Marj (1992). *Into the Silence: Healing the Wounds of Abuse*. Written by a woman who was sexually abused by her father as a child, this book contains a series of poems which describes her recovery experience as well as correspondence between the author and her father.

Stress Reduction/Relaxation/Sleep

Carney, C.E., & Manber, R. (2009). *Quiet Your Mind & Get to Sleep: Solutions to Insomnia for those with Depression, Anxiety, or Chronic Pain*. A workbook-style self-help book focused on active strategies for making behavioral changes to improve sleep.

Davis, K. (2005). *The Bliss Principle: 5 Easy Ways to Reduce Stress*. Provides simple guidelines for stress reduction through use of techniques such as breathing, a relaxation workout, and soothing foods, drinks, and scents.

Davis, M., Eshelman, E. R., & McKay, M. (1980). *The Relaxation & Stress Reduction Workbook*. Provides comprehensive instruction in various techniques such as progressive relaxation, breathing, meditation, self-hypnosis, thought stopping, assertiveness, time management, and biofeedback.

Kabat-Zinn, J. (1994). *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life (10th Anniversary Ed.)*. Offers simple strategies/exercises for increasing one's awareness of the present moment.

Moore-Ede, M., & LeVert, S. (1998). *The Complete Idiot's Guide to Getting a Good Night's Sleep*. An easy-to-read book containing specific tips for improving sleep; addresses such areas as healthy habits, stress reduction, sleeping environment, sleeping pills, and naps.

Polo, A. (2011). *Relaxing the Writer: Guidebook to the Writer's High*. Although intended specifically for writers, this handbook of stress management and relaxation technique is perfect for students or anyone who spends time sitting at a computer. Also has 20-minute audio CD.

Salzberg, S. & Goldstein, J. (2001). *Insight Meditation: A Step-by-Step Course on How to Meditate*. This complete kit (workbook, study cards, and 2 **audio CDs**) provides a total of nine meditation lessons; also contains appendices with information on Buddhist principles. **NOTE:** See secretary for study cards and CDs.

Scott, E.A. (2013). *8 Keys to Stress Management*. Breaks down stress management into specific steps, including offering tips on "how to manage" and "activities to try." Concludes with an action plan.

Shannahoff-Khalsa, D. (2006). *Kundalini Yoga Meditation: Techniques Specific for Psychiatric Disorders, Couples Therapy, and Personal Growth*. This book provides yoga meditations for a variety of difficulties, including OCD, anxiety, depression, bipolar disorder, addiction, impulse control, eating disorders, sleep problems, ADHD, PTSD, and abuse. It also gives a scientific background of meditation.

Smith, L.H. & Kays, T.M. (2010). *Sports Psychology for Dummies*. Provides a basic overview of information likely to be useful to sports performance, addressing topics such as motivation, confidence, goal-setting, routines, handling adversity, combating negative self-talk, and using imagery (visualization).

Tubesing, D. A. (1981). *Kicking Your Stress Habits: A Do It Yourself Guide for Coping with Stress*. A workbook-style book which provides specific skills and strategies for combating stress. Includes questions and answers, worksheets, and references.

Weintraub, A. (2003). *Breathe to Beat the Blues*. This **audio CD** offers 13 different chapters; provides meditations and various yogic breathing practices designed to be energizing or calming.