

## Self-Help Book List Recommended by Counseling Services Staff

### Abuse Issues

*The Courage to Heal*

Authors Ellen Bass and Laura Davis

*A Child Called "It"*

Author Dave Pelzer

*The Lost Boy*

Author Dave Pelzer

*A Man Named Dave*

Author Dave Pelzer

### Death & Dying Issues

*Death and Dying*

Author Elisabeth Kubler-Ross

*Children on Death and Dying*

Author Elisabeth Kubler-Ross

### Marriage/Couples Issues

*Seven Principles for Making Marriage Work*

Author John Gottman

*10 Lessons to Transform Your Marriage*

Author John Gottman

*The Science of Trust*

Author John Gottman

*The Relationship Cure*

Author John Gottman

*And Baby Makes Three*

Author John Gottman

### Mental Health Topics

*College of the Overwhelmed*

Author Richard D. Kadison

This book discusses the extraordinary increase of incidence of mental illness on college campuses and what we can do about it.

*Supported Education for People with Psychiatric Disabilities: A Practical Manual*

Authors Jolyn Wells-Moran & Deanne Gilmur

*Unequal Rights: Discrimination against People with Mental Disorders and the Americans with Disabilities Act*

Author Susan Stefan

Discusses the role discrimination plays in mental illness, both on the personal level and in the legal system

*Letting Ana Go*

Anonymous (Author not available)

This book provides information on eating disorders

*The Day the Voices Stopped*

Author Ken Steele

This book discusses life with a diagnosis of schizophrenia

**Personal Accounts/Inspirational**

*Fear is no Longer my Reality*

Author Jamie Blyth

This star of ABC's *Bachelorette* describes his battle with social anxiety and panic disorder, and his subsequent triumph over them. This inspiring story is encouraging to anyone who personally deals with mental illness or knows someone who does.

*An Unquiet Mind: A Memoir of Moods and Madness*

Author Kay Redfield Jamison

This professor of Psychiatry at Johns Hopkins School of Medicine gives a dual perspective on bipolar disorder. She has experienced the highs and lows of the disorder first hand, and in this account she gives a detailed, accurate description from both her professional and personal outlooks.

*Sixty Days to Sanity*

Author Peter D. Barnes

The author has lived successfully with Bipolar Disorder for more than twenty years without relapse. A person suffering from mental illness who tackles life with such vigor gives a valuable perspective to patients and family members who are trying to understand how to cope with Bipolar Disorder.

*The Road Less Traveled*

Author M. Scott Peck

*The Last Lecture*

Author Randy Pausch

*Man's Search for Meaning*

Author Viktor Frankel

This book discusses why men did or did not survive the Holocaust and how having a meaning in life is valuable to living a full life.

**Self Help-General**

*Self-Esteem*

Author Matthew McKay

Offers a step by step program for building self-esteem. This self-help book teaches the reader how to talk back to that critical negative voice and handle mistakes and criticism

*The Self-Esteem Companion*

Author Matthew McKay

This book contains a series of fifty simple exercises the reader can use in order to challenge their inner critic and celebrate their self-worth.

*Learned Optimism: How to Change Your Mind and Your Life*

Author Martin Seligman

Martin Seligman, a leading psychologist, describes his groundbreaking research and how developing "learned optimism" can improve many facets of one's life.

*The Body Image Workbook: An 8-step Program for Learning to Like Your Looks*

Author Thomas F. Cash

An internationally recognized authority on body image shows readers how to combat destructive and unhealthy attitudes towards their physical appearance. The eight-step program developed by Thomas Cash shows readers how to evaluate a negative body image, change self-defeating "private body talk", and create a more pleasurable, affirming relationship with the body. The book includes many illustrations, charts and tables.

## Self-Injury Resources

### *The Scarred Soul: Understanding and Ending Self-Inflicted Violence*

Author Tracy Alderman

Explores the reasons behind this behavior and shows how to overcome the psychological traps that lead to self-destructive acts.

### *Self-esteem and Depression: Relative to College Students*

Author Norm Cohen

### *A Bright Red Scream: Self-Mutilation and the Language of Pain*

Author Marilee Strong

### *Cutting: Understanding and Overcoming Self-Mutilation*

Author Steven Levenkron

## Stress and Anxiety

### *The Post Traumatic Stress Disorder Sourcebook*

Author Glenn Schiraldi

Provides information on coping mechanisms, emotional triggers, the mental defenses that protect us from further harm, and addresses how the healing process can begin through a variety of medical and non-medical treatment methods.

### *Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood*

Authors Edward Hallowell & John Ratey

This book is a valuable resource that offers a life-span perspective on attention disorders and emphasizes the effect such disorders can have on relationships, education, and careers. The book reviews the diagnosis of attention disorders, co-occurring disorders, and treatment strategies.

### *Don't Panic: Taking Control of Anxiety Attacks*

Author R. Wilson

This book provides a thorough introduction to Panic Disorder, and then offers an empirically supported, cognitive-behaviorally based, self-help program for addressing panic attacks.

### *The Anxiety and Phobia Workbook (3rd Ed.)*

Author E. Bourne

The latest edition of this well-known book rounds out its practical, step-by-step offerings of mostly cognitive-behavioral strategies to address anxiety and phobias by including relevant information about medications and herbal supplements.

### *The Hidden Face of Shyness: Understanding and Overcoming Social Anxiety*

Authors Franklin Schneier & Lawrence Welkowitz

This book offers a good introduction to the varieties and origins of social anxiety, along with a practical self-help program for addressing the problem.

### *Stop Obsessing! How to Overcome Your Obsessions and Compulsions (Rev. Ed.)*

Authors Edna Foa & Reid Wilson

Psychologist Edna Foa is a leading researcher in the treatment of Obsessive-Compulsive Disorder. This authoritative book offers a clear introduction to the disorder and its origins, and provides research supported, cognitive-behaviorally based, strategies for addressing the disorder.

## Suicidal thoughts or ideation

### *If You Feel Too Much*

Author Jamie Tworkowski

This book looks at things found and lost and hoped for. The author's intention is that this book can be a source of encouragement, something that helps people to feel less alone and will lead individuals to seeking help and perhaps even choosing to stay alive. Mr. Tworkowski is the founder

of To Write Love on Her Arms (TWLOHA). TWLOHA is based on an encounter with a young woman deep in addiction, non-suicidal, and suicidal behaviors and the road through treatment.

*Disclaimer: Counseling Services staff does not endorse a particular author nor does the staff advocate for any of the self-help techniques that may be suggested within these books. This is not an all-inclusive list of self-help books that are available.*