

Book Resources

EMOTION REGULATION

Anger: How to Live With and Without It. by Albert Ellis.
How to Control Your Anger Before It Controls You. by Raymond Tafrate, and Albert Ellis.
Letting Go Of Shame. by Peter Efron
When perfect isn't good enough (1998) by Martin Antony & Swinson (New Harbinger)
ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger by Georg Eifert, Matthew McKay and John Forsyth
Crucial Confrontations: Tools for Resolving broken promises, violated expectations, and bad behavior by Kerry Patterson, Joseph Grenny, Ron McMillan & Al Switzler

DEPRESSION

The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living (New Harbinger Self-Help Workbook) by Patricia Robinson & Kirk Strosahl
Overcoming Depression: A Cognitive Therapy Approach Workbook (Treatments That Work) by Mark Gilson, Arthur Freeman, M. Jane Yates & Sharon Morgillo Freeman

ANXIETY

Stop obsessing! (2001) by Edna Foa & Reid Wilson (Bantam Books)
Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias by Tamar Chansky
Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias by John Forsyth and Georg Eifert
The Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy by Chad LeJeune
Don't Panic Revised Edition: Taking Control of Anxiety Attacks by Reid Wilson

ADDICTION

Sex, Drugs, Gambling & Chocolate: A Workbook for Overcoming Addictions by A. Thomas Horvath

ADHD

Procrastination: Why You Do It, What to Do About It Now by Jane Burka, Lenora Yuen
Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program Client Workbook (Treatments That Work) by Steven Safren, Carol Perlman & Michael Otto

SOCIAL PHOBIA & INTERPERSONAL EFFECTIVENESS

Managing Social Anxiety, Workbook, 2nd Edition: A Cognitive-Behavioral Therapy Approach (Treatments That Work) by Debra A. Hope, Richard Heimberg & Cynthia Turk
Dying of Embarrassment: Help for Social Anxiety (1992). Cheryl Carmin et al (New Harbinger)
The Secret of Overcoming Verbal Abuse (2000) by Albert Ellis
People Skills. by Bolton.

POST-TRAUMATIC STRESS DISORDER

Way of Working. by Patti Resick and Schneke (Sage Publications).

Treating the Trauma of Rape. by Edna Foa (Guilford Press)

Healing the Divided Self. by Maggie Phillips and Claire Fredericks (stage two issues).

Process of Forgiveness (1997) by William Menninger

Describes centering prayer and other spiritual and meditational paths to forgiveness

EATING DISORDERS

Mindless Eating: Why We Eat More Than We Think (2007) by Brian Wansink

Eating Mindfully (2003) by Susan Albers

Eat, Drink, and Be Mindful: How to End Your Struggle with Mindless Eating and Start Savoring Food with Intention and Joy (2009) by Susan Albers

Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food (2009) by Jan Chozen Bays

Eating the Moment: 141 Mindful Practices to Overcome Overeating One Meal at a Time (2008) by Pavel Georgievich Somov

SLEEP DISORDERS

Restful Insomnia: How to Get the Benefits of Sleep Even When You Can't by Sondra Kornblatt and Teresa E. Jacobs

The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need by Stephanie Silberman and Charles Morin

MINDFULNESS & ACCEPTANCE

Learned Optimism: How to Change Your Mind and Your Life by Martin Seligman

Radical Acceptance: Embracing Your Life With the Heart of a Buddha (2004) by Tara Brach

The Miracle of Mindfulness. by Thich Nhat Hanh

The Art of Mindful Living. by Thich Nhat Hanh

Mindfulness for Psychotherapists. by Thich Nhat Hanh (audiotape)

Living Buddha Living Christ. by Thich Nhat Hanh

Awareness. by Anthony DeMello

The Art of Happiness. by the Dalai Lama

Breath by Breath: The Liberating Practice of Insight Meditation (1998) by Larry Rosenberg.

Voices of Insight (1999) by Sharon Salzberg. Shambhala Press.

The Book of Awakening (2000) by Mark Nepo. (Conari Press)

Zen Therapy by David Brazier

When Things Fall Apart. by Pema Chodron.

Sweeping Changes. by Gary Thorp.

The Seven Spiritual Laws of Success. By Deepak Chopra.