

ADD / ADHD

- ◆ *Driven to Distraction* by Edward M. Hallowell and John J. Ratey
- ◆ *Delivered from Distraction: Getting the Most out of Life With Attention Deficit Disorder* by Edward M. Hallowell and John J. Ratey

Alcoholism

- ◆ *Alcoholics Anonymous Big Book*
- ◆ *Came to Believe* by AA Services
- ◆ *Paths to Recovery: Al-Anon's Steps, Traditions and Concepts* by Al-Anon Family Group Head Inc.
- ◆ *Twelve Steps and Twelve Traditions* by Alcoholics Anonymous

Anger Management

- ◆ *Letting go of Anger: The Eleven Most Common Anger Styles and What to do About Them* by Ronald T. Potter-Efron and Patricia S. Potter-Efron
- ◆ *Stop the Anger Now: A Workbook for the Prevention, Containment, and Resolution of Anger* by Ronald T. Potter-Efron
- ◆ *The Anger Management Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships* by Laura J. Petracek and Sandra P. Thomas
- ◆ *The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships* by Harriet Lerner

Anxiety

- ◆ *The Anxiety and Phobia Workbook* by Edmund J. Bourne
- ◆ *The Cognitive Behavioral Workbook for Anxiety: A Step-by-Step Program* by William J. Knaus

Codependency

- ◆ *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself* by Melody Beattie
- ◆ *The Language of Letting Go* by Melody Beattie

Couples

- ◆ *Getting the Love You Want: A Guide for Couples* by Harville Hendrix
- ◆ *Getting the Love You Want Workbook* by Harville Hendrix and Helen Hunt

Dating

- ◆ *He's Just Not That Into You: The No-Excuses Truth to Understanding Guys* by Greg Behrendt, Liz Tuccillo and Lauren Monchik

Depression

- ◆ *The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program* by William J. Knaus and Albert Ellis
- ◆ *The Feeling Good Handbook* by David Burns

Divorce

- ◆ *Dinosaurs Divorce: A Guide For Changing Families* by Laurene Krasny Brown and Marc Brown (For Elementary aged children).

Domestic Violence

- ◆ *It's Not Okay Anymore: Your Personal Guide to Ending Abuse, Taking Charge and Loving Yourself* by Greg Enns and Jan Black
- ◆ *The Battered Woman's Survival Guide* by Jan Berliner Satman
- ◆ *The Verbally Abusive Relationship: How to Recognize it and How to Respond* by Patricia Evans

Fear

- ◆ *Feel the Fear and do it Anyway* by Susan Jeffers

Forgiveness

- ◆ *Forgiveness: A Bold Choice for a Peaceful Heart* by Robin Casarjian

Gratitude

- ◆ *Simple Abundance: A Daybook of Comfort and Joy* by Sarah Ban Breathnach

Incest/Sexual Abuse

- ◆ *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse* by Ellen Bass and Laura Davis
- ◆ *The Courage to Heal Workbook* by Laura Davis

OCD

- ◆ *Stop Obsessing! : How to Overcome Your Obsessions and Compulsions* by Edna B. Foa and Reid Wilson
- ◆ *The OCD Workbook: Your Guide to Breaking Free From Obsessive-Compulsive Disorder* by Bruce M. Hyman and Cherry Pedrick

Self-Esteem

- ◆ *Happy to be Me: A Kid Book About Self-Esteem (Elf Self-Help)* by Christine Adams
- ◆ *The Self-Esteem Workbook* by Glenn R. Schiraldi