

MIMIND TOOLS

Self-help Books

Alcohol and Substance Abuse

- Beattie, M. (1997). *Codependent no more: How to stop controlling others and start caring for yourself* (2nd ed.). Hazelden Publishers and Educational Services.
- Black, C. (1987). *It will never happen to me*. Ballantine Books.
- Ellis, A., & Velten, E. (1992). *When AA doesn't work for you: Rational steps to quitting alcohol*. Barricade Books, Inc.
- Fletcher, A. M. (2001). *Sober for good: New solutions for drinking problems: Advice from those who have succeeded*. Houghton Mifflin Company.
- Gorski, T.T. (1992). *The staying sober workbook: A serious solution for the problems of relapse*, (Revised Edition). Herald House Independence Press.
- Hazelden Foundation (1993) *Dual disorders recovery book: A twelve step program for those of us with Addiction and an emotional or psychiatric illness*. Hazelden Publishers and Educational Services.
- Horvath, T. (2003). *Sex, drugs, gambling, & chocolate: A workbook for overcoming addictions*. Impact Publishers, Inc.
- Marshall, S. (2003). *Young, sober and free: Experience, strength, and hope for young adults*. Hazelden Publishers and Educational Services.

Anger Management

- Beck, A.T. (1999). *Prisoners of hate: The cognitive basis of anger, hostility, and violence*. Harper Collins Publishers.
- Enright, R.D. (2001). *Forgiveness is a choice: A step-by-step process for resolving anger and restoring hope*. American Psychological Association.
- Weisinger, H. (1985). *Dr. Weisinger's anger work-out book*. William Morrow.

Anxiety

Anthony, M.M., & Swinson, R.P. (1998). *When perfect is not good enough: Strategies for coping with perfectionism*. Harbinger Publications, Inc.

Benson, H. (2000). *The relaxation response (updated and expanded ed.)*. Whole Care, Avon Books.

Brantley, J. (2003). *Calming your anxious mind*. New Harbinger Publications, Inc.

Doctor, R.M. & Kahn, P. (2000). *Facing fears: The sourcebook for phobias, fears, and anxieties*. Checkmark Books.

Greenberger, D., & Padesky, C.A. (1995). *Mind over mood: Change how you feel by changing the way you think*. Guilford Press.

Hallowell, E.M. (1997). *Worry: Hope and help for a common condition*. Ballantine Books.

Markway, B.G., Carmin, C.N., Pollard, C.A. & Flynn, T. (1992). *Dying of embarrassment: Help for social anxiety and phobia*. New Harbinger Publications, Inc.

Peurifoy, R.Z. (1988). *Anxiety, phobias, & panic: A step-by-step program for regaining control of your life*. Warner Books.

Rapee, R.M. (1998). *Overcoming shyness and social phobia: A step-by-step guide*. Jason Aronson Inc.

Wilson, R.R. (1988). *Breaking the panic cycle*. Anxiety Disorders Association of America.

Bipolar Disorder

Fast, J.A., & Preston J.D. (2004). *Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner*. New Harbinger Publications, Inc.

Fieve, R. (1997). *Moodswing: Dr. Fieve on depression (2nd revised ed.)*. Bantam Books.

Jamison-Redfield, K. (1996). *Touched with fire: Manic depressive illness and the artistic temperament*. Free Press Paperbacks.

Jamison-Redfield, K. (1996). *Unquiet mind: A memoir of moods and madness*. Vintage Books.

Miklowitz, D.J. (2002). *The bipolar disorder survival guide: What you and your family need to know*. Guilford Press.

Mondimore, F.M. (1999). *Bipolar disorder: A guide for patients and families*. The John Hopkins Press.

Depression

Anthony, M.M., & Swinson, R.P. (1998). *When perfect is not good enough: Strategies for coping with perfectionism*. Harbinger Publications, Inc.

Burns, D.D. (1980). *Feeling good*. William Morrow.

Burns, D.D. (1989). *The feeling good handbook*. Penguin Books.

Burns, D.D. (1999). Ten days to self-esteem. Harper Trade.

DePaulo, R. (2001). Understanding depression: What we know and what you can do about it. John Wiley Press.

Ellis, T.E., & Newman, C.F. (1996). Choosing to live: how to defeat suicide through cognitive therapy. New Harbinger Publications, Inc.

Endler, N.S. (1990). Holiday of darkness. Wall & Thompson, Toronto.

Greenberger, D., & Padesky, C.A. (1995). Mind over mood: Change how you feel by changing the way you think. Guilford Press.

Irwin, C. (1998). Conquering the beast within: How I fought depression and won... and how you can, too. Random House

Manning, M. (1995). Undercurrents: A therapist's reckoning with depression. Harper Collins Publishers.

Wright, J.H. & Basco, M.R. (2001). Getting your life back: The complete guide to recovery from depression. Free Press Paperbacks.

Thase, M.E., & Lang, S.S. (2004). Beating the blues: New approaches to overcoming dysthymia and chronic mild depression. Oxford University Press.

Young, J.E., & Klosko, J.S. (1994). Reinventing your life: The breakthrough program to end negative behavior. A Plume Book.

Grief/ Bereavement

Felber, M. (2000). Finding your way after your spouse dies. Ave Maria Press.

Hickman, M.W. (1999). Healing after loss: Daily meditations for working through grief. Avon Books.

Kushner, H. (1981). When bad things happen to good people. Avon Books.

Rando, T.A. (1991). How to go on living when someone you love dies. Bantam Books.

Walton, C. (1996). When there are no words: Finding your way to cope with loss and grief. Pathfinder Publishing of California.

Pain

Catalano, E.M. & Hardin, K.N. (1996). The chronic pain control workbook: a step-by-step guide for coping with and overcoming pain. New Harbinger Publications, Inc.

Caudill, M. (2001). Managing pain before it manages you (revised ed.). Guilford Press.

Jamison, R. (1996). Learning to master your chronic pain. Professional Resource Press.

Schizophrenia

Gingerich, S. & Mueser, K.T (1994). *Coping with schizophrenia: A guide for families*. New Harbinger Publications, Inc.

Torrey, E. F. (1995). *Surviving schizophrenia: A manual for families*. Harper Collins Publishers.