

## **ABUSE**

Courage to Heal (Bass) ..... HQ 72 .U53 B37 1994

## **ANGER**

The Anger Workbook (Bilodeau)..... BF 575 .A5 B55 1992

## **ANXIETY DISORDERS**

The Anxiety and Phobia Workbook, 3<sup>rd</sup>. Ed. (Bourne).....RC 535 .B68 2000

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Doubting Disease (Ciarrocchi) (religious OCD/scrupulosity). BV4012.2 .C5178 1995

Feel the Fear and Do it Anyway (Jeffers)..... BF 575 .F2 J44 1987

STOP Obsessing! How to Overcome Your Obsessions and Compulsions (Foa)

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## **ASSERTIVENESS**

Getting to Yes: Negotiating Agreement without Giving In (Fisher)BF 637.N4F57 1991

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Your Perfect Right (Alberti)..... RC 489 .A77 A53 2001

## **ATTENTION DEFICIT/HYPERACTIVITY**

ADD Success Stories (Hartmann) ..... RC 394 .A85 H373 1995

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## **COMMUNICATION AND PEOPLE SKILLS**

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Intimate Connections (Burns).....BF 575 .L7 B87 1985

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Dying to be Thin (Sacker) ..... RC 552 .A5 S23 1987

Feeding the Hungry Heart: The Experience of Emotional Eating (Roth)

..... RC 552 .C65 R657 1993

Overcoming Binge Eating (Fairburn)..... RC 552 .C65 F35 1995

## **GRIEF**

Working It Through (Kubler-Ross)..... HQ 1073 .K8 1987

When Bad Things Happen to Good People (Kushner)..... BM 645 .P7 K87

## **HEALTH AND WELLNESS**

8 Weeks to Optimum Health (Andrew Weil, MD)..... RA 776.5 .W436 1997

Wellness Book (Benson) ..... RA 785 .W45 1993

## **LOVE AND INTIMACY**

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The Dance of Anger (Lerner) ..... BF 575 .A5 L47 1989

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Love is Never Enough (Beck) ..... HQ 734 .B47 1988

## **MARRIAGE**

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Why Marriages Succeed or Fail and How You Can Make Yours Last (Gottman)

.....HQ 537 .G68 1994

## **MEN'S ISSUES**

Real Boys: Rescuing Our Sons from the Myths of Boyhood (Pollack)HQ775.P65 1999

## **MOOD DISORDERS**

An Unquiet Mind: A Memoir of Moods and Madness (Jamison).....RC 516 .J363 1995

A Brilliant Madness (Duke)..... RC 516 .D85 1992

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Mind Over Mood (Greenberger).....RC 489 .C68 G743 1996

## **PERFECTIONISM**

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## **SELF-MANAGEMENT AND SELF-ENHANCEMENT**

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Homosexuality: A New Christian Ethic (Moberly) ..... BR 115 .H6

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## **SPIRITUAL AND EXISTENTIAL CONCERNS**

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## **STRESS MANAGEMENT AND RELAXATION**

Don't Sweat the Small Stuff . . . and it's all small stuff (Carlson) BF 637 .B4 C35 1997

Relaxation and Stress Reduction Workbook (Davis) ..... RA 785 .D374

## **WOMEN'S ISSUES**

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