

List of Useful Books

Happiness & depression

- Feeling Good Handbook. Burns.
- The Depression Workbook. Copeland.
- Cognitive Behavioural Therapy Workbook for Dummies. Branch, Rhenia.

- Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment. Ben-Shahar.
- Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life. Kabat-Zinn.
- Authentic Happiness: Using the New Positive Psychology. Seligman.
- Flow: The Psychology of Optimal Experience. Csikszentmihalyi.
- The How of Happiness: A Scientific Approach to Getting the Life You Want.
- Spiritual Evolution: A Scientific Defense of Faith. Vaillant.
- Stumbling on Happiness. Gilbert.
- Thanks! How the New Science of Gratitude Can Make You Happier. Emmons.
- Creating Optimism. Murray.

- Positive Options for Seasonal Affective Disorder. Marshall.
- Winter Blues. Rosenthal.

Bipolar

- The Bipolar Disorder Survival Guide: What You and Your Family Need to Know. Miklowitz.
- The Bipolar Workbook. Basco.
- An Unquiet Mind. Jamison.

Anxiety, panic disorder, or stress

- The Anxiety and Phobia Workbook. Bourne.
- The Relaxation and Stress Reduction Workbook. Davis.
- Mind Your Heart: A Mind/Body Approach to Stress Management, Exercise, and Nutrition for Heart Health.
- The Relaxation Response. Benson.

Obsessive compulsive disorder

- The OCD Workbook. Hyman & Pedrick.
- Stop Obsessing. Foa.
- OCD: Getting Control. Baier.
- The Hair Pulling "Habit" and You! Golomb & Vavrichek.

Insomnia

- Good Night: The Sleep Doctor's 4-Week Program to Better Sleep and Better Health. Breus.
- No More Sleepless Nights. Hauri.
- Say Good Night to Insomnia.

Alcohol Abuse

- The Recovery Book. Eisenberg, Euseberg, & Mooney. Published 1992 but still useful.
- Seven Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake. Cornett.
- Sober for Good: New Solutions for Drinking Problems. Fletcher.
- Alcoholics Anonymous, The Big Book.
- The Twelve Steps and Twelve Traditions.
- A Gentle Path Through the Twelve Steps. Carnes.
- Recovery: A Guide for Adult Children of Alcoholics. Gravitz.
- Overcoming Addiction. Harvard Health Report.

Eating disorders

- Runaway Eating. Bulik.
- Life Without Ed. Shaeffer.
- The Overcoming Bulimia Workbook. McCabe.

Weight loss

- Eat, Drink, & Weigh Less. Katzen et al.
- The LEARN Program for Weight Management. Brownell.
- The No Sweat Exercise Plan: Lose Weight, Get Healthy, & Live Longer. Simon.

Anger management; borderline personality

- Borderline Personality Disorder Demystified. Friedel
- Stop Walking on Eggshells. Mason.
- The Angry Heart: Overcoming Borderline and Addictive Disorders. Santoro.
- The Dialectical Behavior Therapy Skills Workbook. McKay et al.
- The Anger Workbook. Bilodeau.
- The Verbally Abusive Relationship. Evans.
- Cutting: Understanding and Overcoming Self-Mutilation. Levenkron.

ADHD

- You Mean I'm Not Stupid, Lazy, or Crazy?! Kelly.
- Driven to Distraction. Hallowell. Also try Answers to Distraction, or Delivered from Distraction.
- Survival Tips for Women with AD/HD. Matlen

College

- College of the Overwhelmed. The Campus Mental Health Crisis... Kadison.
- Letting Go: A Parents' Guide to Understanding the College Years. Coburn. Get this book for mom or dad.
- The Accent of Success. Shiraev. For international students.

Women

- Life Preservers: Good Advice When You Need It Most. Lerner. Advice to women.
- The Dance of Anger, A Woman's Guide to Changing the Pattern of Intimate Relationships. Lerner.
- Self-Nurture: Learning to Care for Yourself as Effectively as You Care for Everyone Else. Domar & Dreher.
- The V Book: A Doctor's Guide to Complete Vulvovaginal Health. Stewart & Spenser.

Psychiatric Treatment

- Psychiatric Drugs Explained. Healy.
- Talk is Not Enough: How Psychotherapy Really Works. Gaylin.

Medical illness

- Harvard Health Letters or special reports, as found on www.health.harvard.edu. Great reports and newsletters on many health topics.
- Relaxation Revolution: Enhancing Your Personal Health. Benson & Proctor.
- What Your Doctor May Not Tell You About Alzheimer's Disease. Devi. For patients and their caregivers
- Heal Your Aching Back. Katz & Parkinson.
- The Sensitive Gut, A Harvard Medical School Book. Friedman.
- Gastrointestinal Health: A Self-Help Nutritional Program. Peiken.
- Facing Cancer: A Complete Guide for People with Cancer, Their Families, and Caregivers. Stern.

- Handbook for Mortals: Guidance for People Facing Serious Illness. Lynn & Harrold.

Sex

- Mating in Captivity. Unlocking Erotic Intelligence. Perel.
- Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships. Schnarch.
- The Sex-Starved Marriage: Boosting Your Marriage Libido. Davis.
- Sexuality in Midlife and Beyond. Harvard Health Publications.
- 100 Questions and Answers About Erectile Dysfunction. Ellsworth & Stanley.
- Coping With Erectile Dysfunction: How to Regain Confidence and Enjoy Great Sex. Metz et al.

Gay

- Outing Yourself. Signorile.
- Coming Out to Parents. Borhek.

Parenting

- 1-2-3 Magic: Effective Discipline for Children 2-12. Phelan. An immediate-consequences approach.
- 35 Ways to Help a Grieving Child. Doughy Center.

Life and relationships

- Too Soon Old, Too Late Smart. 30 True Things You Need To Know Now. Livingston.
- Date Smart. Coleman.
- Men Are From Mars, Women Are From Venus.
- The Dance of Intimacy. Lerner.
- The Seven Principles for Making Marriages Work. Gottman.
- Getting the Love You Want. Hendrix.
- Don't Ask for the Dead Man's Golf Clubs: What to Do and Say (and What Not to) When a Friend Loses a Loved One. Kelly.
- Healing Your Grieving Heart: 100 Practical Ideas. Wolfelt.
- Forgiveness Is A Choice. Enright.
- The Language of Letting Go. Beattie.