

## Books IPA Members Give To Their Clients for Bibliotherapy

**2006 - 2007**

**Compiled by Don Damsteegt, Ph.D.**

### Anger

<b>TITLE</b>	<b>AUTHOR</b>	<b>DATE</b>	<b>PUBLISHER</b>
How To Control Your Anger Before It Controls You	Ellis and Tafrate	2000	Citadel
Why Does He Do That? Inside The Heads of Angry and Controlling Men.	Lundy Bancroft	2003	Berkeley Trade
The Anger Workbook for Women: How to Keep Your Anger From Undermining Your Self Esteem, Your Emotional Balance and Your Relationships	Sandra P. Thomas	2004	New Harbinger Publications
Anger: How to Live With and Without It	Albert Ellis	2002	Citadel

### Anxiety

<b>TITLE</b>	<b>AUTHOR</b>	<b>DATE</b>	<b>PUBLISHER</b>
The Relaxation and Stress Reduction Workbook 5 <sup>th</sup> Ed.	Davis, Et al.	2000	New Harbinger Publications
The Anxiety and Phobia Workbook	Edmund Bourne	2005	New Harbinger Publications
The Relaxation and Stress Reduction Workbook	Martha Davis et al	2000	New Harbinger Publications
Shyness and Social Anxiety Workbook	Antony/Swinson	2000	New Harbinger Publications
Coping With Panic: A Drug Free Approach to Dealing with Anxiety Attacks	Clum	1999	Self Change Systems
The Anxiety Cure	Archibald Hart	2001	W. Publishing Group
Adrenaline and Stress	Archibald Hart	1995	W. Publishing Group
What to Do When You're Scared and Worried	James Crist	2004	Free Spirit Publishing
Mind Over Mood	Greenberger & Padesky	1995	The Guildford Press

### Asperger's Disorder

<b>TITLE</b>	<b>AUTHOR</b>	<b>DATE</b>	<b>PUBLISHER</b>
Asperger's Syndrome for Parents and Teachers	Atwood	2001	
Asperger's Syndrome and Adolescence	Bollick/Maroonney		
Strategies for Teaching Students With Learning and Behavior Problems	Bos/Vaughn	1997	Allyn & Bacon
The New Social Story Book	Gray	2002	Future Horizons
Comic Strip Conversations	Gray	1994	Future Horizons
The Out of Sync Child: Recognizing and Coping with Sensory Integration Dysfunction.	Kranowitz	1998	Perigree, NY
Asperger's Syndrome: A Guide for Educators and Parents	Myles, Simpson	1997	Pro-Ed

Asperger's Huh? A Child's Perspective	Schnurr, Strachan	1999	Anisor Publishing
The World of The Autistic Child: Understanding and Treating Autistic Spectrum Disorders	Siegel	1998	Oxford University Press
Asperger's Syndrome: A Guide	Simpson, Smith	2000	

### Assertiveness

TITLE	AUTHOR	DATE	PUBLISHER
Your Perfect Right	Alberti, Emmons	2001	Impact Publishers
Our Bodies, Ourselves	Boston's Women Health Book Collective	2005	Touchstone
When I Say No I Feel Guilty	Smith	1985	Bantam
Negotiate This! By caring but not that much	Herb Cohen	2003	Warner Business

### ADHD

TITLE	AUTHOR	DATE	PUBLISHER
ADD and the College Student: A Guide for High School and College Students with Attention Deficit Disorder	Quinn (editor)	2001	Magination Press
ADD-Friendly Ways to Organize Your Life	Kolberg, Nadeau	2002	Routledge
ADHD Secrets of Success: Coaching Yourself to Fulfillment in the Business World	Hartmann	2002	Select Books
Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood	Hollowell, Ratey	1995	Touchstone
Finding Your Focus: Practical Strategies for the Everyday Challenges Facing Adults with ADD	Greenbaum, Markel	2005	McGraw-Hill
Out of the Fog: Treatment Options and Coping Strategies for Adult Attention Deficit Disorders	Murphy, Levert	1995	Hyperion
Smart but Stuck: Emotional Aspects of Learning Disabilities & Imprisoned Intelligence	Orenstein	2001	Haworth Press
The Down and Dirty Guide to Adult ADD	Gordon	1996	G S I Publications
Understanding Women with ADHD	Nadeau, Quinn (editors)	2002	Advantage Books
YOU MEAN I'M NOT LAZY, STUPID, OR CRAZY?!: A Self-help Book for Adults with Attention Deficit Disorder	Kelly, Ramundo	1993	Fireside
Taking Charge of ADHD	Barkley	2000	The Guilford Press
ADD in Teens	Dendy		
The ADD/ADHD Behavior Change Resource Kit	Flick	1998	Jossey-Bass

### Behavior Disorders

TITLE	AUTHOR	DATE	PUBLISHER
The Explosive Child	Greene	1998	HarperCollins Publishers

1-2-3 Magic	Phelan	1995	Child Management, Inc.
Your Defiant Child	Barkley	1998	The Guilford Press

## Borderline Personality

TITLE	AUTHOR	DATE	PUBLISHER
Skills Training Manual for Treating Borderline Personality Disorder	Linehan	1993	Guilford press
I Hate You-Don't Leave Me: Understanding BPD	Kreisman, Straus	1991	Avon
Christian Perspective Books			
Boundaries	Townsend, Cloud	2002	Zondervan
Boundaries with Kids	Townsend, Cloud	2001	Zondervan
Boundaries in Marriage	Townsend, Cloud	2002	Zondervan
Safe People	Townsend, Cloud	1996	Zondervan
Shame and Grace	Smedes	1994	HarperSanFrancisco
Emotionally Healthy Spiritually	Scazzero	2006	Integrity Publishers
Safe Haven Marriage	Hart	2003	W Publishing Group
Unveiling Depression in Women	Hart	2000	Revell
Torn Asunder	Carder	1995	Moody Publishers

## Depression

TITLE	AUTHOR	DATE	PUBLISHER
Mind Over Mood	Greenberger, Padesky	1995	The Guilford Press
Feeling Good (Feeling Good Handbook)	Burns	1999	Plume
Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back	Addis, Martell	2004	New Harbinger Publications
How to Heal Depression	Bloomfield, McWilliams	1995	Prelude Press
An Unquiet Mind: A Memoir of Moods and Madness	Jamison	1997	Vintage
The Bipolar Child	Papolos, Papolos	2006	Broadway
A Darkness Visible	Styron	1992	Vintage
When Someone You Love is Depressed	Rosen, Amador	1997	Free Press
Helping Your Depressed Child: A Step by Step Guide for Parents	Barnard	2003	New Harbinger Publications

## Dissociative Identity Disorder

TITLE	AUTHOR	DATE	PUBLISHER
The Myth of Sanity: Divided Consciousness	Stout	2002	Penguin (Non-Classics)

## Eating Disorders

French Toast for Breakfast: Declaring Peace with Emotional Eating	Cohen	1995	Gurze Books
The Beginner's Guide to Eating Disorders Recovery	Kolodny	2004	Gurze Books
The Rules of "Normal" Eating	Koenig	2005	Gurze Books
Surviving an Eating Disorder: Strategies for Family and Friends	Siegel, Brisman, Weinschel	1989	Harpercollins
Conscious Eating, Conscious Living	Holtzman		
The Body Image Workbook	Cash	1997	New Harbinger Publications

### Learning Disorders

TITLE	AUTHOR	DATE	PUBLISHER
College and Career Success for Students with Learning Disabilities	Dolber	1996	McGraw-Hill
Facing Learning Disabilities in the Adult Years	Shapiro	1999	Oxford University Press
Non-verbal Learning Disabilities: Diagnosis and Treatment within an Educational Setting	Molenaar-Klumper	2002	Jessica Kingsley Publishers

### Meaning and Purpose

TITLE	AUTHOR	DATE	PUBLISHER
Man's Search for Meaning	Frankl	1997	Pocket
Meaningful and Purposeful Goals Workbook	Hutzell	1989	Inst Logotherapy Pr

### Marriage, Divorce & Relationships

TITLE	AUTHOR	DATE	PUBLISHER
The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert	Gottman, Silver	2000	Three Rivers Press
Raising an Emotionally Intelligent Child	Gottman, Declaire, Goleman	1998	Simon & Schuster
The Relationship Cure	Gottman	2002	Three Rivers Press
After the Affair: Healing the Pain and Rebuilding Trust When a Partner has been Unfaithful	Spring	1997	Harper Paperbacks
Making Your Second Marriage a First-Class Success	Moseley, Moseley	1998	Three Rivers Press
Rebuilding: When your Relationship Ends	Fisher	2005	Impact Publishers
The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses	James, Friedman	1998	Collins
Coping with Divorce, Single Parenting, and Remarriage: A Risk and Resiliency Perspective	Hetherington	1999	LEA, Inc.
Coping with Separation and Divorce	Stuart	1989	Mansell
Coping with Bereavement from Death or Divorce	Hafer	1981	Prentice Hall
Fighting for your Marriage	Markman, Stanley, Blumberg	2001	Jossey-Bass
For the Children's Sake: Parenting Together after the	Dozier	2004	iUniverse, Inc.

Marriage Ends			
Getting Free: You Can End Abuse and Take Back Your Life	NiCarthy	2004	Seal Press
Getting the Love You Want	Hendrix	2001	Owl Books
Wrestling with Love: How Men Struggle with Intimacy	Osherson	1996	Ballantine Books

### Obsessive Compulsive Disorder

TITLE	AUTHOR	DATE	PUBLISHER
The Boy Who Couldn't Stop Washing- The Experience and Treatment of Obsessive-Compulsive Disorder	Rapoport	1989	EP Dutton Publishing
Brain-Lock: A Four-Step Self-treatment Method to Change your Brain Chemistry	Schwartz	1996	HarperCollins Publishers
Getting Control	Baer	1992	Penguin Group
Learning to Live with OCD	VanNoppen, Pato, Rasmussen	1993	OC Foundation
Obsessive Compulsive Disorder in Children and Adolescents: A Guide	Johnston	1993	Child Psychopharmacology Information Center
When Once is Not Enough	White, Steketee	1990	New Harbinger Publications

### Positive Psychology

TITLE	AUTHOR	DATE	PUBLISHER
Authentic Happiness	Seligman	2004	Free Press
A Primer of Positive Psychology	Peterson	2006	Oxford University Press
What Happy People Know	Baker	2003	Rodale Books
<b>Pain</b>			
The Pain Survival Guide	Turk, Winter	2005	American Psychological Association
Managing Pain Before it Manages You	Caudill	1994	The Guilford Press
When a Parent has Cancer: A Guide to Caring for your Children	Harpham	2004	Harper Paperbacks

### Post Traumatic Stress Disorder

TITLE	AUTHOR	DATE	PUBLISHER
Getting Free: You Can End Abuse and Take Back Your Life	NiCarthy	2004	Seal Press
The PTSD Workbook	Williams, Poijula	2002	New Harbinger Publications
The Courage to Heal (and accompanying workbooks)	Bass, Davis	2002	Vermilion
Life After Trauma: A Workbook for Healing	Rosenbloom, Williams, Watkins	1999	The Guilford Press

I Can't Get Over It	Matsakis	1996	New Harbinger Publications
Waking the Tiger: Healing Trauma	Levine	2005	Sounds True
The Sexual Healing Journey	Maltz	2001	Collins

### Rational Emotive Therapy and Cognitive Therapy

TITLE	AUTHOR	DATE	PUBLISHER
A New Guide to Rational Living	Ellis, Harper, Powers	1975	Wilshire Book Company
How to Stubbornly Refuse to Make Yourself Miserable about Anything	Ellis	2000	Lyle Stuart
I Can if I Want To	Lazarus, Fay	2000	FMC BOOKS

### Self-Esteem, Forgiveness, Grief

TITLE	AUTHOR	DATE	PUBLISHER
Women and Self-Esteem	Tschirhart Sanford, Donovan	1987	Penguin (Non-Classics)
Self-Esteem	McKay, Fanning	2000	New Harbinger Publications
If I am So Successful, Why do I feel like a Fake	Harvey, Katz	1985	St. Martin's Press
Forgiveness is a Choice: A Step by Step Process for Resolving Anger and Restoring Hope	Enright	2001	American Psychological Association
How to Survive the Loss of a Love	Bloomfield, Colgrove, McWilliams	1993	Prelude Press
Don't Take My Grief Away	Manning	1984	Harper San Francisco
The Next Place	Hanson	1997	Waldman House Press
Dog heaven (Cat Heaven)	Rylant	1995	Blue Sky Press
How to Go on Living when Someone You Love Dies	Rando	1991	Bantam
The Self-forgiveness Handbook	Rutledge	1997	New Harbinger Publications

### Sexuality

Our Bodies, Ourselves	Boston's Womens Health Collective	2005	Touchstone
The New Male Sexuality	Zilbergeld	1999	Bantam
The Sexual Healing Journey (related to sexual abuse)	Maltz	2001	Collins

### Sexual Addiction

<b>TITLE</b>	<b>AUTHOR</b>	<b>DATE</b>	<b>PUBLISHER</b>
Out of the Shadows	Carnes	2001	Hazelden
The Betrayal Bond	Carnes	1997	HCI

### **Tourette's**

<b>TITLE</b>	<b>AUTHOR</b>	<b>DATE</b>	<b>PUBLISHER</b>
Handbook of Tourette's Syndrome and Related Tic and Behavioral Disorders	Kurlan	1993	Marcel Dekker Publishing
Tourette Syndrome: Genetics Neurobiology and Treatment	Chase, Friedhoff, Cohen	1993.	Raven Press
Gilles de la Tourette Syndrome	Shapiro, Shapiro	1988	Raven Press
Tourette Syndrome and Human Behavior	Comings	1990	Hope Press
Tourette Syndrome: A Continuing Education Course for Registered Nurses	Wang, Curry	1996	TSA- Southern California
Tourette's Syndrome and Tic Disorders: Clinical Understanding and Treatment	Cohen, Bruun, Leckman	1988	Wiley
Neurobiological Disorders in Children and Adolescents	Perschel, Peschel, Howe, Howe	1992	Jossey-Bass
Tourette's Syndrome: Tics, Obsessions, Compulsions: Developmental Psychopathology and Clinical Care	Leckman, Cohen	1999	John Wiley & Sons

### **Miscellaneous**

<b>TITLE</b>	<b>AUTHOR</b>	<b>DATE</b>	<b>PUBLISHER</b>
The Tao of Willie	Nelson, Pipkin	2006	Gotham
The Tao of Eating	Harper, Moore	2004	Inner Ocean/Innisfree Press
West of Jesus: Surfing the Religion, Science and the Origins of Belief	Kotler	2006	Bloomsbury USA
You Can Go Home Again	McGoldrick	1997	W. W. Norton & Company
An Unquiet Mind	Jamison	1997	Vintage
Passing for Normal	Wilensky	2000	Broadway
Computer Assisted Training Modules in Depression Management, Meaningful Life Direction, Anger Management, and Others at Knoxville VAMC			