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Why Does He Do That? Inside the Heads of Angry and Controlling Men. Bancroft, L, Berkeley, 2003.

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Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD. Amen, DG, Berkley Books, 2001

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I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Death of a Loved One. Noel, Champion Press, 2008.

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## **Bipolar Disorder**

The Bipolar Disorder Survival Guide: What You and Your Family Need to Know. Miklowitz, De Capo Press, 2006.

An Unquiet Mind: A Memoir of Moods and Madness. Jamison, Vintage, 1997.

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The Divided Mind: The Epidemic of Mindbody Disorders. Sarno, J, Harper Collins, 2006.

Healing Back Pain: The Mind Body Connection. Sarno, J, Harper Collins, 2010.

## **Death, Loss and Bereavement**

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The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimers Disease, Related Dementias and Memory Loss. Mace and Rabins, 2012.

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### **Domestic Violence, Abuse and Recovery**

Getting Free: You Can End Abuse and Take Back Your Life. NicCarthy, Seal, 2004.

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### **Dysfunctional Families**

Children of the Self-Absorbed: A Grown-Up's Guide to Getting Over Narcissistic Parents. Brown, New Harbinger, 2001.

Family Estrangements: How They Begin, How to Mend Them, How to Cope With Them. Lebey, Bantam, 2003.

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### **Eating Disorders/Body Image**

Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too. Schaefer & Rutledge, McGraw-Hill, 2003.

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### **Faith-Based Reading**

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### **Mindfulness/Relaxation/Stress Management**

Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy. Hayes, New Harbinger, 2005.

Peaceful Mind: Using Mindfulness and Cognitive Behavioral Psychology to Overcome Depression. McQuaid & Carmona, New Harbinger, 2004.

Relaxation Revolution: The Science and Genetics of Mind Body Healing. Benson & Proctor, Scribner, 2010.

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The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder. Hyman & Pedrick, New Harbinger, 2005.

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The Success Principles: How to Get From Where You Are to Where You Want to Be. Canfield, Harper Resource Book, 2005.

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The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse. Bass, Vermillion, 2002.

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The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms. Williams & Poijula, New Harbinger, 2002.

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Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. Seligman, Free Press, 2004.

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### **Self-Harm**

Bodily Harm: The Breakthrough Healing Program for Self-Injurers. Conterio & Lader, Hyperion, 1999.

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### **Sexuality/Sexual Health**

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### **Transitioning To & Away From College**

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