

RECOMMENDED SELF HELP BOOKS

Counseling Services has a lending library of self help books available to the EMU community. Books may be checked out on the 3rd floor of Snow Health Center. Here are samples of books available in the library.

ABUSE AND TRAUMA

- THE COURAGE TO HEAL (1994) Ellen Bass and Laura Davis
- TRAUMA AND RECOVERY- The Aftermath of Violence from Domestic Violence to Political Terror (1997) Judith Herman, M.D.

ADD AND ADHD

- THE ATTENTION DEFICIT DISORDER IN ADULTS WORKBOOK (1994) Lynn Weiss, Ph.D.

ANXIETY

- DON'T PANIC (1996) R. Reed Wilson, Ph.D.
- DYING OF EMBARRASSMENT: Help for Social Anxiety & Phobia (1992) Barbara G. Markway, Ph.D., Cheryl Carmin, Ph.D., C. Alec Pollard, Ph.D., and Teresa Flynn, Ph.D.
- JUST CHECKING- Scenes from the Life of an Obsessive Compulsive (1999) Emily Colas
- NO MORE BUTTERFLIES: Overcoming Stage Fright, Shyness, Interview Anxiety, and Fear of Public Speaking (1996). Peter Derberg, Ph.D.

DEPRESSION

- ON THE EDGE OF DARKNESS- Conversations about Conquering Depression (1994) Kathy Cronkite
- HOW TO HEAL DEPRESSION (1994) Harold H. Bloomfield
- WILLOW WEEP FOR ME- A Black Woman's Journey Through Depression (1998) Meri Nana-Ama Danquah
- MIND OVER MOOD (1994) Dennis Greenberger Ph.D., Christine Padesky Ph.D.

EATING AND BODY IMAGE

- BULIMIA- A Guide for Family and Friends (1998) Roberta Sherman, Ron Thompson
- BODY LOVE (1989) Rita Freedman

MEN'S ISSUES

- MEN IN THERAPY (1990) Richard L. Meth and Robert Passick
- CRACKING THE ARMOR- Power and Pain in the Lives of Men (1993) Michael Hoffman

RELATIONSHIPS

- RECONCILABLE DIFFERENCES (2000) Andrew Christensen Ph.D.
- SHOULD YOU LEAVE (1997) Peter Kramer, M.D.
- PASSIONATE COUPLES (1997) David Schnarch, Ph.D.
- STOP WALKING ON EGGSHELLS: Taking Your Life Back When Someone You Care About has Borderline Personality Disorder (1998) Paul T. Mason & Randi Kreger
- THE DANCE OF CONNECTION: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate (2001) Harriet Lerner, Ph.D.

STUDENT SUCCESS

- WHEN PERFECT ISNT GOOD ENOUGH (1998) Martin Anthony Ph.D.
- WHAT YOU CAN CHANGE AND WHAT YOU CAN'T (1994) Martin E. Seligman Ph.D.
- MAKING HOPE HAPPEN (1999) Diane McDermott, Ph.D., C.R. Snyder Ph.D.

WOMEN'S ISSUES

- DON'T CALL THAT MAN!: A Survival Guide to Letting Go (1999) Rhonda Findling
- REVIVING OPHELIA- Saving the Lives of Adolescent Girls (1994) Mary Pipher
- A WOMAN'S SELF ESTEEM- Struggles and Triumphs in the Search for Identity (1998) Nathaniel Brandon
- WOMEN AND SELF-ESTEEM: Understanding and Improving the Way We Think and Feel about Ourselves (1984) Linda Tschirhart Sanford and Mary Ellen Donovan.
- WOMEN WHO THINK TOO MUCH (2003) Susan Noler-Hoeksema