

Bibliotherapy

Resources from: ABCT, APA, Psychology Today, Psych Central & Clinician Recommendations

Title	Author	Notes
Addiction		
Codependent No More	Melody Beattie	Stories, reflection, and exercises to help with codependency
Facing Heartbreak: Steps to Recover for Partners of Sex Addicts	Stefanie Carnes, Mari Lee & Anthony Rodriguez	Education, empowerment and guide for partners of sex addicts
How to Change Your Drinking	Kenneth Anderson & Patt Denning	Harm reduction guide to alcohol
Living Jonathan's Life: A Doctor's Descent into Darkness and Recovery	Scott Davis	Substance use (prescription drugs)
The Addicted Brain	Michael Kuhar	Neuroscience and addiction (drugs, alcohol, nicotine)
The Wisdom to Know the Difference	Kelly Wilson & Troy DuFrene	ACT for substance abuse
Anger		
Anger Management for Everyone	Raymont Tafrate & Howard Kassinove	Comprehensive program for managing anger
Anger: The Misunderstood Emotion	Carol Tavris	Biopsychosocial approach to understanding anger
Dance of Anger	Harriet Lerner	Identifying sources of anger
The Anger Control Workbook	Matthew McKay & Peter Rogers	CBT based exercises and worksheets for controlling anger
Anxiety		
Almost Anxious	Luana Marques & Eric Metcalf	Strategies for situational anxiety
Overcoming Health Anxiety: Letting Go of Your Fear of Illness	Katherine Owens & Martin Antony	CBT guide to exploring root of anxiety and challenging illness-related thoughts
The Anxiety & Worry Workbook	David Clark and Aaron Beck	Self-help for anxiety
The OCD Workbook	Bruce Hyman & Cherlene Pedrick	CBT self-help for OCD
The Worry Cure	Robert Leahy	Techniques to address general worries
The Worry Trap	Chad LeJeune	Acceptance and Commitment Therapy for worry and anxiety
When Perfect Isn't Good Enough	Martin Antony & Richard Swinson	CBT for perfectionism
Adults (General)		
David and Goliath	Malcolm Gladwell	Re-framing difficulties and challenges
Eat, Pray, Love	Elizabeth Gilbert	Universal struggle of loss and pain
Hyperbole and a Half	Allie Brosh	A humorous look at complex emotions
Inner Gold: Understanding Psychological Projection	Robert Johnson	Recognizing our own traits in others
Quiet: The Power of Introverts in a World that Can't Stop Talking	Susan Cain	Introversions
Self-Compassion: The Proven Power of Being Kind to Yourself	Kristin Neff	Self-compassion guidebook
The Crabby Angels Chronicles	Jacob Glass	Spiritual guide to inner comfort and peace
The Creative Brain	Ernest Holmes	Christian Science and positive attitude
The Gifts of Imperfection	Brene Brown	Dealing with shame
Why Zebras Don't Get Ulcers	Robert Sapolsky	Effects of stress on the human body
You Are a Badass	Jen Sincero	Self-help for women
Children (General)		
A Volcano in My Tummy: Helping Children to Handle Anger	Eliane Whitehouse & Warwick Pudney	Activities, stories, and games to help children understand and cope with anger; ages 6-13

An Elephant in the Living Room	Jill Hastings & Marion Typo	Understanding an coping with alcoholism/ drug addiction in the family; ages 9-12
Elmer the Patchwork Elephant	David McKee	Celebrates individuality; ages 4-8
Hunter and His Amazing Remote Control	Lori Ann Copleland & Brian Dumm	Teaching self-control to children with ADD and ADHD; ages 5-12
My Many Colored Days	Dr. Seuss, Steve Johnson & Lou Fancher	Exploring feelings; ages 2-5
Wemberly Worried	Kevin Henkes	General anxiety; ages 4-8
What to Do When You Worry Too Much	Dawn Huebner & Bonnie Matthews	CBT for children with GAD; ages 6-12
Couples/Relationships		
After the Affair: Healing the Pain and Rebuilding Trust when a Partner has been Unfaithful	Janis Spring	Rebuilding a relationship after an affair
Extraordinary Relationships	Roberta Gilbert	Bowen Family Systems approach to relationships
Five Love Languages	Gary Chapman	Showing and giving love
High-Conflict Couple: A DBT Guide to Finding Peace, Intimacy and Validation	Alan Fruzzetti & Marsha Linehan	DBT techniques adapted for high-conflict couples
Hold Me Tight	Sue Johnson	Attachment needs
Rekindling Desire: A Step-by-Step Program to Help Low-Sex and No-Sex Marriages	Barry McCarthy & Emily McCarthy	Strategies to increase sexual awareness, confront inhibitions and integrate intimacy and eroticism
Sex Smart: How your Childhood Shaped your Sexual Life and What to Do About It	Aline Zolbrod	Helpful for people struggling with sexual issues and negative body issues
The 7 Principles of Making Marriage Work	John Gottman	Gottman-based strategies and resources to help couples collaborate effectively
The Female Brain	Louann Brizendine	Neuroscience about the female brain
The Male Brain	Louann Brizendine	Neuroscience about the male brain
Depression		
I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression	Terrence Real	Personal insight about unacknowledged depression in men
Overcoming Depression and Low Mood	Chris Williams	CBT based guide to understanding and tackling symptoms of depression
Overcoming Depression One Step at a Time	Michael Addis & Christopher Martell	Behavioral activation
Peaceful Mind	John McQuaid & Paula Carmona	CBT and Mindfulness skills for depression
The Happiness Trap	Steven C. Hayes	ACT and behavioral activation
The Interpersonal Solution to Depression	Thomas Joiner & Jeremy Pettit	Interpersonal Psychotherapy (IPT) approach to treating depression
The Mindful Way Through Depression	Zendel Segal, Mark Williams & John Teasdale	Mindfulness and CBT for depression
Divorce		
Mom's House/Dad's House for Kids	Isolina Ricci	Explaining divorce to children
Putting Children First: Helping Children Thrive Through Divorce	JoAnne Pedro-Carroll	Research-based strategies for helping children thrive before, during and after their parents divorce
Stepcoupling: Creating and Sustaining a Strong Marriage in Today's Blended Family	Susan Wisdom & Jennifer Green	Manual for blending families and building a strong and happy stepfamily
Eating Disorders		
8 Keys to Recovering from an Eating Disorder	Carolyn Costin & Gwen Schubert Grabb	Authors' personal insights into treating eating disorders
Anorexia Nervosa: A Guide to Recovery	Lindsay Hall and Monika Ostroff	Personal experiences and treatment research

Bulimia Nervosa: A Guide to Recovery	Lindsay Hall and Monika Ostroff	Personal experiences and treatment research
End Emotional Eating	Jenny Taitz	DBT for coping with difficult emotions and developing a healthy relationship with food
Feeling Good About the Way You Look	Sabine Wilhelm	CBT for body image dissatisfaction
Life Without ED	Jenni Schaefer	Author's personal insight into externalizing eating disorder
Overcoming Binge Eating	Christopher Fairburn	CBT for changing relationship with food and body
The BDD Workbook	James Claiborn & Cherlene Pedrick	CBT for Body Dysmorphic Disorder
Grief		
Lifetimes: The Beautiful Way to Explain Death to Children	Bryan Mellonie	Grief for children ages 5-8
Motherless Daughters: The Legacy of Loss	Hope Edelman	Exploration of the pain associated with losing mothers
The Grieving Garden: Living with the Death of a Child	Suzanne Redfern & Susan Gilbert	Twenty-two stories from parents who experienced the death of a child
The Loss of a Pet	Wallace Sife	Healing from the loss of a pet
The Other Side of Sadness	George Bonanno	Positive psychology approach to grieving
When Bad Things Happen to Good People	Harold Kushner	Spirituality and grief
Mindfulness		
Hardwiring Happiness	Rick Hanson	Neuroscience and happiness training
Man's Search for Meaning	Viktor Frankl	Logotherapy and the pursuit of meaning
Mindful Path to Self Compassion	Christopher Germer	Mindfulness (includes practices)
The Miracle of Mindfulness	Thich Nhat Hanh	Mindfulness how-to guide
Wherever You Go, There You Are	Jon Kabat-Zinn	Introduction to mindfulness and meditation
Pain/Illness/Sleep		
Controlling IBS the Drug-Free Way	Jeffrey Lackner	Behavioral strategies for reducing/managing IBS symptoms
Fill Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness	John Kabat-Zinn	Mindfulness approach to manage chronic pain and stimulate well-being
Managing Pain Before It Manages You	Margaret Caudill & Herbert Benson	Workbook for managing pain written by a pain specialist and physician
No More Sleepless Nights	Peter Hauri & Shirley Linde	Step-by-step approach to determining source of insomnia and implementing specific corrective actions
Quiet Your Mind and Get to Sleep	Colleen Carney & Rachel Manber	CBT for insomnia exacerbated by anxiety, chronic pain, and depression
Reclaim Your Life from IBS	Melissa Hunt	CBT for IBS
The Pain Survival Guide: How to Reclaim Your Life	Dennis Turk & Frits Winter	Managing chronic pain
Parenting		
Ages and Stages: A Parent's Guide to Normal Childhood Development	Charles Schaefer & Theresa DiGeronimo	Parents guide to children's psychological development from birth through age 10
And Baby Makes Three	John Gottman & Julie Gottman	Skills to maintain healthy marriages for first-time parents
Freeing Your Child from Anxiety	Tamar Chansky	Guide for parents of children with anxiety, OCD and phobias
Friends Forever: How Parents can Help Their Kids Make and Keep Good Friends	Fred Frankel	Recommendations and guidelines for helping kids acquire and sustain friendships

Have a New Kid by Friday: How to Change your Child's Attitude, Behavior, and Character in 5 Days	Kevin Leman	Parenting
Parenting the Strong-Willed Child	Rex Forehand & Nicholas Long	Using positive reinforcement to manage children's behavior; for parents of children ages 2-6
Punishment on Trial	Ennio Cipani	Altering undesirable behavior with the responsible use of punishment
Skills Training for Struggling Kids	Michael Bloomquist	Strategies for improving emotional, behavioral, academic, and social development; for parents of children ages 5-17
Sleeping Through the Night	Jodi Mindell	Practical tips for bedtime
The Adolescent Brain	Valerie Reyna, Sandra Chapman, Michael Dougherty & Jere Confrey	For parents trying to understand the teenage brain
Teens (General)		
My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic	Michael Tompkins & Katherine Martinez	Tools and techniques for phobias, generalized anxiety, and panic attacks
Think Confident, Be Confident for Teens	Marci Fox, Leslie Sokol & Aaron Beck	CBT for building self-esteem and confidence
Who Moved My Cheese	Spencer Johnson & Kenneth Blanchard	Dealing with change for teens
Trauma/PTSD		
A Terrible Thing Happened	Margaret Holmes, Sasha Mudlaff & Cary Pillo	Addressing trauma in children; ages 4-7
Getting Through the Day: Strategies for Adults Hurt as Children	Nancy Napier	Techniques for adult survivors dealing with the consequences of childhood abuse
The Body Keeps the Score	Bessel Van Der Kolk	Scientific explanation of the effects of trauma and innovative treatments
The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse	Ellen Bass & Laura Davis	Gender-neutral language with personal stories and accompanying workbook
The Secret of Overcoming Verbal Abuse	Albert Ellis & Marcia Grad Powers	CBT to help with people in verbally-abusive relationships
Severe Mental Illness		
Freedom from Self-Harm	Kim Gratz, Alexander Chapman & Barent Walsh	DBT and ACT for self-harm
Heather's Rage	Leslie Byers	Bipolar Disorder via a mother's perspective
I Hate You - Don't Leave Me	Jerold J. Kreisman & Hal Straus	Biopsychosocial aspects of Borderline Personality Disorder
Living with Bipolar Disorder: A Guide for Individuals and Families	Michael Otto, Noreen Reilly-Harrington, Robert Knauz, Aude Henin, Jane Kogan & Gary Sachs	For individuals with bipolar disorder and their families
Loving Someone With Borderline Personality Disorder	Shari Manning and Marsha Linehan	Strategies for people in tumultuous relations with someone with BPD
Overcoming Borderline Personality Disorder: A Family Guide to Change	Valerie Porr	Explanation of BPD for families and skills derived from DBT and MBT
The Borderline Personality Disorder Survival Guide	Alex Chapman, Kim Gratz & Perry Hoffman	BPD guide utilizing DBT and MBT