

BOOKLIST OF SUGGESTED READINGS

ANXIETY (Panic Disorder & Generalised Anxiety Disorder).

The Anxiety & Phobia Workbook (5th Ed.)

Edmund J. Bourne, Ph.D

(2011). Paperback, 456 pages.

The Anxiety and Phobia Workbook has already helped over one million readers make a full and lasting recovery from generalized anxiety disorder, social anxiety, specific phobias, panic attacks, obsessive-compulsive disorder, and other anxiety-related issues. Packed with the most effective skills for assessing and treating anxiety, this workbook can be used alone or as a supplement to therapy to help you develop a full arsenal of skills for quieting worried thoughts and putting yourself back in control.

This new edition has been thoroughly updated with the latest anxiety research and medications, and also includes new therapeutic techniques that have been proven effective for the treatment of anxiety and anxiety-related conditions. Each worksheet in this book will help you learn the skills you need to manage your anxiety and start living more freely than you ever thought possible.

Living With It - A Survivor's Guide to Panic Attacks

Bev Aisbett

(1991). Paperback.

In this refreshing and accessible guide, Bev Aisbett, a survivor of Panic Syndrome, tells us how panic disorders develop and how to recognise the symptoms. With the aid of her inimitable cartoons, she covers topics such as changing negative thought patterns, seeking professional help, and, ultimately, learning skills for recovery. *Living With It* provides much needed reassurance and support, leading the way out of the maze of panic with humour and the insight of first-hand experience.

Living It Up - The Advanced Survivor's Guide to Anxiety - Free Living

Bev Aisbett

(1994). Paperback.

The advanced survivors guide to anxiety free living. What is your "IT"? Anger? Fear? Low self-esteem? Depression? Addiction? *Living It up*, a sequel to the popular *Living with It* – a survivor guide to Panic Attacks, is a guide to surviving anxiety in its many forms – from the overwhelming terror or Panic Disorder to the less intense but equally destructive daily stresses of modern life.

Letting It Go
Bev Aisbett
(1996). Paperback.

Bev Aisbett shows us how we can use the strategies learned in her journey of self discovery to achieve change and growth in our lives.

Attaining awareness out of adversity:

- Recognise self-limiting beliefs
- Improve our self-esteem
- Change our negative attitudes
- Benefit from fortuitous coincidences in our lives
- Improve our intimate relationships and ourselves
- Learn to love and forgive others, and ourselves

Fixing It: The Complete Survivor's Guide to Anxiety Free-Living.
Bev Aisbett.
(1996). Paperback, 136 pages.

Fixing It brings together, for the very first time in one volume, a complete guide to surviving anxiety in its many forms and how to move on to achieve change and growth in our lives.

Get Over It: Finding Release From the Prison of the Past
Bev Aisbett
(2010). Paperback, 151 pages.

Bev Aisbett, acclaimed author of *Living With It*, *Taming the Black Dog* and *Letting It Go*, once again delivers the straight-talking, compassionate advice that has helped tens of thousands of people move past trauma and into hope.

Get Over It is the perfect resource to help you feel more grounded in your ability to face the difficulties in your life.

The Book of It: 10 steps to Conquering Anxiety

Bev Aisbett

(2008). Paperback, 160 pages.

Using 10 steps from her popular workshops, counselor Bev Aisbett provides you with practical, sound advice on how to recognize and tame anxiety, whether it affects you just occasionally or every single day.

I Love Me: A Guide to Being Your Own Best Friend.

Bev Aisbett

(2010). Paperback, 153 pages.

There are times in our lives when we seem to have no-one in our corners, and so we feel depressed, lonely, hurt or angry.

But there is someone to turn to – if you know how. Someone you can trust and rely on, no matter what: yourself!

Bev Aisbett, who has helped thousands of Australians find a way out of depression and anxiety, now shows you how to find the most loyal friend of all... You!

Complete self-help for your nerves: Learn to relax and enjoy life again by overcoming stress and fear

Dr. Claire Weekes

(1997). Paperback, 179 pages.

Essential guide for everything you need to know to keep relaxed through every day life.

Repackage of the phenomenally successful guide to dealing with nervous illness – *Self Help for Your Nerves*. This guide offers the most comprehensive insight and advice into coping with nervous stress.

Sufferers of nervous illness regard *Self Help for Your Nerves* as their bible – many believe that if they had found it earlier they would have been saved years of unnecessary suffering.

Dr Claire Weekes looks at:

- How the Nervous System Works
- What is Nervous Illness



- Common factors in the development of nervous illness
- Recurring Nervous Attacks

Plus important chapters on depression, sorrow, guilt and disgrace, obsessions, sleeplessness, confidence, loneliness and agoraphobia.

The book also shows the Dr Claire Weekes method, a practical program on learning to take your place among people without fear.

Coping with Anxiety: 10 Simple Ways to Relieve Anxiety, Fear, and Worry
Edmund J. Bourne, Lorna Garano, Edmund, Ph.D. Bourne
(2009). Paperback, 156 pages.

These immediate, user-friendly, and effective strategies are designed to help you overcome anxiety. They include step-by-step exercises that you can do in the moment without having to understand the subtleties of the most often used therapies for treating anxiety.

Generalised Anxiety Disorder: Advances in Research and Practice
Heimburg, R., G., Turk, C., L., Mennin, D., S.,
(2004). Paperback, 446 pages.

In the last decade, tremendous progress has been made in understanding and addressing generalized anxiety disorder (GAD), a prevalent yet long-neglected syndrome associated with substantial functional impairment and reduced life satisfaction. This comprehensive, empirically based volume brings together leading authorities to review the breadth of current knowledge on the phenomenology, etiology, pathological mechanisms, diagnosis, and treatment of GAD. Provided are psychological and neurobiological models of the disorder that combine cutting-edge research and clinical expertise. Assessment strategies are detailed and promising intervention approaches described in depth, including cognitive-behavioral, interpersonal, psychodynamic, and pharmacological therapies. Also covered are special issues in the treatment of GAD in children, adolescents, and older adults.

Don't Panic: You can overcome anxiety without drugs.
Dr. Sallee McLaren
(2004). Paperback, 240 pages.

Panic attacks, phobias, extreme shyness, and general anxiety disrupt the lives of an estimated 15 percent of the population. Typically, these kinds of problems are diagnosed, often without evidence, as being caused by a biochemical imbalance that requires medication. The result, very often, is that patients find themselves of an endless psychiatric treadmill. With the publication of *Don't Panic*, readers now have a practical alternative. This breakthrough book offers proven ways for afflicted readers to change their lives for the better – permanently and without drugs.



Dr. McLaren's path finding book, rich with specific examples and case studies, offers readers real-life ways to escape from self-sabotaging patterns of behavior. *Don't Panic* is an invaluable resource: a clearly expressed, straightforward guide that works, written by an experienced mental health professional.

Stomp out the Ants (Automatic Negative Thoughts).

Sally-Anne McCormack.

(2009). Paperback, 59 pages.

Everyone gets ANTs (Automatic Negative Thoughts). They are annoying and can be hard to get rid of. Inside this book are strategies to spot the ANTs and how to deal with them! If you have ever been anxious, depressed, or had any negative thoughts, then you need to learn how to *STOMP out the ANTs!*

AGORAPHOBIA

In Stillness Conquer Fear: Overcoming Anxiety, Panic and Fear (25th Anniversary Revised Edition).

Pauline McKinnon

(2008). Paperback, 247 pages.

Stress, anxiety, fear, panic - we all encounter these feelings at some time in our lives. But when they become constant companions we are crippled, our lives stifled by our inability to break free. Panic disorder and agoraphobia - fear of leaving the safety of home - cause suffering for a great many people today. This need not be so. In this fourth edition of her best selling book, Pauline McKinnon describes how she found the answer to overcoming her own experience of agoraphobia by using a unique form of meditation. *In Stillness Conquer Fear* is the record of her journey of discovery. Already thousands of readers have found its insights as illuminating as they are practical.

The Agoraphobia Workbook: A Comprehensive Program to End Your Fear of Symptom Attacks

C. Alec, Ph.D., Pollard, Elke, Ph.D., & Zuercher-White.

(2003). Paperback, 200 pages.

Being agoraphobic can take many forms, and most people with agoraphobia are not complete shut-ins. Instead, they may have trouble walking outside alone for fear of feeling dizzy and falling down, or be afraid of driving on the freeway because they might faint, or avoid public venues for fear of losing physical or emotional control in a crowded place. Whatever form agoraphobia takes, it is a highly treatable and surprisingly common anxiety disorder.

The Agoraphobia Workbook can help you or someone you love overcome agoraphobia in any of its forms. The book offers clear information about how the disorder develops and a practical, step-by-step treatment strategy you can use to control specific fears and symptoms. In an interactive, easy-to-follow style, the workbook takes you through exposure and desensitization exercises. By taking it step-by-step, you can work up to formerly difficult tasks like walking outside, driving, taking public transportation, and going to stores and malls. The book also includes tips on avoiding relapses, managing setbacks, and finding help and support.

Freedom from Agoraphobia

Dr. Mark Eisenstadt.

(2003) Paperback, 236 pages.

Agoraphobia, Panic Disorder and Anxiety treatment are entirely possible. This is a premier program for overcoming Agoraphobia written in everyday language. Teaches highly successful techniques from Cognitive, Behavioral and Psychodynamic therapies as well as meditation. It can be used with or without medications by oneself, by groups and by professionals. Also included is the free accompanying CD.



Homebound No More: How I Beat Agoraphobia

Blaise Dismer.

(2011) Paperback, 88 pages.

Blaise Dismer sits in his apartment in Denver, afraid to leave. He suffers from a fear-based disorder called agoraphobia. But years after suffering his first panic attack on his twenty-first birthday, he doesn't know exactly what's wrong. All he knows is the fear of embarrassment looms, and home is where he must stay. In this autobiographical account, Blaise explains how the nightmarish disorder affected his life, how he was finally diagnosed and how he overcame the disorder to live a productive life. As you read his inspirational story, you will learn how he relied on cognitive behavior therapy, medication, and other tools to help fight agoraphobia and how he found the courage to slough off shame and the fear of embarrassment. He describes how he deals with an anxiety disorder on a daily basis and how the disorder has affected his friends and family. Regardless of whether you suffer from anxiety disorder yourself, or whether you have a loved one waging a similar battle, you'll find hope and practical guidance in this autobiography. Break out of your prison and overcome your fears with *Homebound No More*. "Blaise's story epitomizes the bright externally successful, sensitive people that I generally see in my office. They live like ducks-calm on the outside and peddling like hell underneath". -Rex Briggs, MSW, author of *Transforming Anxiety, Transcending Shame*.

Autobiography of an Agoraphobia: One Man's Struggle With Panic Disorder.

Michael R., Patrick.

(2003). Paperback, 60 pages.

Autobiography of an Agoraphobic details the life of Michael R. Patrick, who, for the last 30 years has suffered with Panic Disorder and Agoraphobia; which is a fear of open spaces, like golf courses, or large enclosed areas, like shopping malls. The book also reveals that a lot of agoraphobics have heart murmurs called Mitral Valve Prolapse that can mimic a panic attack. Once that fact was discovered, Mr. Patrick was put on a beta-blocker for his Mitral Valve to function better, and now Mr. Patrick has rare instances of panic attacks, even in open spaces. It is up front and personal, and details what it feels like to have panic attacks/ MVP attacks, and how to live with it and still enjoy life. It is estimated that there are more than 10 million people in the United States alone who have some type of Agoraphobia/ Panic Disorder. This book will help everyone who is ready to live a much more fulfilling life, with much less suffering. If you, or someone you know has a fear of going outside, a fear of escalators, elevators, etc. then this book is for them. At the heading of each chapter is a Bible verse which consummates the chapter's theme in God's eyes. In closing, he overcame agoraphobia, and you can too, if you read the instructions in this book. May God bless you in your suffering and soon ease it.

PANIC DISORDER

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This new edition has been thoroughly updated with the latest anxiety research and medications, and also includes new therapeutic techniques that have been proven effective for the treatment of anxiety and anxiety-related conditions. Each worksheet in this book will help you learn the skills you need to manage your anxiety and start living more freely than you ever thought possible.

With this workbook, you'll learn a range of proven methods for overcoming anxiety:

- Relaxation and breathing techniques
- Challenging negative self-talk and mistaken beliefs
- Imagery and real-life desensitization
- Making lifestyle, nutrition, and exercise changes
- Acceptance and commitment therapy
- Skills for preventing and coping with panic attacks

Panic Disorder: The Facts

Rachman, S., De Silva, P.

(2009) Paperback, 112 pages.

Panic disorder is a remarkably common psychological condition, characterized by sudden attacks of intense fear and panic. Approximately 3% of the population will experience some aspects of panic disorder during their lifetime. Incredibly distressing, it can have an adverse effect on most aspects of the person's life, especially if chronic. This new edition of *Panic Disorder: The Facts* includes valuable new information on treatment and discusses the relationship between panic disorder and other anxiety conditions. It also assesses the evidence for the available treatments, drawing from the latest scientific research. Up-to-date information on the nature, symptoms, causes, theories and treatment of panic disorder is provided, all in non-technical language. The chapters on treatment give a detailed account of psychological therapy and also discuss drug treatment. Numerous personal accounts are given throughout the book, highlighting various

aspects of panic disorder and its treatment and management. Though mainly intended for sufferers of panic disorder, and their families and friends, it will also be of interest to the general reader, and to health care workers who have to deal with this problem. Clearly written by two leading experts, the book will remain a valuable source of information for anyone affected by this disorder.

When Panic Attacks

Aine Tubridy

(2003) Paperback, 244 pages.

Do you toss and turn at night with a knot in your stomach, worrying about your job, your family, work, your health, or relationships? Do you suffer from crippling shyness, obsessive doubts, or feelings of insecurity? Are you plagued by fears, phobias, or panic attacks?

What you may not realize is that these fears are almost never based on reality. Anxiety is one of the world's oldest cons. When you're anxious, you're actually fooling yourself. You are telling yourself things that simply aren't true. See if you can recognize yourself in any of these distortions:

- All-or-Nothing Thinking: "My mind will go blank when I give my presentation at work, and everyone will think I'm an idiot."
- Fortune Telling: "I just know I'll freeze up and blow it when I take my test."
- Mind Reading: "Everyone at this party can see how nervous I am."
- Magnification: "Flying is so dangerous. I think this plane is going to crash!"
- Should Statements: "I shouldn't be so anxious and insecure. Other people don't feel this way."
- Emotional Reasoning: "I feel like I'm on the verge of cracking up!"
- Self-Blame: "What's wrong with me? I'm such a loser!"
- Mental Filter: "Why can't I get anything done? My life seems like one long procrastination."

Now imagine what it be like to live a life that's free of worries and self-doubt; to go to sleep at night feeling peaceful and relaxed; to overcome your shyness and have fun with other people; to give dynamic presentations without worrying yourself sick ahead of time; to enjoy greater creativity, productivity and self-confidence.

Does that sound impossible? The truth is you can defeat your fears. In *When Panic Attacks*, Dr.

Burns takes you by the hand and shows you how to overcome every conceivable kind of anxiety. In fact, you will learn how to use more than forty simple, effective techniques, and the moment you put the lie to the distorted thoughts that plague you, your fears will immediately disappear. Dr. Burns also shares the latest research on the drugs commonly prescribed for anxiety and depression and explains why they may sometimes do more harm than good.

This is not pop psychology but proven, fast-acting techniques that have been shown to be more effective than medications. *When Panic Attacks* is an indispensable handbook for anyone who's worried sick and sick of worrying.

What if? My Story of Panic Attacks

K., C., Rinehart

(2005). Paperback, 112 pages.

Your life may be a mess because of panic. In fact, it may have turned into a nightmare. Now all you can do is hope you can get through the day without a panic attack. What you may not realize is that it is possible to have a day without panic. And it can start now. Today is the day to take your life back and to kick panic to the curb. You're ready to get over panic attacks. You're waiting for your life to begin again. If that's what you truly want, get ready. It's time to put it into motion. I speak from experience because that's what I did. I found a way to stop the panic. I hope that my story, *What If? My Story of Panic Attacks*, can help you do the same. Isn't it time to take your life back?

Panic Disorder and Anxiety in Adolescence What if? My Story of Panic Attacks

Mattis, S., G., Ollendick, T., H.,

(2002). Paperback, 72 pages.

Guiding the reader through definitions, causation, assessment and treatment, the book offers a useful insight into this complex area whilst offering practical advice on how to deal with panic disorder and anxiety.

SOCIAL PHOBIA

Painfully Shy: How to Overcome Social Anxiety and Reclaim your Life

Barbara G. Markway (Ph.D) & Gregory G. Markway (Ph.D)

(2003). Paperback, 288 pages.

Question:

- Do you feel shy and self-conscious in social situations?
- Are you plagued with self-doubts about how you come across to others?
- Do you feel physically sick with worry about certain situations that involve interacting with others?
- Do you make excuses, or even lie to avoid the social situations you dread?
- Do you make important decisions based on whether you'll have to participate in groups or speak in front of others?

If you answered yes to any of these questions, you're not alone. Millions of people experience social anxiety of painful shyness to such a degree that it disrupts their daily lives. In fact, as many as one out of every eight Americans will at some point suffer from what's called social anxiety disorder, or social phobia.

Social anxiety disorder is a real problem. But fortunately, it's also one that can be overcome.

Drs. Barbara and Greg Markway, psychologists and experts in the field, coach you every step of the way in this warm, easy-to-read, and inspiring book. You'll learn how social anxiety disorder develops, how it affects all aspects of your life, and most importantly, how to chart your course to recovery.

Managing Social Anxiety: A Cognitive Behavioural Approach

Hope, D.A., Heimberg, R.G., Juster, H.A., & Turk, C.L.

(2010). Paperback, 239 pages.

This is a client workbook for those in treatment or considering treatment for social anxiety. This program has met the American Psychological Association's Division 12 Task Force criteria for empirically-supported treatments. Clients will learn how social anxiety interferes with the achievement of life goals. The workbook includes information about a variety of interventions, such as exposure, cognitive re-framing, and medication.

Social Anxiety and Social Phobia in Youth: Characteristics, Assessment, and Psychological Treatment.

Christopher Kearney.
(2004) Paperback, 220 pages.

The youngster who won't talk to anyone. The child who avoids social and extracurricular activities. The teenager who has trouble performing before others. Many children experience social anxiety in certain settings. Some, however, perhaps as many as 4%, experience a clinical condition of severe social and evaluative anxiety that profoundly affects many life situations. Christopher A. Kearney's *Social Anxiety and Social Phobia in Youth* sorts out the many nuances of thought and behavior associated with this condition. In doing so, the author gives practitioners and researchers a thorough, up-to-date understanding of childhood social anxiety and social phobia with respect to their characteristics, assessment, and treatment. - Introductory chapter covers related concepts such as shyness, introversion, and social withdrawal. - Accessible coverage of epidemiology, biological, and environmental risk factors. - Provides integrated etiological models and a proposed developmental pathway. - Clarifies differences of normal childhood and adolescent concerns and their more pathological counterparts. - Applied examples feature typical as well as unusual cases. - Later chapters cover empirically-based assessment and treatment recommendations. - Strategies for relapse prevention are provided. Clinical and counseling psychologists, school and educational psychologists, psychiatrists, social workers, and pediatricians will appreciate Kearney's clarity, organization, and depth of coverage. For principals, teachers, guidance counselors, and other school-based professionals, *Social Anxiety and Social Phobia in Youth* helps answer their question, "Why won't this child participate?"

Overcoming: Shyness & Social Phobia. (2nd Ed.)
Ronald M. Rapee PhD.
(2001). Paperback, 120 pages.

There's nothing wrong with being shy. But if social anxiety keeps you from forming relationships with others, advancing in your education or your career, or carrying on with everyday activities, you may need to confront your fears to live an enjoyable, satisfying life.

This new edition of *The Shyness and Social Anxiety Workbook* offers a comprehensive program to help you do just that. As you complete the activities in this workbook, you'll learn to:

- Find your strengths and weaknesses with a self-evaluation
- Explore and examine your fears
- Create a personalized plan for change
- Put your plan into action through gentle and gradual exposure to social situations

Information about therapy, medications, and other resources is also included. After completing this program, you'll be well-equipped to make connections with the people around you. Soon, you'll be on your way to enjoying all the benefits of being actively involved in the social world.



Rae: My True Story of Fear, Anxiety, and Social Phobia.
Chelsea Rae Swiggett.
(2010). Paperback, 168 pages.

Rae is beyond socially awkward.

Since she was a little girl, Rae Swiggett knew something was different about her. The sound of planes flying overhead could spark a panic attack. Being called on in class was enough to push her over the edge. She feared the unknown, life, death, people . . . even fear itself.

By the time she reached ninth grade, Rae was muddling through life in relative silence, convinced everyone was mocking her, judging her, picking her apart, bit by little bit. Rae knew she couldn't keep going on this way. She knew something had to give.

'It's a game of catch-22 I constantly play with myself. If I keep acting normal, I hope one day I will be, but every time I try, I just let myself down. I'm so entirely sick of this game.'

DEPRESSION

Overcoming Depression: A step-by-step approach to gaining control over Depression (2nd Ed.)

Paul Gilbert

(2009). Paperback, 306 pages.

Overcoming Depression illustrates a systematic program of treatment by which people can monitor their thoughts, learn to recognize negative patterns, and challenge them. With step-by-step suggestions, case examples, thought-monitoring sheets, and practical ideas for gaining control over depression, Gilbert offers a course of action for those suffering from depression to change the way they think about themselves and their problems.

The Second Edition of *Overcoming Depression* presents new statistics and findings from the last three years, and offers new chapters on causes for depression including "Biology and Stress," "How Evolution May Have Shaped Depression," and "Early Life, Psychological and Social Aspects." In a new chapter on guilt Gilbert differentiates between guilt and shame, and examines the relationship between guilt and depression and how to deal with those who make us feel guilty. Finally, a new preface and a new brief discussion of St. John's Wort complete the text.

Taming The Black Dog: A Guide To Overcoming Depression

Bev Aisbett

(2000). Paperback.

Don't want to get out of bed in the morning? Feeling as though the light at the end of the tunnel is fading? You may be suffering from depression, a condition Winston Churchill referred to as the Black Dog. *Taming the Black Dog* is a simple guide to managing depression, which an estimated 1 in 5 people will suffer in one form or another at some time in their lives. This small illustrated tip book contains factual information as well as treatment options. Modeled on Bev Aisbett's successful *Living with IT*, *Taming the Black Dog* has a unique blend of wit and information and is an invaluable guide for both chronic sufferers of depression as well as anyone with a fit of 'the blues'.

Dealing with Depression: A commonsense guide to Mood Disorders (2nd Ed.)



Gordon Parker
(2010). Paperback, 296 pages.

Covering both traditional and alternative approaches to treating depression, this fully revised and updated guide outlines the many different types of depression, including mood swings, clinical depression, and bipolar disorders. Each type of depression is explained fully and is accompanied by suggestions for the most appropriate treatments. Simple descriptions and a user-friendly layout make this guide accessible for those suffering from mood disorders, their families, and the health professionals who care for them. Expanded sections on bipolar disorders and the influence of personality styles on nonmelancholic disorders are included in this new edition, and an online diagnostic test associated with the book encourages confidence in self-diagnosis and in seeking professional care.

ADOLESCENT DEPRESSION

Adolescent Depression: A guide for Parents

Espen J. Aarseth

(2011) Paperback, 304 pages.

Until recently, psychologists and psychiatrists believed that adolescents did not experience true depression in the way that adults do. Medical experts now realize that young people can and do get seriously depressed, and that depression and bipolar disorder may be more serious and more difficult to treat in adolescents than in adults. Depression may also be harder to recognize as an illness, both because moodiness is considered universal among teenagers and because parents often resist having their child treated for a psychiatric illness that they think—and often hope—will be "just a phase."

In *Adolescent Depression: A Guide for Parents*, Johns Hopkins psychiatrist Francis Mondimore helps parents understand that serious depression in adolescents is an illness—an illness that can be effectively treated. He describes the many forms of depression and the many ways it can appear in young people—from intensely sad feelings to irritability, anger, and destructive rages. And he answers parents' questions, including: What are the danger signals of serious depression in teenagers? How are mood disorders diagnosed? How do medications work? What about talking therapies? How does depression relate to other problems, such as drug abuse, ADHD, and eating disorders and other self-injurious behavior? Of the one in five adults who go through a period of serious depression during their lifetime, many had their first experience of depression as teenagers. This comprehensive and compassionate guide detailing the symptoms, treatments, complications, and causes of adolescent depression provides parents with the information they need to ensure that their children receive the best possible treatment and become happy and healthy adults.

Stress and Depression in children and teenagers

Vicky Maud

(2003). Paperback, 112 pages.

A guide for parents and other helping children cope with stress and depression. The book shows how to identify the symptoms and causes of depression. It then explores what can be done - situations that can be changed, those that can be managed, and how a parent's reaction can make all the difference to a child. The book contains many case studies and practical suggestions for reducing stress and coping with the symptoms of depression.

Adolescent Depression: Outside/In



Keena, K.

2005, Paperback, 136 pages.

Adolescent Depression: Outside/In is an innovative book for adolescents, parents, and clinical professionals. Keena, a licensed addictions and mental health counselor, takes her readers inside the depressed adolescent's imagination, and insecurities.

Using a combination of narrative, poetry, and prose, Ms. Keena has taken her personal experiences with depression and has woven a masterful work. Through her own experiences, Ms. Keena has shown a way to understand the sense of lost helplessness of depressed adolescents. She then shows us the path towards hope and recovery.

This book will help adolescents, parents, and clinicians understand the difficulties and challenges that can arise as the treatable illness of depression begins to emerge in adolescence.

OBSESSIVE COMPULSIVE DISORDER

Getting Control: Overcoming Your Obsessions and Compulsions

Lee Baer Ph.D.

(2012). Paperback, 272 pages.

Millions of people suffer from Obsessive-Compulsive Disorder (OCD), and they know firsthand the often devastating effects it has on their lives. Some symptoms, such as the nagging feeling you have left the stovetop burner on, can be mildly distracting. Yet others, like compulsive hand washing, the inability to throw anything out, or nerve-racking feelings of guilt, can be completely paralyzing and make it nearly impossible for sufferers to lead healthy lives. Dr. Lee Baer gives readers the tools to assess their own symptoms, set goals, and create therapeutic programs for themselves. He also helps readers differentiate between OCD and other psychological illnesses such as depression. From the latest treatments to important facts on the medications currently available and how they work, *Getting Control* is thorough, concise, and positive--a lifesaver for anyone whose well-being is affected by OCD.

Stop Obsessing! How to Overcome Your Obsessions and Compulsions (Revised Edition)

Edna B. Foa, Reid Wilson.

(2009). Paperback, 272 pages.

Are you tormented by extremely distressing thoughts or persistent worries?

Compelled to wash your hands repeatedly?

Driven to repeat or check certain numbers, words, or actions?

If you or someone you love suffers from these symptoms, you may be one of the millions of Americans who suffer from some form of obsessive-compulsive disorder, or OCD.

Once considered almost untreatable, OCD is now known to be a highly treatable disorder using behavior therapy. In this newly revised edition of *Stop Obsessing!* Drs. Foa and Wilson, internationally renowned authorities on the treatment of anxiety disorders, share their scientifically based and clinically proven self-help program that has already allowed thousands of men and women with OCD to enjoy a life free from excessive worries and rituals.

You will discover:

- Step-by-step programs for both mild and severe cases of OCD
- The most effective ways to help you let go of your obsessions and gain control over your compulsions



- New charts and fill-in guides to track progress and make exercises easier
- Questionnaires for self-evaluation and in-depth understanding of your symptoms
- Expert guidance for finding the best professional help
- The latest information about medications prescribed for OCD

Cognitive-behavioral Treatment of Childhood OCD: It's Only a False Alarm: Therapist Guide.
Piacenteni, J., Langley, A., Roblek, T.
(2007) Paperback, 130 pages.

Obsessive Compulsive Disorder (OCD) affects an estimated 2% of children in the United States and can cause considerable anxiety. OCD is characterized by a pattern of rituals (or compulsions) and obsessive thinking. Common obsessions among children and teens include a fear of dirt or germs, a need for symmetry, order, and precision, and a fear of illness or harm coming to oneself or relatives. Common compulsions include grooming, repeating, and cleaning rituals. These obsessions and compulsions can severely interfere with daily functioning and are a source of significant distress. Without adequate treatment, the quality of life for youths and families dealing with OCD often suffers.

Cognitive-Behavioral Therapy (CBT) has shown to be effective in the treatment of childhood OCD. This Therapist Guide outlines a 12-session CBT-based treatment for OCD that benefits not only children and adolescents, but their families as well. Each session incorporates a family therapy component in addition to individual treatment for the child. It is a combined approach program that educates the child and family about OCD in order to reduce negative feelings of guilt and blame and to normalize family functioning. This manual also provides guidelines for conducting both imaginable and in vivo exposures; techniques at the core of helping children reduce their anxiety. For use with children ages 8-17, this book is an indispensable resource for clinicians helping children and their families cope with OCD.

HOARDING

Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding

David F. Tolin, Randy O. Frost and Gail Steketee

(2006). Paperback, 182 pages

Discover the reasons for your problems with acquiring, saving, and hoarding, and learn new ways of thinking about your possessions so you can accurately identify those things you really need and those you can do without. Learn to recognize the "bad guys" that maintain your hoarding behavior and meet the "good guys" who will motivate you and put you on the path to change.

Stuff: Compulsive Hoarding and the Meaning of Things

Randy O. Frost and Gail Steketee

(2010). Paperback, 290 pages

Explains the causes and outline the often ineffective treatments for the disorder. They also illuminate the pull that possessions exert on all of us. Whether we're savers, collectors, or compulsive cleaners, none of us is free of the impulses that drive hoarders to the extremes in which they live.

Digging Out: Helping Your Loved One Manage Clutter, Hoarding & Compulsive Acquiring

Michael A Tompkins & Tamara L. Hartl

(2009). Paperback, 208 pages

Many people who hoard understand the extent of their problem and are open to help. This book is not for them. Digging Out is for the concerned and frustrated friends and family members of people who do not fully accept the magnitude of their hoarding problem and refuse help from others. If you have a friend or loved one with a hoarding problem and are seeking a way to guide him or her to a healthier, safer way of life, this book is for you.

POST TRAUMATIC STRESS DISORDER

Post Traumatic Stress Disorder. The invisible injury

David Kinchin

(2004). Paperback, 214 pages.

David Kinchin's reassuring and sensitively-written book validates, explains and relieves the silent unseen suffering of trauma. "Trauma survivors will feel vindicated, supported and reassured by reading this keynote book." - Dr Gordon Turnbull, PTSD Treatment Unit, Ticehurst House Hospital, Sussex, UK.

The only book in the world, we believe, written by a former PTSD sufferer for PTSD sufferers (and their families, carers and professionals)

The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms

Mary Beth Williams (Ph.D.), & Soili Poijula

(2009). Paperback, 588 pages.

In *The PTSD Workbook*, two psychologists and trauma experts gather together techniques and interventions used by PTSD experts from around the world to offer trauma survivors the most effective tools available to conquer their most distressing trauma-related symptoms. Readers learn how to determine the type of trauma they experienced, identify their symptoms, and learn the most effective strategies they can use to overcome them.

Posttraumatic Stress Disorder: The Victim's Guide to Healing and Recovery

Raymond B., Jr., Ph. D. Flannery

(2004). Paperback, 232 pages.

A basic introduction to PTSD. Written for victims, it is a helpful source for understanding the responses a psychologically healthy person is likely to undergo after experiencing an acute traumatic episode. - Journal of Traumatic Stress

Get Over It: Finding Release From the Prison of the Past

Bev Aisbett

(2010). Paperback, 151 pages.

Bev Aisbett, acclaimed author of *Living With It*, *Taming the Black Dog* and *Letting It Go*, once again delivers the straight-talking, compassionate advice that has helped tens of thousands of people move past trauma and into hope. *Get Over It* is the perfect resource to help you feel more grounded in your ability to face the difficulties in your life.

SELF-ESTEEM

The Self-Esteem Workbook

**Schiraldi, G.R. (Ph.D), McKay, M., & Fanning, P.
(2009). Paperback, 280 Pages.**

This classic is still the most comprehensive guide on the subject and the only book that offers proven cognitive techniques for talking back to your self-critical voice. Learn step-by-step techniques to help you:

- Handle your mistakes and respond well to criticism
- Foster compassion for yourself and others
- Set up and achieve goals that will enrich your life
- Use visualization for self-acceptance

I'm Ok - You're Ok

**Thomas Harris
(2004). Paperback, 320 pages.**

"Happy childhood" notwithstanding, most of us are living out the NOT OK feelings of a defenseless CHILD wholly dependent on OK others for stroking and care. By the third year of life, says Dr. Harris, most of us have made the unconscious decision I'M NOT OK-YOU'RE OK. This negative Life Position, shared by successful and unsuccessful people alike, contaminates our rational ADULT potential -- leaving us vulnerable to the inappropriate, emotional reactions of our CHILD and the uncritically learned behavior programmed into our PARENT.

In personal Transactions, NOT OK people resort to harmful withdrawal, rituals, activities, pastimes, and games for getting needed strokes while avoiding painful intimacy with people they see as OK.

Dr. Thomas A. Harris's pioneering work in Transactional Analysis has had a fundamental impact on our understanding of interpersonal behavior. In showing us how to make the conscious decision *I'M OK-YOU'RE OK*, he has helped millions of despairing people find the freedom to change, to liberate their ADULT effectiveness, and to achieve joyful intimacy with the people in their lives.

I Love Me: A Guide to Being Your Own Best Friend



Bev Aisbett
(2010). Paperback, 153 pages.

There are times in our lives when we seem to have no-one in our corners, and we feel so depressed, lonely, hurt or angry. But there is someone to turn to – if you know how. Someone who you can trust and rely on, no matter what: yourself! Bev Aisbett, who has helped thousands of Australians find a way out of depression and anxiety, not shows you how to find the most loyal friend of all... you!

Teen Esteem: A Self-Direction Manual for Young Adults.
Pat Palmer, Melissa Alberti Froehner.
(1998). Paperback, 111 pages.

This easy to read book will help you feel good about yourself, and build the skills you need to handle peer pressure, substance abuse, sexual expression, growing independence, and the other endless challenges in your life. The authors worked closely with teenagers in writing this book – and really listened to their feedback. The result is a very readable source of help and encouragement for every teen.

MEDITATION

Meditation

**Dillard-Wright, D, B., Jerath, R.
(2011) Paperback, 352 pages.**

These are handy, accessible books that provide literally all the information you need to know to gain a new hobby or understand a difficult topic. Want to relieve stress, ease an ailment, enhance concentration and feel great? If so, read on - this easy-to-use guide will teach you everything you need to know about the ancient tradition of meditation. It features everything from posture and breathing techniques, creative visualisation and imagery, medical benefits and the various cultural and religious approaches to meditation. It is proven to help stress and anxiety, infertility, chronic pain, high blood pressure, heart disease and even cancer! All these benefits and all you need is a quiet spot and a few minutes a day! What are you waiting for?

Meditation: An Outline for Practical Study

**Mouni Sadhu
(2006) Paperback, 364 pages.**

In this classic text, Mouni Sadhu lays bare the many myths and fallacies surrounding the practice of meditation. He then details a comprehensive course in meditation from the beginnings of the practice, to advanced techniques of meditation and contemplation in both Western and Eastern Traditions.

Meditative CD audio

Moments of Stillness: Guided Meditation and Deep Relaxation Exercises for release of stress, healing and peace of mind.

**Sarah Edelman PhD, Peter Dixon.
(2006).**

Moments of Stillness presents a range of guided relaxation and meditation exercises, spoken to a background of gentle, ambient music. A soothing gentle voice guides the listener through a range of meditation exercises, including focus on the breath, mantra, visual imagery, affirmation and healing energy. Doing these calm exercises enables the listener to experience a state of deep physical relaxation and mental calm.

This Cd contains two sets of guided meditation exercises spoken to a background of ambient music. Each set runs for approximately 30 minutes.

While maximum benefits may be achieved from a half hour meditation session, even 10 minutes of meditation can substantially reduce physical tension, and increase mental calm.



**Experiencing Stillness Meditation: As originated by Dr. Ainslie Meares.
Pauline McKinnon.
(2008).**

***Sleep Soundly: Guided Relaxation, Imagery and Meditation for Promoting Sleep.*
Sarah Edelman PhD, Malcolm Harrison.
(2006).**

Sleep Soundly contains guided relaxation, visualization and meditation, specifically designed for promoting sleep. Australian psychologist Sarah Edelman's soothing voice accompanied by Malcolm Harrison's relaxing music guides the listener through a range of calming imagery and gentle exercises. These calm and sedate the listener by distracting attention away from thoughts, reducing anxiety and releasing tension and physical arousal, which are common obstacles to sleep. It is most effective when played whilst lying in bed, and can be used nightly, or just on those occasions when it is difficult to sleep.

SLEEP DISORDERS

The Good Sleep Guide: 10 Steps to Better Sleep and How to Break the Worry Cycle
Dr. Timothy J. Sharp (PhD)
(2003). Paperback, 270 pages.

Given that 80% of people have experienced sleep problems and 30% suffer from chronic or long-term sleep problems, Timothy Sharp's *The Good Sleep Guide* is an essential tool for reducing the amount of time we spend lying awake, watching the minutes and hours tick by. Based on his own research, Dr. Sharp addresses lifestyle issues as well as physical and psychological problems that interfere with sleep. These include diet, medication, alcohol, and caffeine, as well as depression, anxiety, and relationship difficulties. He offers a commonsense approach that includes specific relaxation techniques and tips to establish a good sleep routine.

Snoring and Sleep Apnea: Sleep Well, Feel Better
Pascualy, R.A. (MD), & Soest, S.W.
(2008). Paperback, 286 pages.

Snoring is no joke! Snoring is the most common sign of sleep apnea, a potentially fatal sleep disorder that affects approximately 20 million Americans. It is associated with heart disease, high blood pressure, strokes, and premature death, and is a common cause of driving accidents, yet it frequently goes undiagnosed. *Snoring and Sleep Apnea* is for people who have — or suspect that they have — sleep apnea. It is also written for their bed partners, families, and friends, and for health care professionals involved in sleep apnea management. The book provides answers to key questions, written in easy-to-understand terms, as well as the pros and cons of specific treatments. This extensively revised and updated third edition includes information on new surgical techniques, the treatment of children with snoring and sleep apnea problems, and new oral appliances for relief of snoring and sleep apnea.

100 Questions About Sleep and Sleep Disorders
Sudhansu, Md. Chokroerty
(2007). Paperback, 188 pages.

Like an extended consultation with your own physician, *100 Questions and Answers about Sleep and Sleep Disorders* answers—in clear, easy to read language—your questions about sleep problems. Written by a world-renowned expert on sleep disorders, this book is the most reliable, authoritative, and up-to-date book on sleep problems available. Dr. Chokroerty calls on his long career of treating patients with sleep disorders to offer answers to questions like:

- What is snoring and what can I do about it?
- What causes insomnia and what is the best way to treat it?



- How is sleep affected by health problems like heart disease and depression?
- What is sleep apnea and could I have it?
- Which medications cause excessive sleepiness or sleeplessness?
- What are the best treatments for restless leg syndrome and narcolepsy?

If you or someone you care for suffers from unhealthy sleep patterns, this indispensable book helps you understand normal and abnormal sleep routines and offers practical advice about changing habits. You will be well informed and more comfortable discussing sleeping problems with your doctor.

BULLYING

Bully Blocking at Work: A Self-Help Guide for Employees and Managers

Evelyn M. Field

(2010). Paperback, 218 pages.

Most workplaces currently have few resources and systems to deal with the problem of bullying, leaving the victims to sink or swim. *Bully Blocking at Work* reveals the evil nature of workplace bullying, helping the reader to understand its toxic, destructive impact on all employees – whether they are targets, bullies or onlookers – and provides advice for coping and confronting bullying, from both a personal and organizational perspective.

Bully Blocking: Six secrets to help children deal with teasing and bullying.

Evelyn M. Field

(2007). Paperback, 248 pages.

Bully Blocking offers practical advice to help children (aged 4-16) deal with bullies who tease, exclude, intimidate or harass. In this book, renowned bullying expert Evelyn Field provides parents and teachers with understandings and tested approaches to assist a child who is a target or a bully. *Bully Blocking*, a fully revised edition of the highly successful *Bullybusting*, includes a chapter on what schools can do about bullying and a supplement to help teachers apply the book's practical exercises and activities in the classroom.

CHILDRENS BOOKS

Happy thoughts are Everywhere...

**Nicky Johnston
(2011). Paperback.**

These days, Bayden is a happy and confident boy. There was a time, not long ago when Bayden worried about everything, ALL of the time. That was, until he discovered the power of Happythoughts.

Join Bayden's journey as he goes in search of his happythoughts – you'll never guess where he finds them!

This clever story has been written and illustrated to help children learn that by changing their thoughts, they can change their feelings. A simple strategy to help children take control of their anxiety!

Go Away, Mr Worrythoughts!

**Nicky Johnston
(2008). Paperback.**

Bayden is an intelligent, confident and courageous boy. Yet he is often overwhelmed by his worry thoughts. His anxiety makes his life quite unbearable at times.

See how Bayden discovers his superpowers, takes control and is able to live free and happy!

This simple story has been nicely written and illustrated to help and encourage children like Bayden to manage and overcome their anxiety!

The Huge Bag of Worries

**Virginia Ironside, Frank Rodgers
(2011). Paperback.**

Wherever Jenny goes, her worries follow her – in a big blue bad! They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can she get to help her?

This funny and reassuring story will appeal to all children who have occasional worries.

Living with ANTs

**Sally-Anne McCormack, Lindsay Flatt.
(2012). Paperback.**



Does your child become anxious often? Loses his/her temper for no reason? Cries or is sad more often than might be expected?

Greater than one in ten children are reported to have a mental health issue. They are plagued by ANTs (Automatic Negative Thoughts). These insidious creatures crawl into their heads, tell them things that are not true (e.g. everyone hates you, you're going to have a bad day, etc), and the children feel powerless to stop listening to them... That's what it is like when you are *Living with ANTs*.

INFORMATION FOR CARERS

Anxiety Disorders: The Caregivers: Information for Support People, Family & Friends.

Kenneth V. Strong.

(2003). Paperback, 238 pages.

Given the terrors of the time we live in, it should not surprise us that according to the World Health Organization anxiety disorders and depression are the fastest growing mental health problems in the world. In spite of this unfortunate trend there have been few resources available to the support persons of those afflicted with anxiety disorders. Everyone dealing with these difficult disorders should welcome the expanded third edition of this book, which is specifically designed to help the caregivers of anxiety neurotics. The book begins with clear and detailed explanations of the causes, symptoms and treatments currently available for generalized anxiety disorder, panic attacks, agoraphobia, depression etc. It then offers hundreds of suggestions, many based on personal experiences, to help those caring for anxious people. The book focuses on ideas to help support persons to maintain a well-balanced perspective in order to avoid being overwhelmed by their difficult situations. The end of the book provides excellent descriptions of organizations and Internet sites for those seeking information on help for those with anxiety disorders.

The effects of providing care on caregivers' mental health: An investigation of depression and subjective well-being.

Mason C. Nottingham.

(2009). Paperback, 219 pages.

The study employs a combination of role scarcity/strain and role accumulation theory to investigate the effects of providing care on the mental health of the caregiver. Also, it attempts to alleviate methodological shortcomings common in care giving literature by utilizing change score analyses to support cross-sectional findings and to provide stronger causal arguments. Using Waves I and II from the Midlife Development in the United States survey, four mental health outcomes are examined: Depressed Affect, Positive Affect, Negative Affect, and Life Satisfaction. Cross-sectional findings illustrate that caregivers' mental health is dependent upon type of relation to the care recipient, time spent providing care, and sex of the caregiver. Longitudinal analyses reveal that time spent providing care is the strongest predictor of change in caregivers' mental health and that male and female caregivers experience the effects of care giving in similar ways. Social support stemming from the family is found to be a significant buffer against negative mental health outcomes for caregivers as well. Overall, these findings demonstrate that care giving does not invariably lead to negative mental health outcomes and that longitudinal analyses are methodologically extremely important in understanding the interplay of care provision and changes in mental health.