

**BOOK LIST**  
**for Anxiety, Depression & related Disorders**

Compiled by ADAVIC, 2005. [www.adavic.org](http://www.adavic.org)



**Contents:**

Page No.

2. Anxiety (Panic Disorder & Generalized Anxiety Disorder)
7. Agoraphobia
10. Panic Disorder
13. Social Phobia
15. Depression
22. Adolescent Depression
23. Obsessive Compulsive Disorder (OCD)
25. Post-Traumatic Stress Disorder (PTSD)
28. Self-esteem
31. Meditation
32. Sleep Disorders

## ANXIETY: (PANIC DISORDER AND GENERALIZED ANXIETY DISORDER)

### *The Anxiety & Phobia Workbook (3<sup>rd</sup> Edition)*

**By Edmund J. Bourne, Ph.D**

(2000). Paperback, 436 pages.

This completely revised and updated Anxiety and Phobia Workbook is a practical and comprehensive guide that offers the latest information on how to overcome panic attacks, agoraphobia, social fears, generalized anxiety, obsessive-compulsive behaviours, or other anxiety disorders. Step-by-step guidelines, questionnaires, and exercises will help you learn skills and make life-style changes necessary to achieve a full and lasting recovery. The workbook can be used to develop your own self-help program or as an adjunct to therapy. Holistic in scope, this workbook covers a broad range of topics and treatment approaches that consider the whole person: body, mind, emotions, behaviour, social relations, self esteem, and spirituality.

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

**By Bev Aisbett**

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 need 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*

**By Bev Aisbett**

(1994). Paperback.

The advance 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****By 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

**Worry****By Hallowell, Edward, M.**

(1998). Paperback, 368 pages.

From the author of the best-selling *DRIVEN TO DISTRACTION*, here is the first book to focus on the many forms of Worry (both destructive and productive), their underlying causes, and how these patterns of thought and behavior can be changed. Here is the first book to explore every facet of the most common and debilitating emotional state: Worry.

Worry consumes time and energy, too often isolates us from friends and family, and prevents us from solving the real problems that are behind the act of worrying. Dr. Edward M. Hallowell makes clear the crucial distinctions among the various forms of worry, showing which are protective and productive, which handicap achievement and pleasure, and which seriously threaten physical health and mental balance. He explains which forms of worry are rooted in inborn predispositions, which arise from misguided attempts to cope with the stresses of daily life, and which are symptomatic of other problems, such as depression or attention deficit disorder. In each case he maps out the most effective strategies for change -- psychotherapy, medication, innovative methods of retraining the brain -- many of which the chronic worrier can pursue on his or her own.

**Anxiety Disorders and Phobias: A Cognitive Perspective****By Aaron T. Beck, Gary, Ph.D. Emery, Ruth L., Ph.D. Greenberg, Aaron T., M.D. Beck, Gary Emery**

(1990). Paperback, 368 pages.

The founder of cognitive therapy and two colleagues apply the basic concepts of cognitive therapy, used successfully for many years in treating depression, to the treatment of anxiety disorders and phobias.

**Triumph Over Fear: A book of Help and Hope for People with Anxiety, Panic Attacks, and Phobias****By Jerrilyn Ross**

(1995). Paperback, 320 pages. (Also available in Hardcover (1994) - 296 pages)

Ross is the president of the Anxiety Disorders Association of America and a former sufferer of panic attacks and agoraphobia. The author compassionately tells the stories of patients who are afflicted by the five primary types of anxiety disorders--panic disorder, phobias (including agoraphobia and social phobia), obsessive-compulsive disorder, post-traumatic stress syndrome, generalized anxiety--and how they triumphed over their crippling fears and went on to lead normal lives. Especially moving is the story of Grace, who didn't leave her house for 30 years but is now involved in many social activities. Also discussed are anxiety disorders in children, research on the latest therapies, and the value of tranquilizers and antidepressants to facilitate, rather than replace, therapy. Ross presents goal setting, daily task sheets, the "six-point" system, breathing control, and relaxation and exercise to manage panic and phobias. Final chapters offer advice on handling family, friends and associates affected by the anxiety sufferer's behaviour and on overcoming setbacks. A valuable guide for patients and professionals.

**The Anxiety Disease: New Hope for the Millions who Suffer from Anxiety****By David V. Sheenan, M.D**

(1986). Paperback, 208 pages.

Anxiety is not always psychological but rather a disease that can now be controlled. The symptoms are devastating: sudden unprovoked attacks of anxiety--accompanied by skipping and racing of the heart, shortness of breath, lightheadedness, dizzy spells. Even worse is the fear that you are losing your mind. But here's the good news. The more unexpected and unprovoked the attacks or the symptoms, the more likely that the victim is suffering from a biologically beset disease. What's more, medical science can now overcome this disease in virtually all cases through a combination of drugs and behaviour therapy. Dr. David V. Sheenan, formerly of the Harvard Medical School, is now the Director of Research of the College of Medicine at the University of South Florida in Tampa. He draws upon recent research and his own pioneering breakthroughs in the treatment of anxiety to present in this book: -Quizzes that will help you determine whether your anxiety is caused by normal stress or is the result of a genetically influenced physical disorder. Seven progressive stages of the disease--and the four steps necessary for recovery. Detailed case histories of former anxiety victims who are now leading full and productive lives. Reassurance and guidance to

family members and friends who want to help, but don't know how. This book offers new hope to millions of men and women across the country.

**Current Controversies in the Anxiety Disorders**

**(Editor) Ronald M. Rapee**

(1995). Hardcover, 388.

"In this provocative and interesting edited volume, Rapee has brought together a series of chapters by an international group of some of the world's leading anxiety disorder researchers. Two different perspectives on each of the chosen topics are presented, and then the authors from each perspective have written commentaries on the chapter from the other perspective. This somewhat unusual format for an edited volume works extremely well because it helps to underscore the current status of some of the most controversial topics in the study of anxiety disorders in the 1990s. The topics and controversies range from ones on classification, to ones on more basic research on etiology, as well as to mechanisms underlying the effectiveness of behavioral treatments for anxiety disorders. Reading this volume is a must for anyone working on anxiety today!" --Susan Mineka, Ph.D., Northwestern University

**Coping with Anxiety: 10 Simple Ways to Relieve Anxiety, Fear, and Worry**

**By Edmund J. Bourne, Lorna Garano, Edmund, Ph.D. Bourne**

(2003). Paperback.

This book is informative, well-written, and is an easy to read guide for coping with anxiety. But it is more than that. We live in a world of stress, and that world can seem overwhelming at times. This is a guide that can be helpful for anyone struggling to cope with challenges in life. I highly recommend it.

**Healing Fear - New Approaches to Overcoming Anxiety**

**Bourne, E.J. (PhD).**

(1998). Paperback, 398 pages.

Very good book by the author of the Anxiety and Phobia Workbook who has lived with high levels of anxiety himself. Explores the concept of self healing.

**Overcoming Performance Anxiety**

**By Farnbach, R., & Farnbach, E.**

(2001). Paperback, 2001.

All you need to know on how to master fear and anxiety in performance/evaluative situations with a good discussion about beliefs generating and maintaining fears. Simon & Schuster Publishing 2001

**Chronic Anxiety: Generalized Anxiety Disorder and Mixed Anxiety-Depression**

**By (Editor) Ronald M. Rapee, & (Editor) David, H. Barlow.**

(1991). Hardcover, 214 pages.

It is widely recognized that chronic anxiety plays a central role in a broad variety of psychological and psychiatric disorders. Yet, despite its significance, generalized anxiety disorder (GAD)--an official psychiatric diagnosis that is akin to chronic anxiety--is one of the newest, least studied, and most misunderstood of the anxiety disorders. Bringing together leading researchers who discuss the nature and treatment of GAD, this is the first book to focus specifically on the topic. In addition, the volume examines the overlap of GAD and depressive disorders, presenting important new information on mixed-anxiety depression (MAD). Providing a well-rounded approach, chapters in the first half of the volume address theoretical considerations while those in the second cover clinical issues. The book opens with a description of the general nature of anxiety and its relation to depression and stress that places GAD into the broad context of emotional disorders. As the primary characteristic of both chronic anxiety and GAD, the cognitive process of worry is discussed in detail. Remaining chapters describe the nature, etiology and treatment of the broad psychological construct of chronic anxiety and the specific psychiatric diagnosis of GAD. Biological and psychological factors are considered, as are issues of comorbidity.

Clinical chapters commence with a discussion of the diagnosis of GAD and its revisions for DSM-IV. Recognizing that many individuals complain of equal mixtures of low levels of anxiety and depressed mood, particularly in primary care settings, the DSM-IV Task Force is considering the inclusion of mixed anxiety-depression (MAD) as a possible category. One chapter provides an overview of ongoing conceptual and empirical work on this topic. Other topics include pharmacotherapy and psychosocial treatments for GAD.

Throughout, chapters are based on DSM-IV considerations. Providing readers with both a fundamental understanding of the topic and a detailed examination of clinical issues, CHRONIC ANXIETY will be valued by researchers in the area of psychiatric and emotional disorders as well as by clinical psychologists, psychiatrists, and general practitioners. The work also serves as a text for graduate courses on anxiety disorders, emotional disorders, psychopathology, and therapy.

## AGORAPHOBIA

### ***In Stillness Conquer Fear: Overcoming Anxiety, Panic and Agoraphobia***

**By Pauline Mckinnon**

(2001). Paperback.

Panic disorder and agoraphobia cause suffering for a great many people today. This need not be so. In this fifth edition of her best-selling book Pauline McKinnon describes how she found the answer to overcoming her own experience of agoraphobia by using a simple form of meditation. *In Stillness Conquer Fear* is the record of her journey of discovery. Thousands of readers have found its insights as illuminating as they are practical.

### ***Simple Effective Treatment of Agoraphobia***

**By Claire Weekes**

(1984). Paperback.

For effective treatment of agoraphobia both patient and therapist must understand the mechanisms of sensitization and self-desensitization. Rather than aiming to adapt to difficult situations, to achieve desensitization by suggestions, or to avoid panic, the agoraphobe must learn to pass through panic and to rid oneself of drug dependency. This method of self-desensitization will, as a rule, achieve results quickly and does not necessarily depend upon finding the cause of the original sensitization.

### ***From Panic to Peace of Mind: Overcoming Panic and Agoraphobia***

**By Scignar, C. B., (MD).**

(1991). Paperback, 320 pages.

Anxiety is the most wide spread emotional disorder with a life long prevalence rate of 14.6 percent. A National Institute of Mental Health Study revealed that 8.3 percent or 13.1 million Americans over the age of 18 are suffering from one of the anxiety disorders.

### ***The Panic Attack Recovery Book: A Former Agoraphobic and Her Doctor Tell How You Can Change your Life***

**By Swede, S., and Jaffe, S.S.**

(2000). Paperback, 258 pages.

A former agoraphobic and her doctor tell how people with panic disorder can overcome their fears. A 7-step program combined with stress reduction and nutrition plans can provide results in 6-8 weeks without drugs

***Life Isn't Just a Panic: Stories of Hope by Recovering Agoraphobics*****By Pace, Anita L.**

(1996). Paperback, 256 pages.

An anthology written to offer hope and suggestions to those suffering from Panic Disorder and/or Agoraphobia. Includes the stories and poems of 20 contributors, all with first-hand experience of these disorders. The contributors share their range of experiences with how their anxiety began, how it affects their lives, and most importantly, what they did to cope.

***The Agoraphobia Workbook: A Comprehensive Program to End Your Fear of Symptom Attacks*****By C. Alec, Ph.D., Pollard, Elke, Ph.D., & Zuercher-White.**

(2003). Paperback, 200 pages.

C. Alex Pollard, the Director of the Anxiety Disorders centre in Saint Louis and Elke Zuercher-White, agoraphobia expert and author of 'An end to Panic', team up to produce the first self-help resource dedicated to helping you overcome agoraphobia in all its forms. Together they provide clear information about how the disorder develops and practical step-by-step treatment strategies you can use to put an end to your specific fears and symptoms. In an interactive, easy to follow style, this workbook takes you through exposure and desensitisation exercises. By taking it step-by-step, you'll be able to accomplish such feats as walking outside, driving, using public transport, and going to stores and malls. Final sections will help you avoid you relapse, manage setbacks, and find the help and support you need to maintain a healthy, active lifestyle.

***Anxiety, Panic Attacks & Agoraphobia*****By Kenneth Strong**

(1997). Paperback, 70 pages.

This book is designed to give friends, family and support people information and an understanding of anxiety, panic attacks and agoraphobia.

***How to Help Your Loved One Recover From Agoraphobia*****By Karen P. Williams**

(1993). Paperback.

*Agoraphobia and Panic Disorder* author Karen Williams states "...no one can suffer from these types of anxiety disorders without involving their families." Citing research that agoraphobia patients treated with spouses as co-therapists were more improved at follow-up and several years post-treatment than those treated without spouses. Williams proceeds to discuss the nature of panic disorder and agoraphobia, its effects on the patient, and ways in which the designated support person can most effectively be involved in recovery. She feels (p.9) that, no matter what the cause, all sufferers "can improve their condition by changing their lifestyles, reducing stress, and improving their physical well-being."

Most chapters seem designed as much for the sufferer as for the support person, reinforcing the author's special emphasis on open communication. In one particularly

informative chapter, "Determining Whether the Sufferer is Ready to Recover and Finding a Recovery Program", Williams discusses suffering itself as the primary motivation, but recognizes that personal factors and secondary gains may delay the decision to enter treatment. She emphasizes (p.63) "sufferers only get out of treatment what they put into it". They must be ready.

## PANIC DISORDER

### ***The Anxiety Cure***

**By Archibald D. Hart**

(2001). Paperback, 304 pages.

Panic Anxiety is the number one mental health problem for women and second only to drug abuse among men. Synthetic tranquilizers can alleviate the symptoms of anxiety illnesses. However, in order to achieve lasting emotional tranquility, a significant lifestyle change must be made. *The Anxiety Cure* provides proven, natural strategies for overcoming panic disorder and finding an emotional balance in today's fast-paced world.

### ***Overcoming Anxiety, Panic, and Depression: New Ways to Regain Your Confidence***

**By James Gardner MD, Arthur Bell Ph.D.**

(2000). Paperback, 224 pages.

This book defines and clarifies the common forms of anxiety, panic, and depression. Readers can learn the difference between specific and social phobias, between panic and generalized anxiety disorder, and much more. All the terms and maladies readers may have learned (and misdiagnosed for themselves) are explained in relation to anxiety, panic, and depression. The book presents an overview of all the main approaches (both chemical and nonchemical...both traditional and alternative) and how they have succeeded. The book helps readers understand what they will be discussing with their doctors, and how they can glimpse a new, less stressful level of existence. Chapter Titles: 1. Accepting Fear to Control It 2. Do I Have Anxiety or Panic Disorder? 3. Am I Depressed? 4. Why Am I This Way? 5. What's Going On Inside Me? 6. What Happens When I Go to the Doctor? 7. What Are My Treatment Options? 8. What About Herbs, Vitamins, and Supplements? 9. What Can I Do on My Own to Fight Anxiety, Panic, and Depression? 10. What Can a Psychologist, Psychiatrist, Counselor or Therapist Do For Me?

### ***Power Over Panic: Freedom From Panic / Anxiety Related Disorders***

**By Bronwyn Fox, Garry McDonald**

(1999). Paperback, 110 pages.

This is the U.S. revision of a best-selling book from Australia that has helped thousands of people overcome the lifestyle limitations of panic and anxiety disorders. It is a creative and simple five-step approach that does not require drugs and relies on cognitive and mindfulness meditation techniques. Based upon award winning programs and workshops, this book contains numerous case histories, up-to-date research findings and a foreword written by Australian television star Garry McDonald, who was cured using this approach after 20 years of struggling with panic attacks.

***An End to Panic : Breakthrough Techniques for Overcoming Panic Disorder (2<sup>nd</sup> edition)***

**By Elke Zuercher-White**

(1998). Paperback, 218 pages.

"I've read many, many books on treating panic disorder, but this is the ONLY book that helped me overcome my panic disorder. I only wish I had read it years ago. Panic pretty much ... my life down a black hole -- I was so agoraphobic that for two years I rarely left my bedroom, even to go down the hall to the kitchen. A cognitive-behavioral therapist gave me a copy of this book and took me step by step thru it. It took 8 months of hard, scary work but today I can go anywhere, with or without anyone, and do anything, for as long as I want, whenever I want --not a medication in sight and not a twinge of inappropriate panic. Two years ago I couldn't even contemplate walking to the end of my driveway. I just can't recommend this book highly enough. It was the light at the end of my tunnel."

***The Panic Attack Recovery Book (Revised edition)***

**By Shirley Swede, Seymour Sheppard Jaffe**

(2000). Paperback, 258 pages.

This seven-step, drug-free program written jointly by a physician and a recovered sufferer- gives clear explanations of what is going on in your mind and body when panic disorder strikes, as well as step-by-step techniques, nutrition and fitness plans, and inspiring true stories for support and encouragement. Newly revised and updated, it offers new hope for people with panic disorder, agoraphobia, and other anxiety-related conditions. This book can help you feel calmer and more in control, take decisive action to solve the problem...and, often within just six to eight weeks, discover a sense of freedom, you've never dreamed possible.

***Embracing The Fear: Learning to Manage Anxiety & Panic Attacks***

**By Judith Benis & Amr Barrada**

(1994). Paperback, 160 pages.

EMBRACING THE FEAR was written originally as a handbook for the Open Door network of support groups. The goal of the authors was simply to offer support and ideas for dealing with panic and the resulting avoidance. Though they mention "causes", they state that it really doesn't matter: "Whatever the reason, the good news is that there is a way out of the anxiety or panic-avoidance cycle (p.6)." After discussing the roles of the environment, stress, emotions, self-talk and perfectionism, Bemis and Barrada introduce their recovery plan, one based on acceptance; their attitude towards recovery is simply that it takes time. Their solution is a cognitive approach based on managing the anxiety, listening to one's self-talk, and developing awareness which "allows us to see a correlation between how we deal with our anxiety or panic and how we deal with everyday life events (p.23)."

About half of the book then focuses on these fourteen strategies for recovery, each of which includes a topic on anxiety management, related self-talk that is self-nurturing, and a section on awareness. Some of the management topics are acceptance, slowing down, letting go, taking risks, learning about anxiety, accepting set-backs, and

reaching out to others. An example of an awareness topic is (Strategy 11) "Living One Day at a Time," which suggests "It will help if we try to work through past events that are troubling. When we accept them, we will be able to let go of them."

EMBRACING THE FEAR concludes with examples of how their program actually works, concentrating on fourteen common avoidance's, such as dentists, malls, work, driving, and flying, giving specific examples of helpful self-talk and other useful strategies.

***The Anxiety & Phobia Workbook***

**By Edmund J., Ph.D. Bourne**

(2000). Paperback, 436 pages.

The anxiety and phobia workbook is a practical and comprehensive guide offering help to anyone who is struggling with panic attacks, agoraphobia, social phobia, generalised anxiety, obsessive compulsive disorder or other anxiety disorders. Step-by-step guidelines, questionnaires and exercises will help you learn skills and make lifestyle changes necessary to achieve a full and lasting recovery.

***Beyond Anxiety and Phobia: A Step-By-Step Guide to Lifetime Recovery***

**By Bourne, Edmund J, Dr., Ph.D.**

(2001). Paperback, 350 pages.

The author of "The Anxiety and Phobia Workbook" presents a step-by-step guide to a lifetime recovery and a treatment program designed to heal the whole person. Includes alternative therapies such as herbs, yoga, massage, acupuncture, and homeopathy.

***From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and put You in Control of Your Life.***

**By Bassett, L.,**

(1997). Paperback, 288 pages.

Written by someone who has recovered from anxiety and panic - useful techniques and information to help overcome your anxiety and panic. Lucinda Bassett now runs the Midwest Center for Stress and Anxiety.

***Overcoming Panic Disorder - A Woman's Guide***

**By Weinstock, L. & Gliman, E.**

(1998). Paperback, 288 pages.

Includes various treatments and therapies with the focus on women. Good and interesting book with personal stories and expert opinions.

## SOCIAL PHOBIA

***Dying Of Embarrassment - Help for Social Anxiety & Phobia*****By Barbara G. Markway (Ph.D.), C. Alec Pollard, (Ph.D.), & Teresa Flynn, (Ph.D).**

(1992). Paperback, 204 pages.

Dying of Embarrassment is the first self-help book ever published on social phobia (social anxiety disorder). This book provides clear direction and the use of cognitive-behavioral strategies to overcome this disabling condition.

***Painfully Shy: How to Overcome Social Anxiety and Reclaim your Life*****By Barbara G. Markway (Ph.D) & Gregory G. Markway (Ph.D)**

(2003). Paperback, 288 pages.

This book is an excellent resource for those who suffer from social anxiety disorder, those who love them, and those who treat them. Symptoms, possible causes, and methods for treating the disorder are covered. Case histories present people from a wide variety of backgrounds who have social anxiety disorder. Help is included for parents of children. An excellent book that is written well.

***Overcoming Shyness and Social Phobia: A Step-By-Step Guide (Clinical Application of Evidence-Based Psychotherapy)*****By Ronald M. Rapee**

(1998). Paperback, 120 pages.

This workbook is organized around nine lessons consisting of information and exercises designed to help overcome shyness and social fears. Lessons focus on issues such as changing your thoughts, changing your focus of attention, and evaluating and improving performance. The importance of practice is emphasized throughout the book.

***Diagonally-Parked in a Parallel Universe: Working Through Social Anxiety*****By Signe A. Dayhoff.**

(2000). Paperback, 408 pages.

Up to 20 million people in the U.S. alone feel anxious or self-conscious in social situations - from work to sex. As a result, they may be less productive, under-educated, financially dependent, and lack personal relationships. Two years of research by Dr. Dayhoff with social phobias has shown that they are desperate for self-help materials which fully address their fundamental needs and wants. Diagonally-Parked in a Parallel Universe is expertly designed to meet those needs.

Comprehensive and in-depth, this self-help book is the insider's scoop on social anxiety. Written with humor by a psychologist and ex-social phobic, it provides not only systematic and clinically-proven methods but also a life-strategy approach for

successfully coping with social anxiety. It has already received high marks from anxiety researchers, clinicians, and anxiety sufferers alike. This book is a winner!

***From Shyness to Stage Fright***

**By Marshall, John R.**

(1994). Hardcover, 219 pages.

Marshall, a professor of Psychiatry explores the origins of Social Anxiety Disorder, (social phobia) provides case study examples, and discusses various treatment options to overcome this debilitating disorder that affects more than seven millions Americans.

***Managing Social Anxiety: A Cognitive Behavioural Approach***

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

(2000). Paperback, 240 pages.

Informative book clearly set out with structured step by step recovery exercises.

***Social Phobia: Clinical Application of Evidence-Based Psychotherapy***

**By Ronald M. Rapee, & William C. Sanderson**

(1998). Hardcover, 170 pages.

Social fears are among the most common forms of anxiety in our society. Social phobia, the clinical syndrome, can seriously impact a person's life, increasing the risk of depression, substance abuse, and suicide, and reducing opportunities for social interaction, sustained relationships, and careers. The good news is that empirical evidence shows treatment for social phobia can be highly effective in producing change, and treatment that emphasizes the learning of new skills produces more change than simple education and/or medication. Rapee and Sanderson furnish a practical treatment program whose components are based on empirically validated techniques.

## DEPRESSION

### **Feeling Good: The New Mood Therapy**

**By David D. Burns, M.D**

(1999). Paperback, 736 pages.

In *FEELING GOOD*, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life. Now, in this updated edition, Dr. Burns adds an ALL-NEW CONSUMER'S GUIDE TO ANTIDEPRESSANT DRUGS as well as a new introduction to help answer your questions about the many options available for treating depression. - Recognize what causes your mood swings. - Nip negative feelings in the bud. - Deal with guilt. - Handle hostility and criticism. - Overcome addiction to love and approval. - Build self-esteem. - Feel good everyday. **BEGIN NOW, TO EXPERIENCE THE JOY OF FEELING GOOD**

### **What to Do When Someone You Love Is Depressed: A self-help and help-others guide**

**By Mitch Golant, Susan K. Golant.**

(1997). Hardcover, 192 pages.

This book is directed toward the caregiver or "strengthened ally" of any of the more than seventeen million Americans who suffer from this common but often misunderstood affliction. Woven throughout are the personal experiences of Mitch Golant, who spent most of his childhood with a mother who was seriously depressed, an experience that not only catapulted him into his work as a clinical psychologist, but also informs this book with a tone of compassionate understanding.

### **Overcoming Depression: A step-by-step approach to gaining control over Depression**

**By Paul Gilbert**

(2001). Paperback, 382 pages.

A self-help guide which provides step-by-step strategies for sufferers of depression, using cognitive therapy techniques. The book explains how mind and body interact and how depression can evolve. Case histories are included.

### **Depression - Why it happens and how to overcome it.**

**By Dr Paul Hauck**

(1979).

"This book is for everyone who gets depressed; it is also for those who have to live or work with people who suffer from depression, and it describes practical ways to overcome or shorten gloomy spells. Dr Hauck, a practising psychiatrist, has pinpointed the main roots of psychologically caused depression - blaming yourself, and being too critical of your own behaviour, feeling sorry for yourself and feeling sorry for other people. He shows how you can tackle depression by learning to accept yourself and others, and illustrates his points with case histories from his practice".

**Beating the Blues****By Xandria Williams**

(1996). Paperback.

This is a well-written book about handling depression; however, it contains so many interesting techniques that it could be viewed simply as a self development book. This book is very well written and easy to read. Some find the book offensive because it considers that illness is a choice. I did not find it offensive at all. You will learn a lot about useful techniques from reading this book.

**Lifting Depression the Balanced Way****By Dr Lindsay Corrie**

(2002). Paperback, 120 pages.

"Depression is a very common affliction. According to the World Health Organization about one hundred million people suffer from this debilitating condition at any time, and it can affect anyone, young or old. The good news, however, is that it can be treated, and your quality of life can be dramatically improved.

In this book, Lindsay Corrie shows you how to lift your depression using a balanced approach. If your depression is severe you may need to take antidepressant medication, but there are many other, natural approaches that can be used instead of medication, or to enhance the effectiveness of that medication if you need it. These include herbal and homeopathic remedies, diet, exercise, talking therapies, and other simple lifestyle changes."

**Overcoming Depression (3<sup>rd</sup> edition)****By Demetri, Papolos (M.D.), & Janice Papolos.**

(1997). Paperback, 432 pages.

A very informative book about depression and manic depression. A good overview of the disease and its effects on those of us who suffer with it. Some of it is a little on the technical side, but it's full of facts and explanations for those with the disease and those around them. A lot of the really spooky aspects of depression (what happens if I have to be hospitalized) are discussed in depth.

**Control Your Depression (Revised edition)****By Peter M. Lewinsohn**

(1992). Paperback.

Depression is one of the most common of all psychological problems -- nearly all of us experience mild forms of it at sometime during our lifetime. But now, with this easier-to-understand edition of a bestseller that's helped thousands regain their zest...

**Beating The Blues - A Self-Help Approach To Overcoming Depression****By S. Tanner, & J. Ball.**

(2000). Paperback.

Emphasising everyday problems and how to solve them, the authors have produced a book that is practical, humorous, down-to-earth and immensely readable. Based on cognitive therapy approach of Beck and Ellis, using self-tests questionnaires and case studies.

**Out Of The Shadows - A Guide To Understanding Depression And Its Treatment****By Ian Hickie, Tracey Davenport & Elizabeth Scott**Released as a volume in the *Australian Woman's Weekly* Health Series, in association with DepressioNet. Available from:<http://www.depressionet.com.au/books/depression/shadows.html>

Depression is recognised as a major health challenge. By 2020 it will be second only to heart disease as the leading cause of death and disability. It's a problem that blights many lives - and at last there are treatments and strategies that recognise its importance, and provide ways to restore happiness, balance and optimism.

This up-to-date guide is an excellent source of information for any person experiencing depression. It details the key features and causes of depression as well as common drug, psychological and alternative treatments. Importantly, it is a book that offers answers - and hope - to people with depression, their families and friends.

**Taming The Black Dog: A Guide To Overcoming Depression****By 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.

Modelled 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'.

***The Depression Workbook - A Guide For Living With Depression and Mania (2<sup>nd</sup> edition)***

**By Mary Ellen Copeland with contribution by Matthew McKay**

(2002). Paperback, 334 pages.

Those affected with depressive and manic depressive disorders can live fairly normal lives with proper treatment: this title provides self-help tips to supplement treatment programs, providing encouragement for self-advocacy and including recommendations for support and self-help therapy. Based on the latest research, The Depression Workbook contains interactive exercises that provide guidance on essential coping skills and help readers make real changes in their lives. This edition features a new step-by-step strategy for developing a plan to manage symptoms and stay well.

***How You Can Survive When They're Depressed: Living and Coping with Depression Fallout***

**By Anne Sheffield**

(1998). Hardcover, 306 pages.

Won a 'Books for a Better Life' Award as well as the 1999 Ken Award from the New York City affiliate of National Alliance for the Mentally Ill, and *Sorrow's Web* (Free Press, 2000) which deals with the topic of motherhood and depression. She has worked as a scientist at the Population and Development Program of the Battelle Memorial Institute and has run her own consulting firm. She lives in New York City.

Is your partner's depression undermining your happiness as a couple? After blaming yourself, losing your self-esteem, and getting angry, you may feel like walking away - even if you're still in love.

With 19 million Americans suffering from depression, you are not alone in your unhappiness. And no one knows what you're going through better than Anne Sheffield, who coined the phrase "depression fallout" in her first book, *How You Can Survive When They're Depressed*, to describe the emotional toll of depression on spouses, parents, lovers, and children. Sharing essential information, compassion, and street-smart advice, Anne Sheffield tells you:

- What you need to know about your partner's mental health and what to do about it ... for your own well-being.
- What experiences, behaviors, and feelings are "normal" when dealing with depressive illness.
- How to overcome your sense of helplessness and take charge of your life.
- Ways to restore your optimism, peace of mind, and sense of humor.
- Where to find a community of peers to offer ongoing support.

**Breaking the Patterns of Depression****By Michael Yapko**

(1998). Paperback, 384 pages.

This is a good book that talks about the many different aspects of life that can lead to depression. This book includes many exercises and points for consideration as well as encouragement to change the way you think or feel.

**Dealing with Depression: A commonsense guide to Mood Disorders (2<sup>nd</sup> edition)****By Gordon Parker**

(2002). Paperback, 160 pages.

This is a comprehensive overview of types of depression and their treatment, written by the Head of the Black Dog Institute in Randwick.

**Depression and How to Survive it.****By Milligan, Spike.**

(1994). Paperback.

Spike Milligan reveals the dark side of his life in this book which is co-written with his psychiatrist Anthony Clare. He recalls the traumas of his childhood, his highly-strung mother, his largely absent father, the cruelties of a colonial upbringing and of sadism towards animals, the break-up of his first marriage, the mortar bomb which blew him up in Italy and the overwork which gave him a mental breakdown during the "Goon Show". This book charts the development of this depression and his strategies for dealing with it were improvised, as both when he would get drunk with Peter Sellers, and clinically in his discussions with Clare. Spike Milligan's previous books include "Silly Verse for Kids" and "Where have all the Bullets Gone?". Anthony Clare is the author of "Psychiatry and General Practice" and presents the BBC Radio series, "In the Psychiatrist's Chair".

**Understanding Depression: what we know and what you can do about it.****By DePaulo, J. Raymond, (MD), Horvitz, L.A., & Jamison, K.R.**

(2002). Hardcover, 304 pages. (Also available in Paperback).

**Review from *Publishers Weekly*:**

"No one system, organ, or other factor is responsible for depression not one steroid, not one gene, not one neurotransmitter, and not a lesion on one side of the brain or the other. What we seem to have is... a stew with lots of different and exotic ingredients." So explains DePaulo (How to Cope with Depression), psychiatry professor and director of the Affective Mental Disorders Clinic at the Johns Hopkins School of Medicine, in this thoughtful, exhaustive reference on depression for general readers.

DePaulo covers all aspects of the illness what it feels like; who tends to have it (women are two or three times more likely to be diagnosed than men, not necessarily the same thing); the biology of depression; possible courses of therapy; and psychopharmacology. DePaulo also discusses bipolar disorder (manic depression), and he covers both mainstream and alternative treatments. He believes doctors should

involve family and friends of the patient (which, though ideal, is probably impractical for doctors on most health-care plans), and explains how the children and other family members of those with depression are affected by the disease. The chapters on finding the right treatment and how doctors make diagnoses will be extremely useful for those suffering from the disease. Though some of the writing is a touch sloppy and clunky, readers will find this an invaluable resource.

***Getting your life back: the complete guide to recovery from depression.***

**By Wright, Jesse, H., & Basco, M.R.**

(2002). Paperback, 400 pages.

If you're reluctant to seek professional help for depression, try reading *Getting Your Life Back*. Written by Jesse Wright, M.D., a psychiatrist and founding president of the Academy of Cognitive Therapy, and Monica Basco, Ph.D., a clinical psychologist, the book is a do-it-yourself handbook for the blue. It helps assess the severity of depression and offers information on its cognitive, behavioral, biological, social and spiritual aspects. And readers who may still require professional help will be better equipped to benefit from the therapies available.

***The Depression Sourcebook (2<sup>nd</sup> edition).***

**By Quinn, Brian (PhD).**

(2000). Paperback, 288 pages.

*The Depression Sourcebook* is a complete guide to understanding mood disorders, including what can be done to lessen symptoms and alleviate suspected causes. This revised second edition provides new information on psychotherapy, bipolar disorders, depression in children and elderly people, medications, and treatment options such as exercise and nutrition.

***When words are not enough: how to choose what's right for you.***

**By Raskin, V. D.**

(1997). Paperback, 336 pages.

***Review from the inside flap:***

One in four women will experience clinical depression, anxiety, or premenstrual depression in her lifetime. The good news is that popular new prescription drugs like Prozac and Xanax bring much needed relief. The bad news is that many physicians and therapists are unaware of common issues for women. As medical treatment for depression and anxiety has become simpler, more and more general practitioners are prescribing antidepressants, often with little background in the non-medical alternatives or complex mind-body interactions.

***Beating the blues: Self Help for Depression (Headline Health Kicks).***

**By McConville, B.**

(1996). Paperback.

Taking you through the numerous ways you can help yourself to overcome depression, this book shows you that there is much you can do to promote your own well being and stay positive - even when you feel in the depths of despair.

**Surfing the blues: a Guide to Understanding and Coping with Mood Disorders, Panic Attack and Manic-Depressive Illness.**

**By Rzecki, Catherine.**

(1998). Paperback, 224 pages.

Combining a personal history with a medical explanation, this is an account of the author's experience of the devastating effects of manic depression, anxiety and panic attacks. The book is intended as an aid for the sufferers of mood disorders, as well as their family and friends

**When someone you love is depressed: how to help your loved one without losing yourself.**

**By Rosen, L.E., & Amador, X.**

(1997). Paperback, 272 pages.

Industry Recommended. If someone you love is depressed, or you are close to a depressed person, you are at a much higher risk of developing problems yourself, including anxiety, phobias, and even a kind of contagious depression. Through compelling real life stories and step by step advice, Rosen and Amador show how you can express your feelings and get your needs met while strengthening your relationship; how you can provide the kind of support that is most helpful in recovery from depression; and how you can encourage the depressed person to seek treatment.

**Depression : The Need to Go Within (e-book)**

**By Susan Dunn, M.A,**

*Electronic-book, available from:*

*(<http://www.webstrategies.cc/ebooklibrary.html#depression>)*

Depression isn't just "feeling sad". Depression has many faces.... In fact we might call it a "syndrome" because it acts different ways on different people.

It can be irritability, lethargy, sadness, feeling hopeless, giving up, losing interest in people and things, inability to maintain eye contact, hyperactivity, out-of-control temper, hostility, wanting to sleep all the time, not being able to sleep at all, obsessing or not being able to focus, compulsive acts or not wanting to do anything, eating too much or too little, smoking or drinking. It affects memory, mood, disposition, personality and behavior. It affects every aspect of our lives, negatively.

With a review of the current research, resources, remedies, and personal anecdotes, Susan makes sense out of this confusing way of being that can deprive us of enjoyment in life itself.

## ADOLESCENT DEPRESSION

### **Adolescent Depression: A guide for Parents**

**By Francis Mark Mondimore**

(2002). Paperback, 304 pages.

Depression in adolescents is an illness. A trusted psychiatrist describes the danger signs and explains the treatments.

### **Keys to Understanding Depression: Question & Answer About Depression**

**By Dr. Michael Yapko**

(2002). Paperback, 129 pages.

Available from: (<http://www.writtenword.com.au/writtenword/Bookshop.asp?Id=836>)

In Understanding Depression, Dr Michael Yapko, a leading expert on depression, answers 70 of the most commonly asked questions about the subject.

This exceedingly clear question and answer book about depression offers current and practical information in a hurry to help your loved ones through rough times. Michael Yapko has removed all the 'psychobabble' by keeping answers brief and to the point, making compelling reading for anyone who is eager to understand the subject of depression.

Understanding Depression is for the person who wants to know right now what depression is about, and what it will take to get things to improve. In this book you will learn what is known about depression in practical no-nonsense terms.

### **Stress and Depression in children and teenagers**

**By Vicky Maud**

(2003). Paperback, 112 pages.

"This book is a 'must' for any parent. Practical, down to earth and full of helpful advice gleaned from years of experience, it is written with an in-depth understanding of the pressures and stresses facing modern-day children and teenagers.

Vicky Maud, a parent and one of Britain's busiest agony aunts, writes with a knowing grasp of the realities of parenthood. In this book she covers a wide range of topics including school-related problems, bullying, self-image, drugs and relationships. Her approach is informed, concerned and above all positive, while the many examples from her work, including the voices of children and teenagers, add poignancy and depth."

'Vicky Maud's insightful and sensitive approach to depression has helped a great number of people deal with what can often be a frightening illness. We are delighted that Vicky has now focused her attention on depression in young people and are sure that her book will bring relief to the many who suffer in silence.'

## OBSESSIVE COMPULSIVE DISORDER

### **Obsessive – Compulsive Disorders: A Complete Guide to Getting Well and Staying Well**

**By Fred Penzel Ph.D**

(2000). Hardcover, 448 pages.

This book is the largest and most complete self-help book to date on the subject of obsessive-compulsive disorders. It is intended as a guide for those who suffer from these disorders, as well as their families. The book can be used either to design your own self-help program, or to get information necessary to finding proper and effective treatment. Included in the book is extensive coverage of behavioral therapy, medical treatment and side effects, the treatment of children, relapse prevention, the philosophical issues of recovery, and family issues. There are also complete listings of support groups, inpatient treatment centers, and printed and online resources. Detailed symptoms checklists which can be used when seeking treatment are another unique feature of this book.

### **Getting Control: Overcoming Your Obsessions and Compulsions**

**By Lee Baer Ph.D.**

(2000). Paperback, 272 pages.

An internationally known expert and Harvard Medical School professor offers an up-to-date guide for treating Obsessive-Compulsive Disorder. Six million Americans 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. 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)**

**By Edna B. Foa, Reid Wilson.**

(2001). Paperback, 253 pages.

Once considered almost untreatable, OCD is now known to be a highly treatable disorder using behaviour 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.

***Tormenting Thoughts and Secret Rituals: The Hidden Epidemic of Obsessive Compulsive Disorder (1999)***

**By Ian Osborn.**

(1999). Paperback, 336 pages.

"I am a licensed psychologist and a patient with obsessive compulsive symptoms. For over five years I have voraciously consumed the available literature to get help for myself and my clients. This book is a must have. Nothing I have read has been better. Dr. Osborn's magic is in letting himself shine through as a fellow sufferer who is a deeply compassionate practitioner. His case studies show many of the subtle faces of OCD and give us insight into the suffering this disorder can bring.

A real highlight of the book is when he lets his group therapy patients speak to us through their ten strategies for coping with OCD. This is a six star book."

***The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder***

**By Bruce M. Hyman Ph.D., & Cherry Pedrick R.N.**

(1999). Paperback, 198 pages.

Obsessive-compulsive disorder is characterized by the presence of recurrent, intrusive thoughts, impulses, or images (obsessions) or repetitive behaviors or mental acts (compulsions). Symptoms include fear of contamination; excessive hand-washing; persistent, exaggerated thoughts of imaginary danger; and compulsive checking and counting rituals. Such symptoms can become so time-consuming and debilitating that they may have devastating consequences.

Research has established that a combination of medication and cognitive-behavioral therapy is the optimal treatment for OCD. Bruce Hyman and Cherry Pedrick have created an intensive, self-directed program that teaches a person with OCD how to block or postpone rituals, reduce fears, and change unhealthy thought patterns. Included are self-assessments, ways to enlist the help of family and friends, and approaches to overcoming specific disorders.

***Brain lock: free yourself from obsessive-compulsive behavior: a four-step self-treatment method to change your brain chemistry.***

**By Jeffrey M. Schwartz, with Beverly Beyette.**

(1997). Paperback, 256 pages.

Through the real-life stories of actual patients, this breakthrough bestseller (more than 40,000 hardcover copies sold) offers obsessive-compulsive disorder (OCD) sufferers a simple four-step program to overcome OCD without the use of drugs.

## POST TRAUMATIC STRESS DISORDER

### *Post Traumatic Stress Disorder. The invisible injury, 2005 edition*

**By David Kinchin**

(2001). Paperback.

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*

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

(2002). Paperback, 237 pages.

In the PTSD workbook, two psychologists and trauma experts gather together techniques and interventions to offer trauma survivors the most effective tools available to conquer their most distressing trauma-related symptoms.

### *Post-Traumatic Stress Disorder Sourcebook*

**By Glenn R. Schiraldi**

(2000). Paperback, 446 pages.

"I had gone through so much sadness, suffering and despair before coming across this book by chance. When I started reading it, it was as if I had awakened from a long coma, as if I was stepping out of a thick fog. Finally everything was starting to make sense! Schiraldi's writing style is clear and to the point, friendly without being patronizing. His description of the illness and treatment methods inspired me strength and confidence, now I know I can beat this thing! I very highly recommend this book to anyone who suffers from PTSD, as well as to all those who study this illness, there's much to learn from it."

### *Trauma and Recovery*

**By Judith Herman (MD).**

(1997). Paperback, 290 pages.

"This was one of the first books my psychiatrist suggested I read, and I've by now given several copies to friends. My PTSD became full blown when, 9 months after my car accident I was still trying to recover from what had been a misdiagnosed broken neck. I'm fortunate to have found a skilled therapist who values Dr. Herman's work and who recognized in me signs and symptoms of older betrayals. This is an important work."

**Life After Trauma: A Workbook for Healing****By Dena Rosenbloom, Mary Beth Williams, Barbara E. Watkins**

(1999). Paperback, 352 pages.

Fantastic workbook for working through all types of trauma. Basic areas covered include what trauma is and common reactions; ways of coping after the trauma; making sense of your posttraumatic reaction; feeling and being safe; how trust can be an issue after trauma, thinking through beliefs about trust; regaining control over your life; valuing yourself and others, self esteem issues; feeling close to others, intimacy issues; and coping with stress. I cannot recommend this workbook enough if you are ready to work at your own pace on working through your trauma(s). "The authors have written an important book for people recovering from traumatic life experiences. Its outline and helpful guidelines set the stage for healing. Its practical suggestions, exercises, and bibliography can be a source of inspiration and knowledge for those walking this difficult path.

**Children of Trauma: Rediscovering Your Discarded Self****By Jane Middleton-Moz**

(1989). Paperback, 104 pages.

"Imagine what it would be like to become the healthiest person you could be... This is the inherent right of each individual but when lingering emotional trauma from our childhood blocks the normal developmental process, we get stuck. As each of us strives to become the healthiest person we possibly can, we will have to come face-to-face with emotional fears that may be the result of traumatic childhoods. Although that journey may be paved with the pain of unresolved grief and unrecognized loss, this book will serve as the map to guide you and help you rediscover your discarded self... the best self you were always meant to be."

**Posttraumatic Stress Disorder: The Victim's Guide to Healing and Recovery****By Raymond B., Jr., Ph. D. Flannery**

(2004). Paperback, 232 pages.

Raymond B., Jr. Flannery "These acts result in psychological trauma with its states of terror and fear, and symptoms that may include hypervigilance, exaggerated startle response, sleeplessness, and recurring intrusive memories of the event. Such events and their aftermath often lead to avoidance of the traumatic situation and withdrawal from other life activities as well. In time, psychological trauma becomes Post-Traumatic Stress Disorder (PTSD), and the effects of PTSD, if left untreated, may last until death. It need not be this way. There are good interventions that victims can utilize for themselves and with their therapists. For many years, my victim patients asked where they could learn more about PTSD. Since there was no book on the topic, I wrote this one so that the basic information about psychological trauma and PTSD would be available. Many victims and their therapists have found this book to be of remarkable help."

**Why Am I Still So Afraid? Understanding Post Traumatic Stress Disorder****By John W. Barnhill, R. K. Rosen, & Roger Granet.**

(1999). Paperback, 192 pages.

Nightmares...headaches...intense reactions you don't understand... Are you unable to "let go" of fear? Do you suffer from depression? Anxiety? Self-destructive tendencies?

It can be a smell, a place, a certain color, or any other "trigger" that results in overwhelming anxiety or fear. If this has happened to you, you may be one of the twenty million Americans suffering from post-traumatic stress disorder. Victims of combat, violent crime, domestic or sexual abuse, or natural disasters often block out the trauma that left them feeling helpless, powerless, and vulnerable. The result can be crippling feelings of alienation, anger, and self-blame. Now this caring, comprehensive guide explains the complex symptoms of this highly treatable disorder and how sufferers can regain happiness and balance in their lives. Find out about:

- The personality types and career choices that put you at the greatest risk
- The kinds of trauma that cause PTSD and the cyclical nature of its symptoms
- Breakthrough therapies and how to choose the one that's right for you
- Information on alternative treatments, plus new techniques for anger management, relaxation, and desensitization to regain feelings of control and move forward with your life

**Copshock: Surviving Posttraumatic Stress Disorder (PTSD)****By Allen R. Kates**

(1999). Paperback, 472 pages.

Through gripping stories, extensive research and over 200 support sources, CopShock helps law enforcement officers, their families and all other trauma sufferers survive PTSD. A book for active duty or retired cops, police recruits, war veterans, corrections officers, paramedics, firefighters, nurses, doctors, security guards, crime victims--anyone suffering from trauma.

**SELF-ESTEEM**

**Creating Confidence: The Secrets of Self-Esteem**

**By Rex Johnson and David Swindle**

(1995). Paperback, 137 pages.

This text explains clearly how to build self-esteem. It offers practical suggestions, examples and exercises, aiming to help the reader feel more relaxed and more motivated, so he/she exudes confidence.

**Feeling Good: The New Mood Therapy**

**By David D. Burns (M.D)**

(1999). Paperback, 736 pages.

This excellent book of general cognitive-behavioural exercises deals with anxiety problems, depression, and relationship difficulties.

**The Self-Esteem Workbook**

**By Schiraldi, G.R. (Ph.D), McKay, M., & Fanning, P.**

(2001). Paperback, 190 Pages.

A companion guide to “Self-Esteem”. A simple effective program for mastery of liking yourself, conquering self-doubt and seeing your core worth.

**Review from Amazon.com:**

A host of dysfunctional and self-destructive patterns arise at minor and acute levels if an individual dislikes him- or herself. Despite the importance of self-esteem, surprisingly little attention has been focused on building it directly, until now. Designed in an easy-to-use format, The Self-Esteem Workbook presents a course in self-esteem based on new research and sound principles. Checklists, fill-ins, and exercises show readers how thoughts, emotions, physical health, and behaviour impact their self-esteem. Periodic checkups help them gauge their progress, and final sections offer strategies for preventing relapse.

**The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships**

**By Randy Paterson (PhD)**

(2000). Paperback, 200 pages.

**From the publisher: (edited)**

Humans are not meant to be invisible, or to live as reflections of the lives of others. Extinguishing the self is not an option. It leads to greater fear, more helplessness, sharper resentment, and deeper depression.

In this workbook you will learn about many of the basic skills and ideas involved in being more fully present in your world and your life. Many of these skills you already

know. Some may be new. In order to bring them into your life it will take practice and effort. This self-directed program teaches readers to speak up and say what they mean at work and at home.

Written supportively, it uses proven cognitive behavioural techniques to help individuals build self-confidence, set boundaries, and determine appropriate responses.

**The Complete Self-Esteem Workbook (e-book)**

**By Dr. R Anfield**

*Electronic book, available from:*

*([http://www.the-anfield-institute-of-personal-development.com/Self\\_Esteem.html?hop=happysite](http://www.the-anfield-institute-of-personal-development.com/Self_Esteem.html?hop=happysite))*

You are searching for better self esteem, greater confidence and a more positive self image. There are solutions to all of those things; many people have felt the same way in the past and have now successfully overcome those fixed frames of mind and attitudes which held them back and seemed so permanent at the time. Suffering from low self esteem is a very frustrating thing, as you sink lower into it, the world around you and any way out of the situation seems to close up around you.

You are blocked and confined and feel unable to be who you know you are underneath it all. It is all well and good to give yourself a pep talk, to pull yourself together and try to view your life differently. But we all know that that approach has a limited and temporary result.

You want to break free from this fixed frame of mind once and for all, you want to have real pride in who you are and you want to have the confidence to push yourself into life and to win. The Complete Self-Esteem Workbook gives you a practical and structured solution to low self esteem which tackles the problem at the root and allows you to make progress which you will not fall back from.

**Ten Days to Self-Esteem**

**By David D., M.D. Burns**

(1999). Paperback, 336 pages.

Do you wake up dreading the day?

Do you feel discouraged with what you've accomplished in life?

Do you want greater self-esteem, productivity, and joy in daily living?

If so, you will benefit from this revolutionary way of brightening your moods without drugs or lengthy therapy. All you need is your own common sense and the easy-to-follow methods revealed in this book by one of the country's foremost authorities on mood and personal relationship problems.

In Ten Days to Self-esteem, Dr. David Burns presents innovative, clear, and compassionate methods that will help you identify the causes of your mood slumps and develop a more positive outlook on life. You will learn that

You FEEL the way you THINK: Negative feelings like guilt, anger, and depression do not result from the bad things that happen to you, but from the way you think about these events. This simple but revolutionary idea can change your life!

***I'm Ok - You're Ok***

**By 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.

## MEDITATION

***Meditation: Achieving Inner Peace and Tranquillity in Your Life (Little Books and CDs)*****By Brian L., MD Weiss**

(2002). Hardcover, 64 pages – Book &amp; CD edition.

***How to Meditate: A Guide to Self-Discovery*****By Lawrence LeShan**

(1999). Paperback, 240 pages.

Meditation "is an ageless human experience that has been discovered and explored and used in every period and every culture that we know about," writes Lawrence LeShan, a psychotherapist and scholar. LeShan discusses the psychological and physiological effects of meditation.

***Instant Calm: Over 100 Easy-to-use Techniques for Relaxing Mind and Body*****By Paul Wilson**

(1999). Paperback, 322 pages.

This book is about crisis control, about restoring your sense of well-being when things go wrong. Within the pages of this book are over a hundred of the most powerful calming techniques known, from the wisdom of ancient civilizations to the discoveries of modern research. The techniques include meditation, acupuncture, self hypnosis, psychotherapy, aromatherapy, exercise, diet and music. *Instant Calm* contains immediate, effective methods of relaxation, and practical strategies for dealing with emergencies, and long-term remedies for eliminating stress, tension and negativity.

It contains over 100 easy-to-use techniques for relaxing body and mind. In entertaining, easy-to-follow language, here are over a hundred ingenious shortcuts to calm - gleaned from the wisdom of ancient civilizations to the discoveries of modern science. Paul Wilson's solutions are based on meditation, acupuncture, self-hypnosis, psychotherapy, aromatherapy, exercise, diet and much, much more. Better still, they work! *Instant Calm* is packed with fast-acting relaxation techniques as well as long-term remedies for eliminating stress, tension and negativity from your life.

***Help Yourself and Your Child to Happiness: Skills for the Natural Management of Stres*****By Pauline Mckinnon**

(1991). Paperback, 144 pages.

Why meditate? For Pauline McKinnon the answer is simple: to make life happier. Stress is an all too common problem. Meditation is a surprisingly simple – and natural – solution. The sooner we begin to make use of it the better. Hence the need to offer this solution to our children. It is a guide for all who seek happiness and in particular for parents and teachers to help them pass on this simple and valuable skill.

## SLEEP DISORDERS

### ***The Good Sleep Guide: 10 Steps to Better Sleep and How to Break the Worry Cycle***

**By Dr. Timothy J. Sharp (PhD)**

(2003). Paperback, 270 pages.

The Good Sleep Guide discusses the nature of sleep problems and in ten easy-to-follow chapters, helps the reader to discover how to finally achieve a good night's sleep. Particular attention is paid to conquering the worry and racing thoughts that are all too familiar to so many busy and highly stressed people.

Topics discussed include the importance of sleep, the role of diet, medication, caffeine and alcohol, time management, relaxation techniques and how to establish a sleep routine. Issues such as jetlag, shift work and dealing with the loss of sleep after the birth of a baby are also covered. Case studies, sprinkled throughout the chapters, give striking examples of common situations faced by the wakeful and sleepless.

### ***How To Sleep Easy: the latest non-drug treatments for sleep disturbances***

**Dr Leon Lack, Dr Helen Wright, & Dr Helen Bearpark.**

*Released as a volume from the Australian Woman's Weekly Health Series, in association with DepressioNet. Available from:*

*([http://www.depressionet.com.au/books/depression/sleep\\_easy.html](http://www.depressionet.com.au/books/depression/sleep_easy.html))*

One person in three suffers from insomnia, and for about half of these people it is a major problem in life. One of the keys to successful treatment is to identify the causes of your insomnia. In this book you will find information that helps you do that, and many scientifically proven techniques to help you improve your sleep.

### ***No More Sleepless Nights***

**By Hauri, P., Dr., & Linde**

(1996). Hardcover, 304 pages.

A proven program to conquer insomnia.

Dr. Peter Hauri has spent his entire professional career in the scientific study of sleep disorders, and is probably the world's leading authority on insomnia. This book tells you everything you ever wanted to know about sleep - or lack of it. The program, based on the one used at the Mayo Clinic Sleep Disorders Centre, consists of many different recommendations and approaches. The strength of the program lies in the fact that you are given a scientific method by which you can evaluate what will and what will not, help in your own case. What you end up with is a highly personalised treatment program that you have in essence devised for yourself.

**Power Sleep: The Revolutionary Program That Prepares Your Mind for Peak Performance**

By Maas, J.B., Wherry, M.L., Axelrod, D.J., Hogan, B.R., & Bloomin, J.  
(1999). Paperback, 320 pages.

**Snoring and Sleep Apnea: Sleep Well, Feel Better**

By Pascualy, R.A. (MD), & Soest, S.W.  
(2000). Paperback, 272 pages.

**67 Ways to Good Sleep: A People's Medical Society Book**

By Inlander, C.B., & Moran, C.K.  
(1996; reprint edition). Paperback.

***Midwest Book Review:***

Insomnia and sleep disorders plague a variety of individuals: this provides a collection of proven advice on getting to sleep and staying there; from avoiding foods which are too stimulating to obtaining counselling for depression and other mental conditions.

**Concise Guide to Evaluation and Management of Sleep Disorders, Third Edition**

By Reite, M., Ruddy, J., & Nagel, K.  
(2002). Paperback, 293 pages.

***Review by British Journal of Psychiatry***

This concise guide is packed with information. It contains all the average physician needs to know about sleep disorders

**100 Questions About Sleep and Sleep Disorders**

By Sudhansu, Md. Chokroverty  
(2001). Paperback, 110 pages.

This text answers common questions in easy and clear language. It discusses: What is snoring? What causes insomnia? How is sleep affected by health problems? What is sleep apnea? Which medications cause excessive sleepiness or sleeplessness? And what are the best treatments for restless leg.