

## Reading List

We thought it might be helpful to put together a list of books that have been compiled by the Doctors and Therapists in our office. We cannot make claims as to the usefulness or quality of a book, as that is both a personal assessment by individual readers.

### **ADHD Disorders:**

*Driven to Distraction*, by Edward Hallowell  
*Living with A.D.D. Workbook*, by M.S. Roberta and G.J. Jansen  
*You Mean I'm Not Lazy, Stupid, or Crazy?*, by Kate Kelly  
*Treating Addicted Survivors of Trauma*, by Katie Evans  
*ADD & Romance*, by Jonathan Halverstadt  
*Super-parenting for ADD*, by Edward Hallowell  
*A.D.D. on the Job*, by Lynn Weiss  
*10 Simple Solutions to Adult ADD*, by Stephanie Sarkis  
*Adult ADD: The Complete Handbook*, by David B. Sudderth

### **Alcohol/Addictions and the Family:**

*Codependent No More*, by Melody Beattie  
*Beyond Codependency*, by Melody Beattie  
*Languages of Letting Go (daily meditations)*, by Melody Beattie  
*Getting Love Right*, by Terence Gorski  
*You Mean I Don't Have to Feel This Way? New Help for Depression, Anxiety, and Addiction*, by Colette Dowling  
*The Dilemma of Alcoholic Marriage*, by Al-anon Family Group Head Inc.  
*Under the Influence*, by James Milman  
*Adult Children of Alcoholics*, by Janet Woititz  
*Boundaries*, by Henry Cloud  
*Boundaries with Kids*, by Henry Cloud  
*Boundaries in Marriage*, by Henry Cloud and John Townsend  
*Addictive Relationships: Reclaiming Your Boundaries*, by J. Miller  
*The Craving Brain*, by Ron Ruden  
*Out of the Shadows: Understanding Sexual Addiction*, by Patrick Carnes

### **Anxiety:**

*Anxiety and Its Treatment*, by J. Greist M.D.  
*The Anxiety Cure*, by R. Dupont  
*Panic Disorder: The Medical Point of View*, by William Kernodle  
*Coping With Anxiety*, by Edward Bourne  
*Anxiety and Phobia Workbook*, by Edward Bourne  
*The Hidden Face of Shyness Understanding & Overcoming Social Anxiety*, by Franklin Schneier  
*The Anxiety and Phobia Workbook*, by Edmund J. Bourne  
*The Relaxation and Stress Reduction Workbook*, by Martha Davis

### **Bipolar Disorder:**

*Touched with Fire*, by Kay Jamison  
*The Bipolar Workbook*, by Monica Bosco  
*New Hope for Bipolar Disorder*, by Jan Fawcett  
*Mood Swings*, by Paul Muir  
*Bipolar Disorder*, by Francis Mondimore  
*An Unique Mind (memoir)*, by Kay Jamison  
*The Best Awful (memoir)*, by Carrie Fisher  
*Detour (memoir)*, by Lizzie Simon  
*Brilliant Madness*, by Patty Duke  
*Bipolar Survivor Guide*, by David Mikloweitz  
*Wishful Drinking*, by Carrie Fisher

### **Borderline Personality Disorder:**

*Skills Training Manual for Treating Borderline Personality Disorder*, by Marsha Lineham  
*Surviving a Borderline Parent*, by Kimberlee Roth  
*Female Survivors of Sexual Abuse*, by C. Baker  
*I Hate You, Don't Leave Me*, by Jerold Kreisman  
*Acquiring Competency and Achieving Proficiency with Dialectical Behavior Therapy, Volumes I and II: The Clinician's Guidebook/The Worksheets*, by Cathy Moonshine

### **Depression/Self Help/Life:**

*When Someone You Love is Depressed*, by Laura Rosen  
*The Mindful Way Through Depression*, by Williams Teasdale  
*Darkness Visible*, by William Styron  
*Lincoln's Melancholy*, by Josh Shenk  
*The Feeling Good Handbook*, by David Burns  
*The Mindful Way Through Depression*, by Mark Williams  
*Self-Coaching: How to Heal Anxiety and Depression*, by Joseph J. Luciani  
*Brain Rules*, by John Medina  
*The Divided Mind*, by John Sarano

### **Domestic Violence/Anger Management/Abuse:**

*Angry Men & Women Who Love Them*, by Paul Hegstrom  
*The Dance of Anger*, by Harriott Lerner  
*Angry Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse*, by M. Lew  
*Angry All the Time*, by Ron Potter-Efron  
*Families in Recovery*, by Beverly Engel  
*How Long Does It Hurt? A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families*, by Cynthia L. Mather  
*Survivors Guide to Sex: How to Have an Empowered Sex Life After Child Sexual Abuse*, by Stacie Haines  
*Man Enough*, by Frank Pittman

### **Eating Disorders:**

*Eating Mindfully*, by Susan Albers  
*Breaking Free from Compulsive Eating*, by Loeneen Roth  
*Feeding the Hungry Heart*, by Loeneen Roth  
*The Appetite Awareness Workbook*, by Linda H. Craighead  
*The Body Image Awareness, Wk.*, by Thomas F. Cash  
*Home Sick*, by Jenny Lauren  
*The Secret Language of Eating Disorders: How You Can Understand and Work to Cure Anorexia and Bulimia*, by Peggy Claude-Pierre  
*Surviving an Eating Disorder*, by Michelle Siegel

**ECT:**

*Shock (memoir)*, by Kitty Dukokis  
*Undercurrents (memoir)*, by Martha Manning

**EMDR:**

*EMDR Solutions: Pathways to Healing*, by Robin Shapiro  
*Eye Movement Desensitization and Reprocessing (EMDR), Second Edition: Basic Principles, Protocols, and Procedures*, by Francine Shapiro

**Geriatrics:**

*Coping with Difficult Older Parents*, by Grace Lebow  
*The 36-Hour Day: A Family Guide to Caring for People with Alzheimer Disease*, by Nancy L. Mace  
*How to Care for Aging Parents*, by Virginia Morris  
*The Complete Eldercare Planner, Second Edition: Where to Start, Which Questions to Ask, and How to Find Help*, by Joy Loverde  
*A Caregiver's Survival Guide: How to Stay Healthy When Your Loved One is Sick*, by Kay Marshall Strom  
*A Caregiver's Guide to Alzheimer's Disease: 300 Tips for Making Life Easier*, by Patricia R. Callone

**Grief:**

*How to Survive the Loss of a Love*, by M. Colgrove  
*In the Letting Go: Words to Heal the Heart on the Death of a Mother*, by Jonathon Lazear  
*Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies*, by T J Wray  
*Good Grief*, by Granger Westberg  
*When Men Grieve*, by E. LaVana

**Life Philosophies/Spiritual:**

*The Road Less Traveled*, by Scott Peck  
*Constructive Living*, by David K. Reynolds  
*Mastering Life Energies*, by Maria Nemeth  
*The Four Agreements*, by Don Miguel Ruiz  
*Battlefield of the Mind*, by Joyce Meyer  
*Any Way-The Paradoxical Commandments*, by Kent Keith  
*Finding Personal Meaning in a Crazy World*, by Kent M. Keith  
*Turning Suffering Inside Out*, by Darlene Cohen  
*Don't Sweat the Small Stuff Workbook*, by Richard Carlson  
*My Grandfathers Blessings*, by Rachel Remen

**Marriage/Relationships:**

*The Seven Principles for Making Marriage Work*, by John Gottman  
*After the Affair*, by Janis Abrahams Spring  
*Divorce in Nebraska*, by Susan Ann Koenig  
*Fighting for Your Marriage*, by Howard Markman  
*The Five Languages of Apology*, by Gary Chapman  
*Complete Guide to a Healthy Relationship*, by Jody Koriensky  
*Love and Respect*, by Emerson Eggerichs  
*The 5 Languages of Love*, by Gary Chapman  
*Sheet Music*, by K. Leman  
*Divorce and New Beginnings*, by Gary Chapman  
*A Complete Guide to Communication*, by J. Gottman  
*Divorced Families*, by Ahrons  
*Family*, by John Bradshaw  
*Love is Never Enough*, by A.T. Beck  
*Helping Children Cope with Divorce*, by M. Gary Neuman  
*The High Conflict Couple*, A. Fruzzetti

**Mindfulness:**

*Wherever You Go There You Are*, by Jon Kubat-Zinn  
*The Miracle of Mindfulness*, by Thich Nhat Hahn  
*Awareness*, by Anthony De Mello

**OCD:**

*The OCD Workbook*, by Bruce Hyman  
*Stop Obsessing*, by Foa and Wilson  
*Brain Lock*, by Jeffery Schwartz  
*When Perfect Isn't Good Enough*, by Martin Antony  
*The Boy Who Couldn't Stop Washing*, by Judith Rappoport

**Parenting:**

*Common Sense Parenting*, by Raymond Burke  
*Parent Power*, by John Rosemond  
*The Six Point Plan*, by J. Rosemond  
*The 7 Worst Things Parents Do*, by J. Friel  
*The 7 Principles for Making Marriage Work*, by J. Gottman  
*Setting Limits*, by Dr. Robert McKenzie

**Psychosis:**

*Surviving Schizophrenia*, by E. Fuller Torrey

*Welcome Silence*, by Carol Norte

*The Center Cannot Hold (memoir)*, by Elyn R. Saks

*The Lost Years*, by Christina Alexandra

**Social Skills/Self Esteem:**

*How to Win Friends and Influence People*, by Dale Carnegie

*What Does Everyone Know That I Don't?*, by M. Novotni

*Emily Post's Etiquette*, by P. Post

*10 Simple Solutions to Shyness*, by Martin Antony

*The Dance of Intimacy*, by Harriet Lerner

*Self Assertion for Women*, by P. Carnes

*Women and Self-Esteem*, by L.T. Sanford

*Self Forgiving Handbook*, by Thom Rutledge

*Goodbye Mother Hello Woman*, by Marilyn Boynto

*The Procrastinator's Handbook*, by Rita Emmel