


Dr. Lillian Esses

Suggested Reading

Addictions

Getting Them Sober.

Toby Rice Drews (1994)

In the Realm of Hungry Ghosts.

Gabor Mate (2008)

The Addiction Workbook: A Step-By-Step Guide to Quitting Alcohol and Drugs.

Patrick Fanning & John Terence O'Neill (1996)

The Enabler: When Helping Harms the Ones You Love.

Angela Miller (1988)

Rational Recovery: The New Cure for Substance Addiction.

Jack Trimpey (1996)

Anger

Act on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger.

George Eifert, Matthew McKay & John Forsyth (2006)

Anger is a Choice.

Tim LaHaye and Bob Phillips (1982)

Angry All the Time: An Emergency Guide to Anger Control.

Ron Potter-Efron (2004)

Dr. Weisinger's Anger Workout Book.

Hendrie Weisinger (1985)

From Anger to Forgiveness.

Earnie Larsen (1992)

Stop the Anger Now: A Workbook for the Prevention, Containment, and Resolution of Anger.

Ronald Potter-Efron (2001)

Taking Charge of Anger.

W. Robert Nay (2004)

The Anger Control Workbook.

Matthew McKay & Peter Rogers (2000)

The Dance of Anger.

Harriet Lerner (2005)

When Anger Hurts: Quieting the Storm Within.

Matthew McKay, Peter Rogers & Judith McKay (2003)

When Anger Hurts Your Kids: A Parents' Guide

Matthew McKay, Patrick Fanning, Kim Paleg & Dana Landis (1996)

When Anger Hurts Your Relationship: 10 Simple Solutions for Couples Who Fight.

Matthew McKay, Patrick Fanning, Kim Paleg & Dana Landis (1996)

Anxiety

Generalized Anxiety

10 Simple Solutions to Worry: How to Calm Your Mind, Relax Your Body and Reclaim Your Life.

Kevin L. Gyoerkoe & Pamela S. Wiegartz (2006)

Acceptance and Commitment Therapy for Anxiety Disorders.

Georg Eifert and John Forsyth (2005)

Managing Your Mind: The Mental Fitness Guide.

Gillian Butler & Tony Hope (1995)

The Anxiety Book.

Jonathan Davidson (2003)

The Anxiety Cure: An Eight-Step Program for Getting Well.

Robert L. DuPont, Elizabeth DuPont & Caroline DuPont (2003)

The Anxiety and Phobia Workbook (4th Edition)

Edmund Bourne (2005)

The Anxiety and Worry Workbook: The Cognitive Behavioral Solution.

David Clark & Aaron T. Beck (2012)

The Relaxation and Stress Reduction Workbook (5th Edition)

Martha Davis, Elizabeth Eshelman & Matthew McKay (1995)

The Worrywart's Companion: Twenty-One Ways to Sooth Yourself and Worry Smart.

Beverly Potter (2009)

Worry Control Workbook.

Mary Ellen Copeland (1998)

Obsessions and Compulsions

Freedom from Obsessive – Compulsive Disorder.

Jonathan Grayson (2003)

The OCD Workbook: Third Edition: Your Guide to Breaking Free from Obsessive-Compulsive Disorder.

Bruce M. Hyman & Cherry Pedrick (2010)

Stop Obsessing: How to Overcome Your Obsessions and Compulsions.

Edna B. Foa & Reid Wilson (2001)

Panic and Agoraphobia

An End to Panic: Breakthrough Techniques for Overcoming Panic Disorder (2nd Edition).

Elke Zuercher-White (1997)

Anxiety, Phobias, and Panic: Taking Charge and Conquering Fear (2nd Edition).

Reneau Peurifoy (1992)

Breaking the Panic Cycle: Self-Help for People with Phobias.

Reid Wilson (1987)

Don't Panic: Taking Control of Anxiety Attacks.

R. Reid Wilson (1986)

Mastery of Your Anxiety and Panic (3rd Edition)(MAP 3).

Michelle Craske & David Barlow (2000)

Overcoming Panic: A Self-Help Guide Using Cognitive Behavioural Techniques.

Derrick Silove & Vijaya Manicavasagar (2001)

Overcoming Panic Attacks: Strategies to Free Yourself From the Anxiety Trap.

Shirley Babior & Carol Goldman (1990)

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

Alec Pollard & Elke Zuercher-White (2003)

The Anxiety and Phobia Workbook (3rd Edition)

Edmund Bourne (1995)

Triumph Over Fear.

Jerilyn Ross (1995)

When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life.

David Burns (2006)

Posttraumatic Stress Disorder

Reclaiming Your Life From a Traumatic Experience (Workbook).

B. Rothman, E. Foa & E. Hembree (2007)

Seeking Safety: A Treatment Manual for PTSD and Substance Abuse.

Lisa Najavits (2002)

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

Mary Beth William & Soili Poijula (2002)

Social Anxiety

10 Simple Solutions to Shyness.

Martin Antony (2004)

Diagonally Parked in a Parallel Universe: Working through Social Anxiety.

Signe Dayhoff (2000)

Dying of Embarrassment.

Barbara Markway, Cheryl Carmin, Alec Pollard & Teresa Flynn (1995)

Overcoming Shyness and Social Phobia: A Step-by-Step Guide.

Ron Rapee (1998)

Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life.

Barbara Markway & Gregory Markway (2001)

Performance Anxiety: Overcoming Your Fear in the Workplace, Social Situations, Interpersonal Communications, the Performing Arts.

Mitchell Robin & Rochelle Balter (1994)

Shy Children, Phobic Adults: Nature and Treatment of Social Phobia.

Deborah Beidel & Samuel Turner, American Psychological Association (1997)

Social Phobia: From Shyness to Stage Fright.

John Marshall (1995)

Taking the Anxiety Out of Tests: A Step-by-Step Guide.

Susan Johnson (1997)

The Hidden Face of Shyness: Understanding and Overcoming Social Anxiety.

Franklin Schneier & Lawrence Welkowitz (1996)

The Shyness & Social Anxiety Workbook.

Martin Antony & Richard Swinson (2000)

Triumph Over Shyness: Conquering Shyness & Social Anxiety.

Murray Stein and John Walker (2001)

Specific Phobias

Flying Without Fear.

Duanne Brown (1996)

Mastery of Your Phobia.

Michelle Craske, Martin Antony & David Barlow (1995)

Overcoming Specific Phobia: A Hierarchy and Exposure-Based Protocol for the Treatment of All Specific Phobias.

Edmund Bourne (1998)

The Fearless Flyer: How to Fly in Comfort and Without Trepidation.

Cherry Hartman, Julie Huffaker & Nancy Coffelt (1995)

Assertiveness

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

Randy Paterson (2000)

When I Say No, I Feel Guilty.

Manuel Smith (1985)

Your Perfect Right: Assertiveness and Equality in Your Life and Relationships.

Robert Alberti and Michael Emmons (2001)

Attention Deficit Disorder

Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD.

Daniel G. Amen (2001)

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood.

Edward Hallowell (1995)

Bipolar Depression

Bipolar Disorder Demystified.

Lana R. Castle (2003)

The Bipolar Workbook: Tools for Controlling Your Mood Swings.

Monica Ramirez Basco (2006)

Loving Someone With Bipolar Disorder: Understanding and Helping Your Partner.

Julie Fast & John D. Preston (2012)

Why Am I Still Depressed?

Jim Phelps (2006)

Body Dysmorphic Disorder

The BDD Workbook: Overcome Body Dysmorphic Disorder and End Body Image Obsessions.

James Claiborn & Cherry Pedrick (2002)

Borderline Personality Disorder

I Hate You – Don't Leave Me.

Jerold Kreisman & Hal Stravs (1989)

Loving Someone With Borderline Personality Disorder.

Shari Manning (2011)

New Hope for People with Borderline Personality Disorder.

Neil Bockian (2002)

Stop Walking on Eggshells: Taking Your Life back When Someone You Care About Has Borderline Personality Disorder.

Paul T. Mason & Randi Kreger (2010)

Cognitive Behaviour Therapy

Mind Over Mood.

Dennis Greenberger & Christine Padesky (1995)

Ten Days to Self Esteem.

David Burns (1993)

The Cognitive Behavioural Workbook for Depression.

William Knavs (2006)

The Feeling Good Workbook.

David Burns (1989)

Thoughts & Feelings.

Matthew McKay, Martha Davis & Patrick Fanning (1997)

Conversational Skills

Conversationally Speaking: Tested New Ways to Increase Your Personal and Social Effectiveness.

Alan Garnder (1997)

How to Start a Conversation and Make Friends.

Don Gabor (2001)

Couples

After the Affair.

Janis Abrahms Spring (1996)

Boundaries In Marriage.

Henry Cloud & John Townsend (1999)

Fighting for your Marriage.

Howard Markman, Scott Stanley, Susan Blumberg (1994)

Getting the Love You Want.

Harville Hendrix (1998)

How to Improve Your Marriage Without Talking About It.

Patricia Love & Steven Stosny (2007)

How to Be An Adult In Relationships: The Five Keys to Mindful Loving.

David Richo (2002)

Love Addiction.

Pia Melody (2001)

Loving Him Without Losing You.

Beverly Engel (2000)

Obsessive Love.

Susan Forward (1991)

Passionate Marriage.

David Schnarch (1997)

Surviving Infidelity.

Rona Subotnik & Gloria Harris (1999)

The Five Love Languages: How to Express Heartfelt Commitment to Your Mate.

Gary Chapman (2004)

The Intimate Enemy.

Dr. George Bach and Peter Wyden (1968)

The Messages Workbook: Powerful Strategies for Effective Communication At Work & Home.

Martha Davis, Kim Paleg & Patrick Fanning (2004)

The Seven Levels of Intimacy.

Matthew Kelly (2005)

The Sociopath Next Door.

Martha Stout (2005)

Too Good to Leave Too Bad to Stay.

Mira Kirshenbaum (1997)

When the Past is Present: Healing Emotional Wounds That Sabotage Our Relationships.

David Richo (2008)

Depression

An Unquiet Mind.

Kay Redfield Jamison (1997)

Depressed and Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression and Anxiety.

Thomas Marra (2004)

Depression Fallout: The Impact of Depression on Couples and What You Can Do to Preserve the Bond.

Anne Sheffield (2003)

Depression: What Families Should Know.

Elaine Fantle Shimberg (1991)

Do You Have a Depressive Illness? How to tell, What to do.

Donald Klein & Paul Wender (1990)

Feeling Good: The New Mood Therapy.

David Burns (1980)

Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy.

Steven Hayes (2005)

Mind Over Mood: Change How You Feel by Changing the Way You Think.

Dennis Greenberger & Christine Padesky (1995)

Overcoming Depression (3rd Edition).

Demitri Papolos & Janice Papolos (1997)

Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back.

Christopher Martell & Michael Addis (2004)

Peaceful Mind: Using Mindfulness and Cognitive Behavioral Psychology to Overcome Depression.

John Carmona & Paula McQuaid (2004)

Ten Days to Self-Esteem.

David Burns (1992)

The 10 Best Ever Depression Management Techniques.

Margaret Wehrenberg (2010)

The Cognitive Behavioral Workbook for Depression.

William Knaus & Albert Ellis (2006)

The Depression Workbook: A Guide for Living with Depression.

Mary Ellen Copeland (2001)

The Feeling Good Handbook.

David Burns (1989)

Understanding Depression.

Donald Klein & Paul Wender (2005)

Winter Blues: Seasonal Affective Disorder – What it is and How to Overcome it.

Norman Rosenthal (1998)

You Can Beat Depression: A Guide to Prevention and Recovery.

John Preston (1989)

Your Depression Map: Finding the Source of Your Depression and Charting Your Own Recovery.

Randy Paterson (2002)

Eating Disorders

Addiction to Perfection.

Marion Woodman (1982)

Bulimia: A Guide to Recovery.

Lindsay Hall & Leigh Cohn (1999)

Gaining: The Truth After Eating Disorders.

Aimee Liu (2008)

Goodbye Ed, Hello Me.

Jenni Schaefer (2009)

Life Without Ed.

Jenni Schaefer with Thom Rutledge (2004)

Overcoming Binge Eating.

Dr. Christopher Fairburn (1995)

Surviving An Eating Disorder: Strategies for Family and Friends.

Michelle Siegel, Judith Brisman & Margot Weinschel (1997)

Women, Food and God: An Unexpected Path to Almost Everything.

Geneen Roth (2010)

Emotional Regulation

The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotional Regulation & Distress Tolerance.

Matthew McKay, Jeffrey C. Wood & Jeffrey Brantley (2007)

Inspirational

The Book of Awakening.

Mark Nepo (2011)

Finding Inner Courage.

Mark Nepo (2011)

Law Enforcement

Emotional Survival for Law Enforcement.

Kevin Gilmartin (2002)

I Love a Cop: What Police Families Need to Know.

Ellen Kirschman (2007)

Lesbian Relationships

Break Up or Break Through.

Dina Bachelor Evan (2001)

Loss

A Guide for the Bereaved Survivor.

Robert Baugher & Marc Calija (1981)

A Widow's Story.

Joyce Carol Oates (2012)

Mindfulness

Coming to Our Senses: Healing Ourselves and the World Through Mindfulness.

Jon Kabat-Zinn (2006)

Emotional Alchemy: How the Mind Can Heal the Heart

Tara Bennett – Coleman (2001)

Everyday Blessings: The Inner Work of Mindful Parenting.

Jon and Myla Kabat-Zinn (1997)

Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain and Illness.

Jon Kabat-Zinn (1990)

Loving – Kindness: The Revolutionary Art of Happiness.

Sharon Salzberg (1995)

The Mindfulness and Acceptance Workbook for Anxiety.

John Forsyth & Georg H Eifert (2008)

The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression & Create a Life Worth Living.

Kirk D. Strosahl & Patricia J. Robinson (2008)

The Mindfulness Path To Self Compassion.

Christopher Germer (2009)

The Miracle of Mindfulness

Thich Nhat Hanh (1975,1976)

Wherever You Go, There You Are.

Jon Kabat-Zinn (1994)

Mothers and Daughters

When You and Your Mother Can't Be Friends: Resolving The Most Complicated Relationship of Your Life.

Victoria Secunda (1990)

Narcissism

Disarming the Narcissist: Surviving & Thriving with the Self-Absorbed.

Wendy T. Behary (2008)

Malignant Self Love: Narcissism Revisited.

Sam Vaknin (2003)

Will I Ever Be Good Enough? Healing Daughters of Narcissistic Mothers.

Karly McBride (2008)

Pain Management

10 Simple Solutions to Chronic Pain: How to Stop Pain from Controlling Your Life.

Blake H. Tearman (2007)

Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Workbook.

John D. Otis (2007)

Parenting

1-2-3 Magic: Effective Discipline for Children 2 to 13 (3rd Edition).

Thomas Phelan (2004)

Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries and Phobias.

Tamir Chansky (2004)

Get Out of My Life but First Could You Drive Me and Cheryl to the Mall?

Anthony Wolf (1991)

Helping Your Anxious Child: A Step-by-Step Guide for Parents.

Ron Rapee, Susan Spence, Vanessa Cobham & Ann Wignall (2000)

How to Talk so Kids Will Listen and Listen so Kids Will Talk (20th Edition).

Adele Faber & Elaine Mazlish (2004)

Keys to Parenting Your Anxious Child.

Katharina Manassis (1996)

Kids are Worth It.

Barbara Coloroso (1995)

The Wonder of Boys.

Michael Gurian (1996)

Perfectionism

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism.

Martin M. Antony & Richard P. Swinson (1998)

Personal Development

A New Earth: Awakening to Your Life's Purpose.

Eckhart Tolle (2005)

Boundaries.

Dr. Henry Cloud & Dr. John Townsend (1992)

Healing Your Emotional Self: A Powerful Program to Help Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame.

Beverly Engel (2006)

Introduction to the Internal Family Systems Model.

Richard Schwartz (2001)

The Four Agreements.

Don Miguel Ruiz (1997)

The Gift of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are.

Brene Brown (2010)

The Nice Girl Syndrome: Stop Being Manipulated and Abused and Start Standing Up For Yourself.

Beverly Engel (2010)

No More Mr. Nice Guy.

Robert Glover (2005)

Self Matters.

Phillip McGraw (2001)

The Tools: Transform Your Problems Into Courage, Confidence, and Creativity.

Phil Stutz & Barry Michels (2012)

Why People Don't Heal.

Caroline Myss (1997)

Your Inner Child of the Past.

W.H. Missildine (1982)

Self-Esteem

10 Simple Solutions to Building Self-Esteem: How to End Self-Doubt, Gain Confidence and Create a Positive Self Image.

Glen R. Schiraldi (2007)

Six Pillars of Self-Esteem.

Nathaniel Branden (1995)

Separation and Divorce

Break Up or Break Through.

Dina Bachelor Evan (2001)

Mom's House, Dad's House.

Isolina Ricci (1980)

Rebuilding: When Your Relationship Ends.

Dr. Bruce Fischer & Dr. Robert Alberti (2006)

The Journey from Abandonment to Healing.

Susan Anderson (2000)

Sexual Abuse

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse.

Ellen Bass & Laura Davis, 4th Edition (2008)

The Male Survivor: The Impact of Sexual Abuse.

Matthew Parynik Mendel (1994)

The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse.

Wendy Maltz (2012)

Sexuality

For Yourself: The Fulfillment of Female Sexuality.

Lonnie Barbach (2000)

My Secret Garden.

Nancy Friday (2008)

Real Sex for Real Women: Intimacy, Pleasure and Sexual Wellbeing.

Laura Berman (2010)

Secrets of the Sexually Satisfied Woman.

Laura Berman & Jennifer Berman (2005)

The Book of Love.

Laura Berman (2009)

Woman Cancer Sex.

Anne Katz (2009)

Sleep Disturbance

I Can Make You Sleep: Overcome Insomnia Forever and Get the Best Rest of Your Life.

Paul McKenna (2009)

Stress

10 Simple Solutions to Stress: How to Tame Tension and Start Enjoying your Life.

Claire Michaels Wheeler (2007)

The Relaxation and Stress Reduction Workbook (4th Edition).

Martha Davis, Elizabeth Eshelman & Matthew McKay (1997)

Suicide

No Time to Say Goodbye: Surviving the Suicide of a Loved One.

Carla Fine (1997)

Transitions

Managing Transitions: Making the Most of Change.

William Bridges & Susan Bridges (2009)

Trauma

I Can't Get Over It: A Handbook for Trauma Survivors.

Aphrodite Matsakis (1996)

Overcoming the Trauma of Your Motor Vehicle Accident.

Edward Hickling & Edward Blachard (2008)

Prolonged Exposure Therapy for PTSD.

Edna Foa, Elizabeth Hembree, and Barbara Rothbaum (2007)

Woman's Health

The Wisdom of Menopause.

Christine Northrup (2006)

Too Good for Her Own Good.

Claudio Bepko & Jo-Ann Kreslan (1990)

Women's Bodies, Women's Wisdom.

Christine Northrup (2006)

Worry

10 Simple Solutions to Stress: How to Tame Tension and Start Enjoying Your Life.

Claire Michaels (2007)

10 Simple Solutions to Worry.

Kevin Gyoerkoe & Pamela Wiegartz (2006)

The Worry Control Workbook.

Mary Copeland (1998)