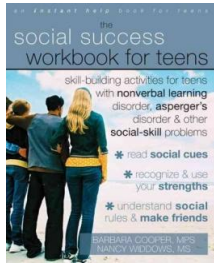


Being Me- (BM) Coping with our differing personalities, our makeup.

The Social Success Workbook for Teens

TY/BM/Impacts



Barbara-Cooper

Skill-building Activities for Teens with Nonverbal Learning Disorder, Asperger's Disorder, and Other Social-skill Problems

By [Barbara Cooper](#)

Making friends is a skill like any other-there are rules to follow, ways to measure your progress, and reasons why some people are better at it than others. Although it may seem like this skill comes naturally to those who don't have Asperger's disorder, nonverbal learning disorder (NLD), or other problems relating to others, the reality is that even the most popular people must constantly hone their abilities in order to make new friends and keep the friends they already have. This workbook includes forty activities you can do to recognize and use your unique strengths, understand the unspoken rules behind how people relate to each other, and improve your social skills. After completing the activities in this workbook, you will discover that you can get along with others and build friendships despite the challenges you face. All you need is the confidence to be yourself while still keeping the feelings of others in mind.

Publisher: [New Harbinger Publications](#)

Age Range: [15+ years](#)

Free from OCD

TY/BM Impacts



A Workbook for Teens with Obsessive-compulsive Disorder

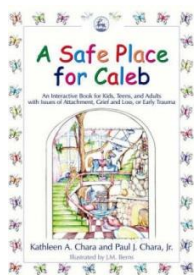
By [Timothy Sisemore](#)

Most children with obsessive-compulsive disorder (OCD) are diagnosed between the ages of ten and twelve-right on the cusp of their adolescent years. Yet, until now, there have been no resources available for the substantial population of teens suffering with the unwanted thoughts (obsessions) and rituals (compulsions) characteristic of OCD. The activities in this book help teens and parents work together to assess the severity of the symptoms and offer teens cognitive behavioural skills to overcome them. Teen readers learn essential information about the biology and dynamics of OCD, then discover a multitude of skills for moving beyond the most common types of obsessions and compulsions: hand washing, checking, counting, ordering, repetition of mental acts, fear of harm to self or family, fear of germs or diseases, fearing of losing something valuable, and perfectionism. The last section explains exposure and response prevention and invites the reader to understand and prepare to undergo this process. Both imagined and real-life exposure and response prevention exercises are included to help teens with OCD make dramatic gains in symptom management and improve their confidence to move forward in treatment.

Publisher: [New Harbinger Publications,U.S.](#)

Age Range: [15+ years](#)

An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma



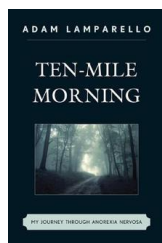
By [Kathleen A. Chara](#), [Paul J. Chara](#), [Joel M. Berns](#) (Illustrated by) A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults. The first half of the book is an interactive story that follows the experiences of Caleb, a young boy who relates his difficulties and frustrations in forming and sustaining healthy relationships. He learns strategies for coping with attachment issues during his journey to the Safe Tree House, where he is introduced to the four "attachment healing keys". These act as therapeutic tools to unlock difficulties with attachment, and are presented using text and illustrations that are easily accessible for readers of all ages, even for young children. The second half of the book presents a summary of current scientific thought on attachment styles and disorders, and provides a wide array of assessment tools, photocopiable material and healing techniques to address attachment difficulties. Lists of helpful organizations and relevant reading materials are also presented. Based on established psychological principles, the book is a unique and imaginative guide for professionals, parents,

caregivers, and people of all ages who are dealing with attachment issues. **Table of Contents**

Acknowledgements. Introduction. A Safe Place for Caleb. Tables, Tools and Techniques: A. Attachment Tables. B. Assessment Tools and Parental Handouts for Professionals. C. Healing Techniques for Family Attachment. Resources. [Jessica Kingsley Publishers](#) : [15+ years](#).

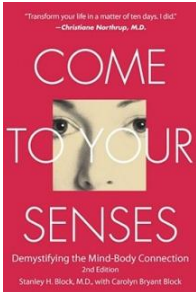
Ten-Mile Morning

My Journey Through Anorexia Nervosa By [Adam Lamparello](#)



Ten-Mile Morning is a true story about a man's battle to overcome his five-year struggle with anorexia nervosa. Written from a painfully honest perspective, Adam Lamparello discusses his past addictions, depression, anxiety, and the emptiness that arose from his lack of self-esteem. This moving memoir details the author's struggle to gain a sense of control and empowerment through dramatic weight loss, starvation, compulsive exercise, and purging. Ultimately, however, this is a story of hope and recovery. Ten-Mile Morning was written to inspire you and affirm that life after eating disorders is one of self-acceptance, self-respect, and most of all, one where you can achieve your dreams.

Table of Contents Preface Introduction Chapter 1: The Early Years: A Bridge over Troubled Water Chapter 2: It Takes a Village Chapter 3: High School and My First Relationship - Welcome to My World Chapter 4: The College Years: Suspicious Minds Chapter 5: The Law School Years: Trapped in a World that's Troubled with Pain Chapter 6: The Law Firm Years: You Can't Shut Out the Truth Chapter 7: The Second Affair with a Married Woman: Reason Can't Stand in for Feeling Chapter 8: The End of the Affair: The Shame and Hurt Chapter 9: The Beginning of Anorexia: I Will Ease Your Mind Chapter 10: Anorexia and the New Doctor: The Joy is Over Chapter 11: Exercise: I Can't Help but Love You Chapter 12: The Commitment to Anorexia: The Child Needs a Helping Hand Chapter 13: Thinner and Thinner Chapter 14: The Struggle for Control: Something Beautiful is Dying Chapter 15: Official Anorexia: Adversity is Hard upon a Man Chapter 16: 123 Pounds: Too Late to Realize My Mistake Chapter 17: The Beginning of the Recovery: Going our Separate Ways Chapter 18: Fighting the Battle: We Can't Go On Together Chapter 19: Life Lessons: Having the Strength to Dream Epilogue. [15+ years](#): [University Press of America](#)



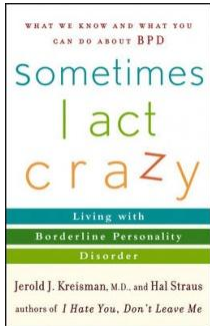
Demystifying the Mind Body Connection

By [Stanley Block](#), [Carolyn Bryant Block](#), [Joko Beck](#)

Come To Your Senses is revelatory in its simplicity: though rare, there IS such a thing as a quick fix. This book offers readers an elegantly simple and powerful way of achieving a more joyful, natural existence. Instead of trying to discover the deep-seated rationale for our behaviour through undergoing years of psychoanalysis or counselling, Dr. Block, a former Beverly Hills psychoanalyst, has discovered and demystified the Identity System (I-System). He shows readers how easy it can be to free themselves from their own limitations and allow their natural self room to thrive, simply by "coming to our senses" (taste, smell, touch, sight, and sound) and recognising the self-defeating mental tug-of-war that exists in us all.

Publisher: [Beyond Words Publishing](#)
Age Range: [15+ years](#)

Sometimes I Act Crazy:



By [Jerold J. Kreisman](#), [Hal Straus](#) 19 May 2006

A source of hope, expert advice, and guidance for people with borderline personality disorder and those who love them Do you experience frightening, often violent mood swings that make you fear for your sanity? Are you often depressed? Do you engage in self-destructive behaviors such as drug or alcohol abuse, anorexia, compulsive eating, self-cutting, and hair pulling? Do you feel empty inside, or as if you don't know who you are? Do you dread being alone and fear abandonment? Do you have trouble finishing projects, keeping a job, or forming lasting relationships? If you or someone you love answered yes to the majority of these questions, there's a good chance that you or that person suffers from borderline personality disorder, a commonly misunderstood and misdiagnosed psychological problem afflicting tens of millions of people. Princess Diana was one of the most well-known BPD sufferers. As a source of hope and practical advice for BPD sufferers and those who love them, this new book by Dr. Jerold J. Kreisman and Hal Straus, bestselling authors of I Hate You, Don't Leave Me, offers proven techniques that help you: Manage mood swings Develop lasting relationships Improve your self-esteem Keep negative thoughts at bay Control destructive impulses Understand your treatment options Find professional help

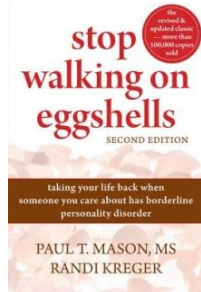
[Table of Contents](#)

A Note to the Reader. Preface. Acknowledgments. 1. Borderline Basics. Action Steps: A Quick BPD Checklist. 2. Fears of Abandonment. Action Steps: Dealing with Borderline Fears of Abandonment. 3. Unstable Interpersonal relationships. Action Steps: Dealing with Intense Relationships. 4. Identity Disturbance. Action Steps: Establishing a Sense of Self. 5. Destructive Impulsivity. Action Steps: Managing Impulsivity. 6. Suicidal Behaviors and Self-Mutilation. Action Steps: Dealing with Self-Destructive Behaviors. 7. Mood Instability. 8. Emptiness. Action Steps: Filling the Emptiness. 9. Anger. Action Steps: Strategies for Coping with borderline Rage. 10. reality Distortions: Paranoia and Dissociation. Action Steps: Dealing with Borderline Psychosis. 11. Treatment Strategies and Communication Techniques. Action Steps: Finding the Right Therapist. Action Steps: General Approaches to Communication. 12. Prognosis and Directions of Future Research. Resources. Notes. Index.

Publisher: [John Wiley & Sons Inc](#) [15+ years](#)

Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder

By [Paul T. Mason](#), [Randi Kreger](#) ; 2010



Do you feel manipulated, controlled, or lied to? Are you the focus of intense, violent, and irrational rages? Do you feel you are "walking on eggshells" to avoid the next confrontation?

If the answer is "yes," someone you care about may have borderline personality disorder (BPD). Stop Walking on Eggshells has already helped nearly half a million people with friends and family members suffering from BPD understand this destructive disorder, set boundaries, and help their loved ones stop relying on dangerous BPD behaviours. This fully revised edition has been updated with the very latest BPD research and includes coping and communication skills you can use to stabilize your relationship with the BPD sufferer in your life.

This compassionate guide will enable you to: Make sense out of the chaos Stand up for yourself and assert your needs, Defuse arguments and conflicts, Protect yourself and others from violent behaviour

"This book is urgently needed now that a National Institutes of Health study shows that 6 percent of the general population has borderline personality disorder (BPD). I

constantly get requests from families needing resources on BPD, and I recommend "Stop Walking On Eggshells "almost every time. This second edition is really easy to read and packed with even more useful tips for family members in distress."

Publisher:

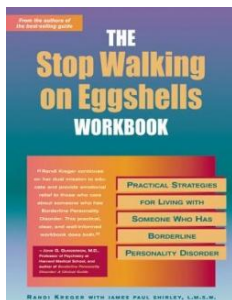
[New Harbinger Publications](#)

Age Range:

[15+ years](#)

The Stop Walking on Eggshells Workbook

BM/PAR/SH/Rel


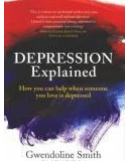


By [Randy Kreger](#) 21 July 2003

Author Randi Kreger draws on the practical wisdom of the community of relatives and friends of those who have borderline personality disorder that formed in response to her bestselling guide, Stop Walking on Eggshells. Her new workbook offers a wealth of practical strategies to help readers set and enforce limits, care for themselves, and cope with living with someone who has this volatile and exhausting condition.

The symptoms of borderline personality disorder include severe mood shifts, unfounded accusations and wildly inappropriate displays of anger, a range of self-destructive behaviours, and frantic efforts to avoid abandonment. For the friends and families of those who have the disorder, the emotional fallout can be devastating. In Stop Walking on Eggshells, author Randi Kreger drew on her own experience to help readers understand BPD and begin to recognize what they could do to cope with the disorder and begin to take care of themselves. The response was overwhelming, producing thousands of emails to the author's website and a wealth of insight and

understanding. In The Stop Walking on Eggshells Workbook, Kreger draws on this material, together with extensive new research, to provide a workbook of practical, proven advice to help readers successfully survive life with someone who has BPD. Readers begin by facing their core beliefs about BPD and learning what they need to do to handle their own negative feelings and transform their assumptions about the person with BPD in their life. Step-by-step suggestions help readers set and enforce personal limits, communicate clearly, cope with putdowns and rage, develop a safety plan, and make realistic decisions. Interwoven throughout the text are an array of worksheets, checklists, and exercises that build on one another and enable readers to apply the suggestions they find to their own lives.

 <p><u>I Had a Black Dog</u> By <u>Matthew Johnstone</u> May 2007</p>	<p style="text-align: right;">DES Impact</p> <p>Dealing with Depression- There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.</p>
 <p><u>Depression Explained: How You Can Help When Someone You Love is Depressed</u> By Gwendoline Smith 2011</p>	<p style="text-align: right;">DES/Rel</p> <p>Well-known psychologist and counsellor Gwendoline Smith takes a down-to-earth, practical and sometimes humorous look at depression.</p>

The Velvet Rage

Rel/S/BM

Overcoming the Pain of Growing Up Gay in a Straight Man's World

By [Alan Downs](#)



A groundbreaking examination of the psychology of homosexuality, why it leads to shame over one's identity and how to overcome it

About the Author

Alan Downs, PhD is a clinical psychologist practicing in Beverley Hills, California. The former CEO of Michael's House Treatment Center, Downs now maintains a thriving private psychotherapy practice and an intensive outpatient addiction programme.

Reviews

"The Velvet Rage is becoming a touchstone in gay culture just as Christopher Isherwood's Goodbye to Berlin was in the 30s, Edmund White's A Boy's Own Story in the 60s and Larry Kramer's Faggots in the 70s." (Observer Magazine)"

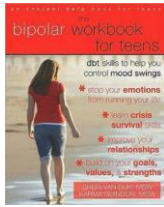
"They know deep down that they are different, but as young people do, they don't view that "difference" in a positive, healthy light. They come to believe that they are inherently flawed, unlovable, second-class citizens. With this incorrect thinking comes shame followed closely by anger, which, in turn, is directed inward."

Publisher: [Da Capo Lifelong Books](#)

Age Range: [15+ years](#)

The Bipolar Workbook for Teens

TY/ BM/ HT



[Sheri Van Dijk](#), [Karma Guindon](#) Review "The authors of this book speak directly to youth in a respectful and genuine manner. There is tremendous value in reading stories of other teens who have shared similar experiences. This book is truly welcome addition to the educational resources available to adolescents who live with the complex difficulties of bipolar disorder."

--Janice Phillips, B.Ed., educator and mental health social worker . [10-14 years](#)

Welcome to the Jungle:

BM/BT/SH

Everything You Ever Wanted to Know About Bipolar but Were Too Freaked Out to Ask



[Hilary Smith](#) Going bravely where no other bipolar book has gone before, here Hilary Smith offers devastatingly on-target, honest--and riotously funny--insights into living with bipolar and answers some of the hardest questions facing her fellow bipolaristas: Can anything ever be the same again? Am I still *me* if I take mind-altering meds? Can other people tell I have bipolar? Can I get this thing removed?

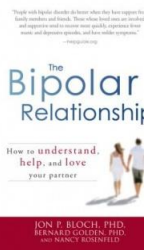
Bipolar is one of the most commonly diagnosed psychiatric conditions among teens and twenty-somethings--yet there are very few books out there written specifically for teens and twenty-somethings experiencing mental illness for the first time.

Welcome to the Jungle (Conari Press, May 2010) fills that gap with its upfront, empowering approach to the challenges of being diagnosed with bipolar. Both humorous and immensely honest, it offers a true "in the trenches" perspective readers will trust.

With chapters ranging from *What Just Happened?: Life Beyond The Diagnosis* to *Here Be Downers: Drugs, Booze, and Suicide* to *Hippy Shit That Actually Works: Herbs, Wilderness Time, and Other Ways to Help Keep Your Shit Together* to *Hell is Finding Good Insurance: How to Get Your Ass Covered in Troubled Times*, Smith brings bipolar self help to the street level.

The Bi-Polar Relationship

Rel/BM/SH



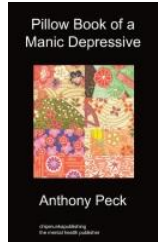
How to Understand, Help, and Love Your Partner

By [Jon P. Bloch](#), [Bernard Golden](#) (With), [Nancy Rosenfeld](#) (With) "The Bi-Polar Relationship" discusses common relationship issues within the context of bipolar disorder. Dr. Jon Bloch first describes and explains the disorder, so that partners can better understand what their loved one is going through. From a brief synopsis to treatment options and information on medications and side effects, readers will find relief in understanding what's normal, what's not, and what might change and what definitely won't. Dr. Bloch then takes a deep dive into what it really means, day by day, to be a part of a relationship affected by bi-polar. He provides information and advice on the following topics: Communication, Trust and Loyalty, Family Planning, Finances, Sex, and Maintaining a Sense of Self. By understanding the reality of bi-polar and what it means for a relationship, couples will be able to better relate to each other and plan for a successful future together. [15+ years](#)

Pillow book of a Manic Depressive

BM/BT/SH

By Anthony Peck



'Pillow book of a Manic Depressive' follows the style of medieval Japanese writers, who would keep a record of courtly life through their daily impressions, which they would then keep under their pillows. Taking a modern approach, the 'Pillow book' follows the impressions of the author in the year following an extreme manic episode, which saw him leap four floors and only barely survive. While his body repaired he was forced to slow down, take-in all that was immediately around him, and come to a place of peace and gratitude.

Unknowingly using the technique of Mindfulness, he was able to reflect on all the many facets of his life, and life in general. Written in a very simple way, each impression invites the reader to slow down and examine his or her own thoughts. While as a whole, the collection is a story of survival and recovery - as the author's momentum towards good health becomes increasingly, if subtly, apparent.

From the stain left on a page by a bookmark, to the author's catastrophic manic leap, to an old radio - the breadth of recollection is vast. And time to time, sprinkled throughout the book, are lists – of things you can break, things you can't hide, things that you do but don't know if they work – which pause to make you think what you as a reader might add or subtract. And to capture some of the deepest emotions, poetry is used.

There is also humour, and lots of it. Life is many things, and to someone suffering a mental illness, the comfort of laughter is one of the richest. This is not slapstick, but the warm recognition of truth, and the joy of a new perspective on old troubles.

Ultimately 'Pillow book of a Manic Depressive' is a window into one person's recovery and mind. But it also attempts to open hope to all through its portrayal of the human spirit.