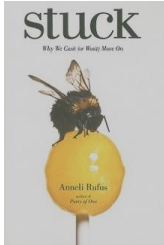


Impacts- PTSD, Self- Image, Social Skills, Anxiety, (AX) Anger, Domestic Violence,(AV) Emotions, Depression, Unable to Move Forward-(DES)

Stuck Why We Can't (or Won't) Move on

DES/SH



By [Anneli Rufus](#)

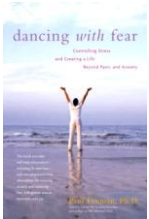
The author of "Party of One" identifies a rather striking social trend--many people are stuck in the wrong relationship, career, or town, but are unable to make a change. Drawing on her own experiences, as well as interviews with others, Rufus addresses this problem.

[Jeremy P. Tarcher](#) [15+ years](#)

Dancing with Fear

AX/DES/SH

Controlling Stress and Creating a Life Beyond Panic and Anxiety By [Paul Foxman](#)



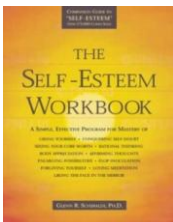
This book is for everyone who has experienced severe anxiety and wants to be free from abnormal fear. It is also for therapists, counselors, and other helping professionals who treat patients suffering from anxiety disorders. Dancing with Fear, which features a unique cognitive-behavioral approach, is a complete mind-body plan for understanding and overcoming anxiety disorders. Known as the CHAANGE program, this specific method has been found to be 80 percent successful in treating anxiety and to have reduced health care expenses by more than 50 percent in the year following treatment.

Dr. Foxman's book, "Dancing with Fear," is a comprehensive and compassionate overview of the most crippling of our 'social diseases'-fear-with a wealth of practical approaches to loosening its hold on us. The work will find a wide and appreciative audience. [15+ years](#)

The Self-esteem Workbook

DES/SH

By [Glenn R. Schiraldi](#)



The Self-Esteem Workbook is based on the author's original new research, which has shown that self-esteem can be significantly improved through the use of self-help materials. Now psychologist and health educator Glenn Schiraldi has shaped these tested resources into a comprehensive, self-directed program that guides readers through twenty essential skill-building activities, each focused on developing a crucial component of healthy self-esteem.

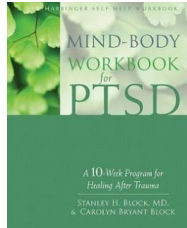
Reviews "Leads participants on a purposeful journey that can result in a future of better mental health and well-being."

--Sharlene M. Weiss, Ph.D., Founder & Former Director of Psychosocial Oncology, University of Miami Sylvester Comprehensive Cancer Center; Associate Professor of Medicine, Psychiatry, and Psychology, University of Miami School of Medicine. [New Harbinger Publications,U.S.:](#) 15+ years

Mind-body Workbook for PTSD

PTSD/HT

A 10-Week Program for Healing After Trauma



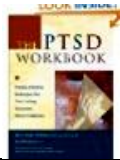
By [Stanley Block](#), [Carolyn Bryant Block](#)

Reviews

"This scientifically sound and comprehensive "Mind-Body Workbook for PTSD" has broken new ground by offering highly effective strategies for mental health treatment. In my twenty years of clinical experience working with complex PTSD and other mental disorders, I have found mind-body bridging, the method taught in this self-help book, to be the most tolerated and effective treatment approach among other evidence-based models, including cognitive processing therapy, cognitive behavior therapy, dialectical behavior therapy, prolonged exposure, and eye movement desensitization and reprocessing. Results have been impressive compared to the evidence-based treatments used in my practice. This workbook is compelling and instructive in its ability to help clients develop sufficient resources for sustainable self-healing and empowerment. I have been using mind-body bridging for the past three years in individual and group treatments. I have treated over 100 clients using mind-body bridging and have had no clients terminate treatment."--Lois Waldron, LCSW, Springfield, MA. New Harbinger Publications, U.S 15+ years

The PTSD Workbook: Simple, Effective

PTSD/HT



Techniques for Overcoming Traumatic Stress Symptoms

by Mary Beth Williams
(Author), Soili Poijula (Author):

Post-traumatic stress disorder is an extremely debilitating condition that can occur after exposure to a terrifying event or ordeal. In The PTSD Workbook, readers determine the type of trauma they experienced, identify their physical, mental, and emotional symptoms, and learn effective techniques and interventions to overcome them. They start with the exercise best suited to relieve their worst symptom then progress to less troubling symptoms, picking up key information about PTSD along the way.



I Had a Black Dog

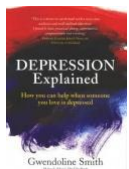
DES Impact

By Matthew Johnstone
May 2007

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.

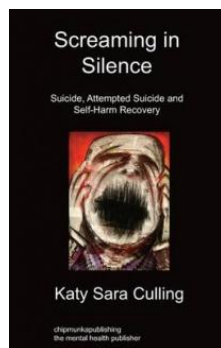
Depression Explained: How You Can Help

DES/Rel



When Someone You Love is Depressed By
Gwendoline Smith 2011

Well-known psychologist and counsellor Gwendoline Smith takes a down-to-earth, practical and sometimes humorous look at depression.



Suicide, Attempted Suicide and Self-Harm Recovery

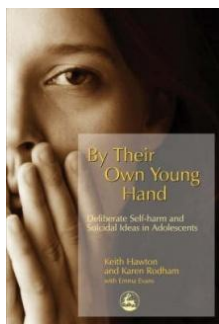
By [Katy Sara Culling](#)

Description A serious pro-survival, pro-recovery book, written because I have been the survivor of many suicide attempts, not to forget also the person left behind after actual suicides, and the victim of serious self-harm in myself and those I love. I haven't attempted suicide or self-harmed for 8 years and I don't plan to do so again, but I always have my plan to hand. Starting at the age of 11, I have attempted suicide 443 times (sometimes barely surviving, twice dying, only to be revived) and for fifteen years I was a person who self-harmed - cutting and bloodletting, sometimes as self-harm, sometimes as a suicide attempt. The two are definitely linked but not all self-harm is suicidal, not all suicide attempts are meant to kill, and sadly about one million people kill themselves every year, not all of them meaning to. As I have also been the victim left behind when someone I loved took their own life, I really can see the issue from all perspectives. Allow me to fill you in on my personal experience first of all, so you know you are 'talking' to someone who really has been there before herself. Pull up a chair, or sit back in bed, and we will talk.

Publisher: [Chipmunkpublishing](#)

By Their Own Young Hand - Deliberate Self Harm and Suicidal Ideas in Adolescents

HT/DES



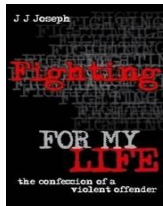
By [Keith Hawton](#), [Karen Rodham](#), [Emma Evans](#)

Self-harm in adolescents is an increasingly recognized problem, and there is growing awareness of the important role schools and health services can play in detecting and supporting those at risk. "By Their Own Young Hand" explores the findings of the first large-scale survey of deliberate self-harm and suicidal thinking in adolescents in the UK, and draws out the implications for prevention strategies and mental health promotion. Six thousand young people were asked about their experiences of self-harm, the coping methods they use, and their attitudes to the help and support available. The authors identify the risk and protective factors for self-harm, exploring why some adolescents with suicidal thoughts go on to harm themselves while others do not, what motivates some young people to seek help, and whether distressed teenagers feel they receive the support they need. "By Their Own Young Hand" offers practical advice on how schools can detect young people at risk, cope with the aftermath of self-harm or attempted suicide, and develop training programmes for teachers. **Packed with adolescents' own personal accounts and perspectives, this accessible overview will be essential reading for teachers, social workers and mental health professionals.**

Table of Contents 1. Introduction and overview. Part One: The Nature of Deliberate Self-Harm in Adolescents. 2. Investigating deliberate self-harm in adolescents. 3. The nature, prevalence and impact of deliberate self-harm and other suicidal phenomena in adolescents. 4. How do adolescents who deliberately self-harm or have thoughts of self-harm differ from other adolescents? 5. Adolescents' help seeking, coping strategies and attitudes and their relevance to deliberate self-harm. Part Two: Prevention and Treatment of Deliberate Self-Harm in Adolescents. 6. Schools and deliberate self-harm. 7. The health service and deliberate self-harm. 8. Self-help, crisis lines, the Internet, media and deliberate self-harm. 9. Conclusions. References. Appendix I Guidelines used in the Schools Study for categorising respondents' descriptions of deliberate self-harm. Appendix II Information sheet given to participants after they completed the questionnaire. Appendix III Self-harm: guidelines for school staff. Appendix IV Robson's self-concept scale (short version). Appendix V Useful contact addresses in the UK for advice for young people with problems, or their friends or relatives in need of advice. Appendix VI Sources of information about deliberate self-harm, suicide and mental health problems. Appendix VII Further reading. References. Subject index. Author index. [Jessica Kingsley Publishers](#): 15+ years

Fighting for My Life: the Confession of a Violent Offender (NZ)

BT/AV



By [J. J. Joseph](#)
MIKES

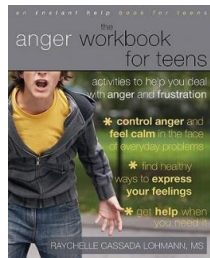
Fighting For My Life is the story of one man's long and difficult journey to reach the place in which he now stands, a place from which he can see the impact of his past behaviour, understand some of the reasons for it and challenge himself to move forward. In 2006 J J Joseph was convicted of a violent assault on his wife. His subsequent detention meant there was a very real possibility that he might never be reunited with her and might not see his children again. Full of remorse, Joseph accepted his punishment, worked through the counselling and anger management courses he was required to complete, and fought to see his family again. During this period he took a good hard look at his life: at his violent upbringing dominated by a father whose fists were his first resort, at his hostile relationship with his mother (also a victim of violence), at the heartbreaking suicide of his younger brother, at his father's shocking murder, at his drug abuse and womanising.

He was forced to see what other people saw: a frightening and violent man whose actions were unpredictable. It was then that he understood, for the first time, what his wife had to put up with and why she was sometimes reticent and withdrawn. Finally it was his love for her and his devotion to his children that pulled him through. Drug- and alcohol-free for over a year now, and determined to change his life, Joseph has now been accepted back into the heart of his family. In *Fighting for my Life*, Joseph talks openly about his family background and life experiences, and is unusually honest in describing his feelings. This book played a major part in bringing his wife and his mother back to him again, when they read and grasped the truth about Joseph.

The Anger Workbook for Teens

TY/AV Impacts

Activities to Help You Deal with Anger and Frustration



By [Raychelle Lohmann](#)

"The Anger Workbook for Teens" offers a step-by-step approach to helping teens who need to control their anger. This workbook is designed to help teens learn about their anger, understand how anger affects their lives, and learn constructive communication skills to help express their feelings. Readers work through a series of exercises and worksheets to explore why they react the way they do, then learn skills and techniques to help them get their anger under control. They will assess their anger to develop a personal anger profile and learn to notice the physical symptoms they feel when they become enraged. Once readers fully understand their anger, they will be better able to target their symptoms in the moment and put new anger management strategies, such as relaxation techniques and active listening, into practice.

[New Harbinger Publications, U.S.](#): **10-14 years**



David's Sword

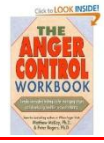
By [David Elliot](#),
[Lee Elliot](#),
[Marybeth Elliot](#)

January 2009

When Davids world changes forever and his friend traps him, he doesn't know how to escape. Confused by the way his friend is acting and not knowing what to do; he plays their game in silence, day after day. Afraid he will lose his friend, David finds himself stuck in a dangerous and scary situation. And then one day he realizes how his sword can help.

Y- child

The Anger Control Workbook by
Matthew McKay (Author), Peter Rogers



AV

"The ever-escalating costs of anger are well documented: sabotaging careers, alienating friends and family, triggering illness, causing bodily harm. Written by two well-regarded experts in the field, The Anger Control Workbook introduces a new and radically simplified approach to anger control. Step-by-step exercises will aid readers in identifying, understanding, responding to, and ultimately coping with their hostile feelings. "Half the anger battle can be won by simply learning to relax the physical tension that develops in provocative situations. It's a proven fact that if you can relax your body, and keep it relaxed, it's almost impossible to get angry. Combating stress using the skills you're about to learn can help you calm down, think clearly, and handle any situation in an effective, positive way." -
New Harbinger 2000

The Anxiety Workbook for Teens Activities to Help You Deal with Anxiety and Worry By [Lisa M. Schab](#)

TY/AX Impacts

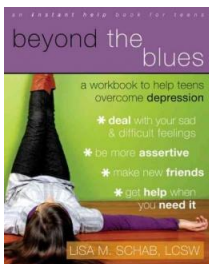


Anxiety disorders typically relate to other problems, including school failure and depressive disorders. Most young people don't look for and never get help with these problems. So this is an absolutely essential text and a vital resource for teens and their parents. It includes all sorts of activities for teens. There are exercises that help to control anxiety in the face of everyday challenges and that develop a positive self-image. There are also resources for seeking additional help and support. Working in their own home at their own pace, this book will teach teens to change their anxious thoughts. The author Lisa Schab is a licensed clinical social worker with a private counselling practice in a suburb of Chicago. She teaches workshops on self-help and relaxation for the general public and professional training courses for therapists. [15+ years New Harbinger Publications,U.S.](#)

Beyond the Blues

TY/DES Impacts

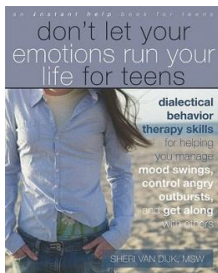
A Workbook to Help Teens Overcome Depression By [Lisa M. Schab](#)



Despite what you might have been told, the feelings of sadness and hopelessness you may be struggling with are probably not 'just a phase' or 'something you'll grow out of.' As many as 20 percent of people your age have symptoms of serious depression, yet many teens and even many adults don't recognize the signs. Only half of depressed teens get the help they need to overcome these feelings. If you're feeling depressed, this workbook offers things you can do, both on your own and with a counselor, to feel better.

The activities in Beyond the Blues can help you cope with sad and difficult feelings, find new ways to make friends, and deal with conflicts. Little by little and on your own schedule, you can make small changes in your life that will lead you to a brighter, more enjoyable future.

Publisher: [New Harbinger Publications](#)
Age Range: [15+ years](#)



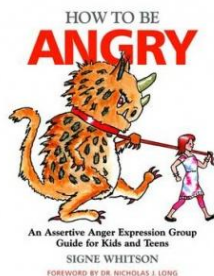
Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along with Others By [Sheri Van Dijk](#)

"Van Dijk has written a workbook that any teen struggling with emotions will find very helpful. Using clear and concise language, this workbook offers awareness-enhancing exercises and practical help for recognizing, sorting out, and changing the way painful emotions can be handled. I found this book useful and easy to read, and I will recommend it to my teenage patients."

--Mark R. Katz, MD, FRCOP(C), staff psychiatrist at the Southlake Regional Health Centre and assistant professor at the University of Toronto in Canada

Publisher: [Instant Help Books](#)
 Age Range: [10-14 years](#)

How to be Angry



An Assertive Anger Expression Group Guide for Kids and Teens

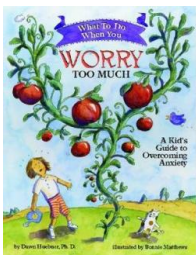
By [Signe Whitson](#)

Children often struggle to cope with anger, and their angry feelings can boil over into aggression and destructive behaviour. This resource provides a 15-session group program designed to teach children and adolescents valuable skills for anger management, effective anger expression and assertive communication. Each detailed session provides step-by-step guidelines for carrying out the lesson plans, group activities and discussions. Suitable for use with children and teenagers aged 5-18, it will help them to overcome self-destructive passive, aggressive, and passive-aggressive patterns of behaviour. Instead of teaching children not to be angry, this engaging resource teaches them how to be angry effectively and constructively. It will be of great use to professionals working with children and teenagers in school and child care settings, counselors, social workers, psychologists and parents.

Table of Contents Foreword. Dr Nicholas Long. Introduction.; Part 1. Exploring Anger Behaviors.; 1. That Makes Me So Mad! Identifying Common Anger Triggers.; 2. Decisions, Decisions! Four Choices in Anger Expression.; 3. Sugarcoated Hostility: The Five Levels of Passive Aggressive Behavior.; 4. Behind the Mask: Exploring Public Faces and Private Realities.; 5. More than Words Can Express: How Body Language and Tone of Voice Can Say it All.; Part 2. Developing Assertive Anger Expression Skills.; 6. I Feel Angry: Using I-Messages to Express Anger Assertively.; 7. Yes, No, or Maybe So: Assertive Skills for Disagreeing Without Arguing. 8. Keeping Bullies at Bay, Part 1: The 5 W's of Bullying.; 9. Keeping Bullies at Bay, Part 2: Four Rules for Using Assertive Communication to Stand Up to Bullies.; 10. "May I Please" and "No Can Do": Guidelines for Assertively Making and Refusing Requests.; 11. "That's So Nice of You to Say": Assertive Strategies for Giving and Receiving Compliments.; 12. On the Receiving End: Three Steps for Responding Assertively to Anger. 13. Four Square Problem-Solving: Finding Win-Win Solutions.; Part 3. Committing to Assertive Anger Expression.; 14. What's the Plan? Replacing Self-Defeating Patterns and Committing to Assertive Behaviors.; 15. Putting It All Together: Choosing to Use Assertive Behaviors to Express Anger. References.

Publisher: [Jessica Kingsley Publishers](#)
 Age Range: [15+ years](#)

A Kid's Guide to Overcoming Anxiety



By [Dawn Huebner](#), [Bonnie Matthews](#) (Illustrated by)

"What to Do When You Worry Too Much" is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents by psychologist and author Dawn Huebner, PhD.

Publisher:

[Magination Press, \(American Psychological Association\)](#)

Age Range:

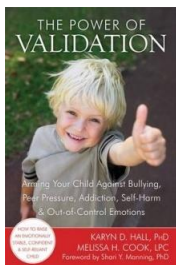
[5-9 years](#)

The Power of Validation

PAR/DES

Arming Your Child Against Bullying, Peer Pressure, Addiction, Self-Harm & Out-Of-Control Emotions

By [Karyn D. Hall](#), [Melissa H. Cook](#), [Shari Y. Manning](#)



About the Author

Karyn D. Hall, PhD, is a licensed clinical psychologist who has been in practice for over thirty years. Originally trained as a child psychologist, she now specializes in dialectical behavior therapy and is the director of the Dialectical Behavior Therapy Center in Houston, TX. Melissa H. Cook, LPC, is a dialectical behavior therapist in Houston, TX, specializing in eating disorders and borderline personality disorder.

By recognizing and accepting their child's feelings, parents can improve their child's emotional resilience. The Power of Validation is the first book to explain this critical process and offer parents skills they can use to validate and empower children in order to reduce behavioral problems, instill confidence, and increase children's ability to regulate their own emotions.

Publisher:

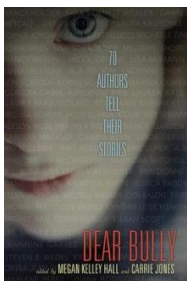
[New Harbinger Publications](#)

Age Range:

[15+ years](#)

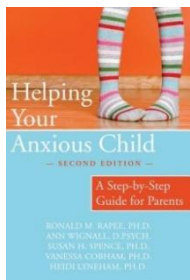
Dear Bully – Seventy Authors Tell Their Stories

TY/Css



By [Megan Kelley Hall](#)

As more and more teen suicides dominate the news, a generation's favorite authors--as varied as Alyson Nel, Jon Scieszka, and Mo Willems--come together to share their stories about bullying in a first-rate, deeply personal collection. [HarperCollins](#) 10-14 years



A Step-by-step Guide for Parents

By [Ronald M. Rapee](#), [Ann Wignall](#)

This expanded and updated version of a best-selling classic guides readers to help a child overcome anxiety and fears. It describes in detail strategies and techniques they can combine into a comprehensive self-help programme for a child's particular needs. From separation anxiety to general anxiety, social anxiety, specific phobia and panic disorder, the book describes the common types of childhood anxiety, how anxiety originates, and options for dealing with the problem, with or without a therapist's help. In this updated version, the progression of chapters reflects the authors' clinical programme, in which major skills are introduced early and then are consolidated and built upon in later chapters. Throughout, the book employs a step-by-step approach that is both structured and directive. Written activities are incorporated throughout the chapters, some intended for the child and others for his or her parent to complete.

Reviews "In "Helping Your Anxious Child", parents are provided a step-by-step guide for assisting their children in overcoming a panoply of worries, fears, and anxieties. The strategies described are well-established ones, backed by considerable scientific support. Parents will find this book engaging, easy to read, and full of important ideas about how best to help their children."

--Thomas H. Ollendick, Ph.D., University Distinguished Professor in the department of psychology, Virginia Tech

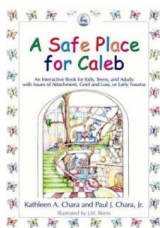
Publisher: [New Harbinger Publications,U.S.](#)

Age Range: [15+ years](#)

A Safe Place for Caleb

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.

Publisher: [Jessica Kingsley Publishers](#)

Age Range: [15+ years](#)

Evicting the Perpetrator: A Male Survivor Guide to Recovery From Childhood Sexual Abuse



By Ken Singer 2010

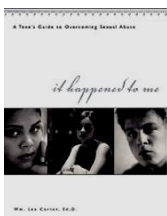
Understanding the perpetrator's 'mode of operating' that makes a victim/survivor feel the way they do and the impacts of the offender's abuse on males over their lives.

A male sex abuse victim will typically spend, not invest, SPEND, WASTE if you will, all of his life trying to eject and literally dispossess himself of his perpetrator and what feels like the perpetrator's irreparable damage. The abuser perpetually lives rent-free in the victim's mind, influencing, controlling, and continuously dulling every last ounce of his life. Childhood sexual abuse truly blurs and discolors every last facet of one's life. Healing seems like an illusion at best.

Ken Singer does this in a logical, concrete, very detailed, and easy-to-understand manner that pretty much anyone can readily comprehend. This book is an eye-opener as it attempts to answer just about any questions or concerns a male victim may have about this issue and its resolution process. Furthermore, this book speaks to EVERYONE: the victim, the survivor, the perpetrator, the therapist, the family, friends, partners, other professionals

It Happened to Me: A Teen's Guide to Overcoming Sexual Abuse

(workbook)



by William Lee Carter

Publisher: New Harbinger Publications; 1 edition (May 15, 2002)

Reading level: Young

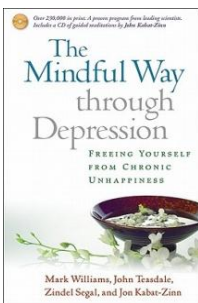
Adult

TY/DES/ HT At least one in four girls and one in seven boys endure some form of sexual abuse. And most of these sexual trauma survivors find the early adult years are crucial for recovery. During this time they have the best combination of motivation, capacity for insight, and support to begin the process of healing. Written by a psychologist who works with sexually abused teens, It Happened to Me helps young adults reflect on what happened, examine its impact on their lives, and begin to develop healthy relationships.

"This workbook is just excellent! I have trouble putting it down! It manages to be relevant to a wide variety of teens, without being too technical, too cutesy, or too preachy. Each exercise is short (2-3 pages) but challenging. There are also quotes from teen survivors and sidebars that point out problem behaviours common in abuse survivors without being judgmental. As a college student, I'm a little too old to be the intended audience of this book (all the teens mentioned in here are between the ages of 13-18), but as someone who still has to deal with her parents on a regular basis, I appreciated that lots of the exercises here dealt with family matters under the assumption that you're still living and dealing with your family, something that's not in many of the adult books. Guys might not like that pretty much all the pronouns are "she" and "her", but otherwise it's still a very relevant book for every teen survivor. It can be completed by yourself, in a group, or as part of therapy. Topics covered include emotions and emotional manipulation, keeping secrets, impulsive behaviours, how to get along with other people, sex, suicide, and commitment to recovery. The emphasis is not on "name your disorder" but on returning to emotional health."

The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness

By Mark Williams, John Teasdale, Zindel V. Segal, Jon Kabat-Zinn June 2007



The Mindful Way through Depression draws on the collective wisdom of four internationally renowned mindfulness experts, including bestselling author Jon Kabat-Zinn, to provide effective relief from the most prevalent psychological disorder. This authoritative, easy-to-use self-help program is based on methods clinically proven to reduce the recurrence of depression. Revealing the hidden psychological mechanisms that cause chronic unhappiness, the authors gently guide readers through a series of exercises designed to break the mental habits that lead to despair. Kabat-Zinn lends his calm, familiar voice to the accompanying CD of guided meditations, making this a complete package for anyone looking to regain a sense of balance and contentment.

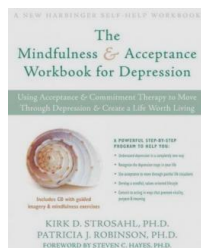
Table of Contents

Introduction: Tired of Feeling So Bad for So Long. Part I: Mind, Body, and Emotion. "Oh, No, Here I Go Again": Why Unhappiness Won't Let Go. The Healing Power of Awareness: Making a Shift to Freedom. Part II: Moment by Moment. Cultivating Mindfulness: A First Taste. The Breath: Gateway to Awareness. A Different Kind of Knowing: Sidestepping the Ruminative Mind. Part III: Transforming Unhappiness. Reconnecting with Our Feelings - Those We Like, Those We Don't Like, and Those We Don't Know We Have. Befriending Our Feelings. Seeing Thoughts as Creations of the Mind. Mindfulness in Everyday Life: Taking a Breathing Space. Part IV: Reclaiming Your Life. From

Being Unhappy to Being Fully Alive. The Mindfulness Program and Your Life: Bringing it all Together. Resources and Further Reading. Audio CD: Kabat-Zin: Guided Meditation Practices for The Mindful Way through Depression. **The book is accompanied by a CD with meditations that can help the listener.** Guildford publications. 15+ years

The Mindfulness and Acceptance Workbook for Depression

DES/SH-A/HT



Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living By [Kirk D. Strosahl](#), [Patricia J. Robinson](#)

Published In: United States, 01 July 2008

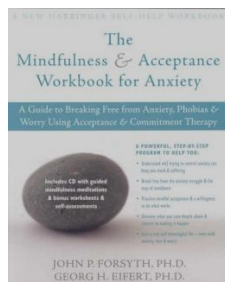
There are hundreds of books on the market that try to help readers 'overcome' or 'put a stop to' depression. But what if depression isn't a 'thing' to be gotten rid of? What if depression is a behaviour that, in the context of the life of someone who is depressed, serves an important function or acts as a signal that something needs to change?

Learning to understand the function and interpret the signal of depression would, then, be a much more important goal than finding out how to simply make it go away. Living well even with feelings of depression would be a more productive-and probably more attainable-goal. This workbook marks a major development in the treatment of depression. Based on the acceptance and commitment therapy (ACT), an emerging new model of psychotherapy, "The Mindfulness and Acceptance Workbook for Depression" offers a new approach to depression. The central idea is that feelings of depression are not problems in themselves. What is a serious problem is the avoidance of pleasurable, productive activities. At first depression may set the sufferer up for this avoidance, but sooner or later the process becomes a cycle, and the avoidance behaviours start causing more depressed feelings. When readers use the techniques in this book to evaluate their own experiences of depression, they will find out how to make changes that may or may not decrease their depressed feelings but will most certainly enrich and improve their total life experience.. Strosahl and Robinson invite us to take a wholly new view of what depression is, and how to deal skillfully with it through strategies born of acceptance and self-compassion. Their book shows the pathways into and out of depression and gives us a vital map to see clearly where genuine peace and freedom lie.

[New Harbinger Publications, U.S.](#) 15+ years

The Act on Anxiety Workbook

AX/SH



Mindfulness and Acceptance Workbook for Anxiety By John P. Forsyth, Georg H. Eifert , 2008

Enough is enough! Many have struggled too long to control the symptoms of anxiety, only to find fear, shyness and worry creeping back into their lives the minute they let down their guard. The bottom line is that most efforts to "control" or "get rid of" anxiety simply don't work. But, fortunately, this book offers another option.

Acceptance and commitment therapy (ACT) helps people facing a range of psychological problems learn to accept painful feelings without becoming overwhelmed by or submerged in them. Then it works to help them identify their values and commit to living their lives in ways that make these values come alive. This is the first workbook to offer readers a complete, ACT-based programme for dealing with any anxiety related problem. The techniques in this book are equally effective with of the different manifestations of anxiety: social and specific phobias, agoraphobia, worry and generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and more. The book is divided into weeks, with clear directions and objectives for each. The light, engaging style of the authors make exploring this new approach interesting, accessible, and fun.

Publisher:

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

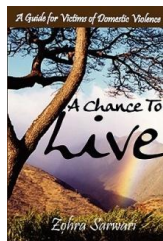
Age Range:

15+ years

A Chance to Live

A Guide for Victims of Domestic Violence By [Zohra Sarwari](#)

AV

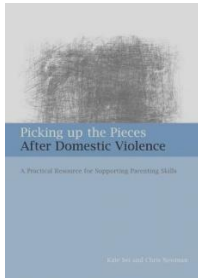


Publisher: [Eman Publishing](#)

Age

Range: [15+ years](#)

A Practical Resource for Supporting Parenting Skills

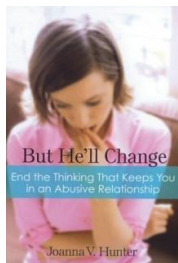


By [Kate Iwi](#), [Chris Newman](#)

How does domestic violence affect children and parents, and their relationships with each other? How can a parent who has been abused regain authority over the children? Can a parent who has scared a child in the past engage in child discipline? "Working with Parents and Domestic Violence" includes expert advice and techniques, as well as exercises and worksheets for use with both abusing and non-abusing parents.. Domestic violence can have a powerful and distorting impact on the family.. Children may feel threatened by or protective towards their parents and family power relationships turned upside down. Parents are left struggling with issues of separation, wondering how to discuss what's happened and how to adapt to the changes in the family dynamic. Borrowing from different areas of parenting work to meet the varying needs of both abusing and non-abusing parents, this toolkit offers guidance on risk assessment and provides a framework for assessing parents' needs. This book includes all the materials needed to create a sequence of engaging group or individual sessions, including worksheets, ideas for role plays, safety plans and family agreements. This practical step-by-step guide will benefit children and family social workers, children's centre workers, therapists, counsellors and anyone supporting a family recovering from the trauma of domestic violence.

Table of Contents Introduction. Needs Assessment and Risk Management. Getting Started. Goal Setting. Agreements and Safety Planning. Techniques for Consistent Non-Abusive Discipline. Working with Parents on the Impact of Domestic Violence on their Children. Helping Parents Make Links With Their Own Experience of Being Parented. Helping Parents Understand their Child's Development. Becoming More Parent Centred. Becoming more Child Centred. Therapeutic Parenting. Domestic Violence and Parental Separation. References. Index. [Jessica Kingsley Publishers 15+ years](#)

But He'll Change: End the Thinking That Keeps You in an Abusive Relationship



By [Joanna V. Hunter](#) -[Hazelden Information & Educational Services](#)

He loves me. He has a really sweet side. I am all he has. If only his boss wouldn't put him under so much stress. At least he doesn't hit me. He won't do it again. I can't do anything right.

In this compassionate book written for victims of domestic violence, Joanna V. Hunter helps women face, head on, the excuses they tell themselves that keep them in abusive relationships. Using expert advice complemented by her story and the stories of dozens of other women who have survived and turned away from domestic violence, Hunter teaches women to

- ☐ identify the lies they've accepted
- ☐ understand what healthy thinking sounds like
- ☐ give themselves permission to stop taking the blame for their partners' behavior
- ☐ identify power and control plays
- ☐ stick up for their own needs and plan for their safety
- ☐ practice forgiveness

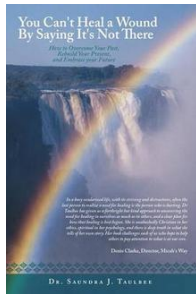
'Healing from abuse means you've taken back your power . . . My hope is that this book will help you shed labels, transcend the past, and walk into a better life the one you've always hoped for.' Readers will develop the tools to operate not as victims, but as survivors, understanding the power that they hold to change their lives.

You Can't Heal a Wound By Saying It's Not There

DES/SH/Css

How to Overcome Your Past, Rebuild Your Present, and Embrace Your Future

By [Dr. Saundra J. Taulbee](#)



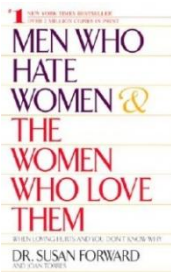
What do a high tech, workaholic man addicted to pornography and alcohol, a talented woman who loses her "voice" and struggles with intimacy in marriage, a man who is unable to be sexually faithful to his wife, and, a ten year old depressed boy have in common? Each of them is in desperate need of healing from wounds of the past. But, just what is the nature of the wound? Author Saundra Taulbee explains through actual case examples and vignettes from her own life that we are all in need of healing from wounds that begin in childhood, but, if undealt with, manifest in dysfunctions in family relationships, in marriage, in friendship, in work/career, in the way we see ourselves, and, in the way we relate to God. A quick self-assessment quiz: How many of us know how to find real peace within? Are you at peace with family, and actually love them and like to be around them - especially during the holidays? How many of us experience real relationship with friends where you can be yourself and be accepted? How many of us harbor bitterness and hold grudges against a loved one for past hurts? Are you married but still alone, unable to break through walls of silence or anger? Do you know what are your life-passions; yet, you allow them to go unfulfilled? Why is that? How many of us are really using our God-given gifts and talents to reach out to other people in need, to help them be different? An honest response of "that's me", to any of the above questions suggests you have a wound in need of healing that goes deep within your soul, blocking you from the life that awaits you. So, why read, You Can't Heal a Wound by Saying It's Not There? Because it walks us through common issues of life that show us repeating negative patterns revealing how we fail to live authentically, how we live double-lives, how we focus on self-satisfaction instead of serving others, how we rely on achievement and success to feel value, how we get caught up with excesses that take our minds off things that matter, how we struggle with addictions of all kinds that we keep secret. Told through the stories of nine real people. You Can't Heal a Wound...is about overcoming the wounds of your past. It is a book about hope and healing and living the life you always wanted, but did not know how to find. Chapters outline common issues we struggle with, and practical solutions for recovery. The book concludes with addendum endnotes for further study and a study guide for individual or small group study.

Publisher: [AuthorHouse](#)

Age Range: [15+ years](#)

Men Who Hate Women and the Women Who Love Them

Rel/AV



When Love Hurts and You Don't Know Why

Forward is a therapist, author, and talk-show host whose specialty is abusive relationships. This book grew out of her realization that her own marriage as well as those of many of her clients followed a pattern. Many men need to control their relationships completely and consequently are mentally (if not physically) abusive. They denigrate their partners, resent them if they have any outside interests, and become furious for trivial reasons. Women with low self-esteem are drawn to these men because they can also be charming and devoted. Forward devotes the first half of the book to an analysis of the problem, the second half to breaking the pattern and getting outside help. No bibliography, but competent and interesting, and sure to be popular.