

ADDICTIONS

Alcoholics Anonymous - Anonymous
Adult Children of Alcoholics - Janet Woititz
Children of Alcoholics, Extended - Janet Woititz
Beyond Codependency - Melody Beatti
Codependent No More - Melody Beatti
Healing the Addictive Mind - Lee Jampolsky
Perfect Daughters: Adult Daughters of Alcoholics - Robert J. Ackerman
Recovery from Addiction - John Finnegan
Stuff Your Face or Face Your Stuff - Dorothy Breininger

ANGER, STRESS & ANXIETY

Creative Aggression - George Bach & Herb Goldberg
Dance of Anger, The - Harriet G. Lerner PhD
Letting Go of Anger for preteens and teens - Jeffrey Bernstein, Ph.D
What Your Doctor May Not Tell You About: Anxiety, Phobias & Panic Attacks - Douglas Hunt MD
SOS Help for Emotions: Managing Anxiety, Anger & Depression - Lynn Clark PhD
The Anxiety & Phobia Workbook - Edmund Bourne PhD
The Cow in the Parking Lot: A Zen Approach to Overcoming Anger - Leonard Scheff & Susan Edmiston

ADHD/ADD

ADD Hyperactivity Workbook, The - Harvey C. Parker PhD
ADDITUDE Magazine & www.ADDitudemag.com
Answers to Distraction - Edward M. Hallowell, MD & John J. Ratey MD
Defeating the 8 Demons of Distraction - Geraldine Markel PhD
Dr Bob's Guide to Stop ADHD in 18 Days - Robert DeMaria
Driven to Distraction - Edward M. Hallowell MD & John J. Ratey MD
Finding Your Focus: Practical Strategies for Everyday Challenges Facing Adults with ADD - Judith Greenbaum PhD & Geraldine Markel PhD
The "Putting On The Brakes" Activity Book for Young People w/ ADHD - Patricia Quinn & Judith Stern
Woman With Attention Deficit Disorder - Sari Solden MS MFCC
Taking Charge of ADHD: The Complete Authoritative Guide for Parents - Russell Barkley PhD

CAREER

What Color is Your Parachute? - Richard Bolles
Your Ideal or Next Job - Richard Bolles

DOMESTIC VIOLENCE & ABUSE

Bodily Harm: The Breakthrough Healing Program for Self-Injurers - Karen Conterio & Wendy Lader PhD
Bully Caterpillar - Jay Carter PhD
Courage to Heal Workbook, The - Laura Davis
Cutting: Understanding & Overcoming Self-Mutilation - Steven Levenkron
Emotional Blackmail - Susan Forward
Rainbow's End: A Recovery Workbk for Children & Adults Who Have Suffered Enough - Laura Summer
Sexual Abuse - Let's Talk About It - Margaret O. Hyde
Why Me? - Lynn Daugherty PhD
The Me Nobody Knows: A Guide for Teen Survivors - Barbara Bean & Shari Bennett
When Something Feels Wrong: A Survival Guide About Abuse for Young People - Deanna Pledge PhD

DEATH & DYING

How to Survive the Loss of a Love - Melba Colgrove PhD, H. Bloomfield & P. McWilliams
Necessary Losses - Judith Voist
On Death & Dying - Elizabeth Kubler/Ross
Lifetimes: The Beautiful Way to Explain Death to Children - Bryan Mellonie & Robert Ingpen
Remember the Secret - Elisabeth Kulber-Ross
Explaining Death to Children edited by Earl A Grollman
How To Go On Living When Someone You Love Dies - Therese A Rando PhD
The Courage to Grieve: Creative Living, Recovery & Growth Through Grief - Judy Tatelbaum

DIVORCE

After the Affair - Janis Abrahms & Michael Spring (cassette)
Boys & Girls Book about Divorce - Richard A. Gardner
Crazy Time: Surviving Divorce and Building a New Life, Revised Edition - Abigail Trafford
Custody Chaos, Personal Peace: Sharing Custody with an Ex Who is Driving You Crazy - Jeffrey P. Wittmann PhD
Dinosaurs Divorce for Kids - Marc Brown & Laurie Krasny Brown
Divorce Workbook, The - Sally B. Ives PhD, David Fassler MD & Michele Lash
Divorce: Your Fault, My Fault, No Fault - Neil Hurowitz Esq
Helping Children Cope with Separation - Claudia Jewett
Kids First: What Kids Want Parents to Know About Separation & Divorce - Kids First Organization
Mom's House, Dad's House - Isolina Ricci PhD
Rebuilding: When Your Relationship Ends - Bruce Fisher EdD
Second Chance - Judith S Wallerstein PhD & Sandra Blakestee
Sharing the Children - R. Adler PhD
Surviving the Breakup: How Parents and Children Cope with Divorce - Judith S. Wallerstein PhD & Joan B. Kelly PhD
The Good Divorce - Constance Ahrons PhD
Uncoupling: Turning Points in Intimate Relationships - Diane Vaughan PhD

HEALTH

Aspartame (NutraSweet): Is It Safe? - H.J. Roberts MD
Eat More, Weigh Less - Dean Ornish MD
Fight Fat & Win - Elaine Moquette-Magee
Lick the Sugar Habit - Nancy Appleton
Love, Medicine & Miracles - Bernie S. Siegel MD
Sugar Blues - William Duffy
The Healing Power of Pets - Marty Becker MD
Potatoes, Not Prozac: Are You Sugar Sensitive? - Kathleen DesMaisons PhD
Natural Cures They Don't Want You To Know About - Kevin Trudeau
The Chronic Pain Control Workbook: Guide for Coping w/ & Overcoming Pain - Ellen Catalano MA & Kimeron Hardin PhD
Stop Gaining Weight - Laura Pawlak
Mindless Eating - Brian Wansink PhD

LGBT

What If Someone I Know Is Gay - Eric Marcus

MEN & BOYS

10 Stupid Things Men Do To Mess Up Their Lives - Dr. Laura Schlessinger
Everything Men Know About Women - Dr. Alan Francis
Getting the Love You Want - Harville Hendrix
Impotence: How to Overcome It - Dr. Richard Manning
Iron John - Robert Bly
Myth of Male Power, The - Warren Farrel, PhD
New Male Sexuality, The - Bernie Zilbergeld
Peter Pan Syndrome, The - Dan Kiley
Silent Sons - Robert J. Ackerman
Why Men Are the Way They Are - Warren Farrell PhD
Real Boys Workbook - William S. Pollack PhD
Stiffed: The Betrayal of the American Man - Susan Faludi
Women Can't Hear What Men Don't Say - Warren Farrell

MENTAL HEALTH

All Kinds of Minds - Mel Levine
Change Your Mind & Your Life Will Follow: 12 Simple Principles - Karen Casey
Emotional Intelligence - Daniel Goleman
Failing Up - Leslie Odom, Jr
Feeling Good - David Burns
Feeling Good Handbook - David Burns
Fear of Flying Workbook - Dave Carbonell, Ph.D
Gift of Fear, The - Gavin De Becker
Hug Therapy Book, The - Kathleen Keating
Hug Therapy 2 - Kathleen Keating
In The Meantime - Iyanla Vanzant
One & Only: The Freedom of Having an Only Child, and the Joy of Being One - Lauren Sandler
Ten Days to Self-Esteem - David Burns
The Healing Power of Pets - Marty Becker
Twelve Steps for Everybody, The - Jerry Hirschfield PhD
You Can Be Happy No Matter What: Five Principles for Keeping Life in Perspective - Wayne Dyer
Worry - Edward M. Hallowell

PARENTING

Double Duty - Daniel Mason
Experts Advise Parents - Eileen Shiff
Free to be a Family - Marlo Thomas & Friends
Heart of Parenting, The - John Gottman
Mother Dance, The - Harriet Lerner
On the Family - John Bradshaw
P.E.T. - Parent Effectiveness Training - Dr. Thomas Gordon
Perfect Parenting & Other Myths - Frank Main
Raising Each Other - Jeanne Brondino, Shellie Brann, Scott Coatsworth, et. Al.
Raising Your Spirited Child - Mary Sheedy Kurchinka
Raising a Moody Child - Mary Fristad PhD & Jill Goldberg Arnold PhD
Siblings Without Rivalry - Adele Faber & Elaine Mazlish
STEP: Parenting Young Children - Don James Dinkmeyer & Gary McKay
Strengthening Your Stepfamily - Elizabeth Einstein & Linda Albert
Toxic Parents - Susan Forward PhD
What Color are Your Family's Dreams - Lawrence E. Shapiro PhD
Winning at Parenting without Beating Your Kids - Barbara Coloroso (Tape)
1,400 Things to Be Happy About for Kids - Barbara Ann Kipfer

Chore Chart
 Stop and Think Sign

RELATIONSHIPS

Chronic Illness: Healing the Wounded Heart-Julie Ann Allender EdD
Dance of Intimacy, The - Harriet G. Lerner PhD
End of My Rope: Gender Cooperation Model - Julie Ann Allender EdD
From Conflict to Caring - Drs. Jordan & Margaret Paul
Intimate Connections - David Burns
Mars and Venus in the Bedroom - John Grey
Men are from Mars, Women are from Venus - John Grey
No Bad Kids by Janet Lansbury
Second Shift, The - Arlie Hochschild
Truth about Women, The - Dr. Georgia Witkin
Understanding Each Other - Warren Farrell PhD
What Your Mother Couldn't Tell You & Your Father Didn't Know-John Grey
Getting The Love You Want Workbook: New Couples' Study Guide - Harville Hendrix PhD & Helen LaKelly Hunt PhD

RELAXATION & MEDITATION

Massage Book - George Downing
Relaxation Response, The - Herbert Benson MD
Relaxation CD - Julie Ann Allender EdD

SEXUAL

For Yourself: The Fulfillment of Female Sexuality - Lonnie Garfield Barbach
Rekindling Desire - Warwick Williams

TEENS

Cutting: Understanding & Overcoming Self-Mutilation - Steven Levenkron
Life Lists: Tips, Steps, Hints & How-Tos for Growing Up, Getting Along, Learning & Having Fun - Pamela Espeland
Life Strategies for Teens - Jay McGraw
Mindfulness for Teen Worry - Jeff Bernstein PhD
STEP: Parenting Your Teen - Don Dinkmeyer & Gary McKay
The Me Nobody Knows: A Guide for Teen Survivors - Barbara Bean & Shari Bennett
The 7 Habits of Highly Effective Teens - Sean Covey
What If Someone I Know Is Gay - Eric Marcus
When Something Feels Wrong: A Survival Guide About Abuse for Young People - Deanna Pledge PhD
When Nothing Matters Anymore: A Survival Guide for Depressed Teens - Bev Cobain RNC

WOMEN & GIRLS

Cinderella Complex - Colette Dowling
Don't Blame Mother - Paula Caplan PhD
If You Really Loved Me... - Drs. Jordan & Margaret Paul & B. Hess
In a Different Voice - Carol Gilligan
Menopause Self Help Book, The - Susan M. Lark MD
PMS Self Help Book, The - Susan M. Lark MD
Ten Stupid Things Women Do to Mess Up Their Lives - Dr. Laura Schlessinger
The Price of Motherhood - Ann Crittenden
Type E Woman, The - Harriet Braiker
When I Say No, I Feel Guilty - Manuel Smith
Your Perfect Right - Robert Alberti PhD & Michael Emmons PhD
Women Can't Hear What Men Don't Say - Warren Farrell

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