

Self-Help Books

CAPS is providing you this list of books that address a wide range of concerns, including depression, anxiety, shyness, relationships, and more. To a significant degree the selected books are drawn from a more comprehensive resource, the *Authoritative Guide to Self Help Resources in Mental Health*, by John C. Norcross and others (revised edition published in 2003, ISBN 1572308397).

General self-improvement

Mihaly Csikszentmihalyi (1998), *Finding Flow: the Psychology of Engagement in Everyday Life*. ISBN 0465024114 In this stimulating book, Mihaly Csikszentmihalyi (pronounced "Chik-sent-mee-high-yee") demonstrates how anyone can apply his highly regarded psychological research on "flow" to enhance the enjoyment of life. Csikszentmihalyi describes the kinds of daily activities that do and don't produce genuine engagement, and demonstrates that increasing one's involvement in engaging activities leads to a more satisfying life.

Martin Seligman (1998), *Learned Optimism: How to Change Your Mind and Your Life*. ISBN 0671019112 Martin Seligman, a leading psychologist, turns his ground-breaking research on "learned helplessness" on its head, and describes how developing "learned optimism" can improve many facets of one's life.

Abuse during childhood

Ellen Bass & Laura Davis (1994), *The Courage To Heal: A Guide for Women Survivors of Child Sexual Abuse* (3rd Ed.). ISBN 0060950668 Although neither Ellen Bass nor Laura Davis are trained mental health professionals, they developed what is widely considered the "Bible" for adult women who have experienced sexual abuse during childhood. Some critics have argued that their list of "probable" signs of childhood sexual abuse is too inclusive and might mislead some women to needlessly question whether they may have "repressed" memories of such abuse. Even so, their book is a wonderful resource for women who know that they were abused as children. The book offers stories from other "survivors," helpful writing exercises, advice for partners of survivors, and much more.

Michael Lew (1990), *Victims No Longer: Men Recovering from Incest and Other Child Abuse*. ISBN 0060973005 This book is an essential resource for the otherwise often overlooked men who have suffered abuse in childhood. The book includes helpful personal accounts from men who have survived childhood abuse, and offers a variety of other useful self-help information.

Anxiety

Edmund J. Bourne (2000), *The Anxiety and Phobia Workbook (3rd Ed.)*. ISBN 157224223X The latest edition of this well-known book rounds out its practical, step-by-step offerings of mostly cognitive-behavioral strategies to address anxiety and phobias by including relevant information about medications and herbal supplements.

R. Reid Wilson (1996), *Don't Panic: Taking Control of Anxiety Attacks (Rev. Ed.)*. ISBN 0060951605 This book provides a thorough introduction to Panic Disorder, and then offers an empirically supported, cognitive-behaviorally based self-help program for addressing panic attacks.

Assertiveness

Robert E. Alberti & Michael L. Emmons (2001), *Your Perfect Right: Assertiveness and Equality in Your Life and Relationships (8th Ed.)*. ISBN 1886230285 A classic in the field, this book emphasizes the use of effective communication in becoming appropriately assertive.

Attention Deficit / Hyperactivity

Edward M. Hallowell & John J. Ratey (1995), *Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood*. ISBN 0684801280 This book is a valuable resource that offers a life-span perspective on attention disorders and emphasizes the effect such disorders can have on relationships, education, and careers. The book reviews the diagnosis of attention disorders, co-occurring disorders, and treatment strategies.

Depression

David D. Burns (1999), *The Feeling Good Handbook (Rev. Ed.)*. ISBN 0452281326 This popular book translates the widely used and empirically supported cognitive therapy for depression into a self-help program that addresses depression and other closely related problems (e.g., insecurity, irritability, procrastination, guilt, and so forth). The book offers numerous exercises, self-rating scales, and other aids that make it easy to apply its fundamental concepts while also assessing one's progress.

GLBT concerns

Kim Howard & Annie Stevens (Eds.) (2000), *Out and About Campus. Personal Accounts by Lesbian, Gay, Bisexual, and Transgendered College Students*. ISBN 1555834809 This book offers a collection of 28 essays written by GLBT college students from across the U.S. The essays are first-person accounts of the students' experiences in adjusting to academic life. As a whole, the accounts are thoughtful, insightful, and moving, and offer support to others facing similar issues.

Ritch C. Savin-Williams (2001), *Mom, Dad, I'm Gay: How Families*

Negotiate Coming Out. ISBN 1557987416 In this valuable resource psychologist and researcher Ritch Savin-Williams summarizes the results of his own research and that of others to provide a nuanced perspective on the wide variety of experiences young people have as they "come out" to their families. Based on a careful analysis of the available research, Savin-Williams offers practical advice on "coming out" to one's family.

Loss

Peter McWilliams, Harold H. Bloomfield, & Melba Colgrove (1993), *How to Survive the Loss of a Love*. ISBN 0931580439 The title notwithstanding, this book actually considers losses of all kinds, including not only relationships lost through death or break-ups, but also including the psychological losses entailed by bankruptcy, serious illness and accidents, career setbacks, and so forth. The book offers a mix of practical advice, inspirational passages, and other helpful aids.

Multicultural concerns

Terrance Dean (2003), *Reclaim your power! A 30-day Guide to Hope, Healing, and Inspiration for Men of Color*. ISBN

081296778X In this book Terrance Dean, a writer and motivational speaker, offers a 30-day guide modeled on devotional books. Each day the reader is invited to read a brief passage that provides wisdom, advice, and inspiration in managing problems often faced by men of color.

Monique Greenwood (2001), *Having What Matters: the Black Woman's Guide to Creating the Life You Really Want*. ISBN

0688175090 Monique Greenwood is a successful, Black businesswoman who uses this inspirational book to share with other women the lessons she has learned in developing a satisfying life.

Obsessions and Compulsions

Edna B. Foa & Reid Wilson (2001), *Stop Obsessing! How to Overcome Your Obsessions and Compulsions (Rev. Ed.)*. ISBN

0553381172 Psychologist Edna Foa is a leading researcher in the treatment of Obsessive-Compulsive Disorder. This authoritative book offers a clear introduction to the disorder and its origins, and provides empirically supported, cognitive-behaviorally based strategies for addressing the disorder.

Rape

Robin Warshaw (1994), *I Never Called it Rape: The Ms. Report on Recognizing, Fighting, and Surviving Date and Acquaintance Rape*. ISBN

0060925728 Not only is this book one of the best self-help books available relating to acquaintance rape, it is also a valuable resource for

partners and family members of rape victims, and for educators and counselors.

Relationships

Aaron Beck (1989). *Love is Never Enough: How Couples Can Overcome Misunderstandings, Resolve Conflicts, and Solve Relationship Problems Through Cognitive Therapy*. ISBN 0060916044 In this popular self-help book, psychiatrist Aaron Beck, who is one of the founders and early developers of cognitive therapy, applies his therapeutic approach to romantic relationships.

John M. Gottman & Joan DeClaire (2002), *The Relationship Cure: A Five Step Guide to Strengthening Your Marriage, Family, and Friendships*. ISBN 0609809539 John Gottman, a psychologist and leading researcher in relationships, offers an empirically supported program for improving relationships of all kinds. Gottman demonstrates the importance of recognizing key relationship cues and then responding to these cues effectively.

Shyness, Social Anxiety

Franklin Schneier & Lawrence Welkowitz (1996), *The Hidden Face of Shyness: Understanding and Overcoming Social Anxiety*. ISBN 0380783991 This book offers a good introduction to the varieties and origins of social anxiety, along with a practical self-help program for addressing the problem.

Stress

Martha Davis, Elizabeth R. Eshelman, & Matthew McKay (2000), *The Relaxation and Stress Reduction Workbook (5th Ed.)*. ISBN 1572242140 This popular book provides a wide variety of sensible, straightforward, and effective strategies for addressing everyday stress.