

## Employee Assistance Program Bibliotherapy

Please look for the titles below at [www.amazon.com](http://www.amazon.com)

Rating (1-5)	Title	Author
<b>Abuse</b>		
5	The Courage to Heal + Workbook: Primarily for sexually abused women.	Bass & Davis
4	Allies in Healing: For partners of abuse survivors	Davis
4	The Battered Woman	Walker
4	Getting Free: For woman. Uses exercises	NiCarthy
4	Victims No Longer: Male survivors of sexual abuse	Lew
3	I Never Called It Rape: Date Rape	Warshaw
<b>Addictive Disorders and Codependency</b>		
4	AA	AA
4	A Time to Heal: ACOA	Cermak
4	12 Steps & 12 Traditions	AA
3	It Will Never Happen to Me: For children and spouses	Black
3	When AA Doesn't Work for You: Rational Recovery	Ellis & Velton
3	The Truth About Addiction & Recovery: A non-medical model approach	Peele, Brodsky & Arnold
<b>Adult Development and Aging</b>		
4	Necessary Losses: Growth and change through normal losses	Viorst
4	Seasons of a Man's Life: Adult male development. Mid-life crisis.	Levinson
<b>Anger</b>		
5	The Dance of Anger: For women.	Lerner
4	Anger: The misunderstood emotion: Focuses on coping. Comprehensive.	Tavris
4	How to Control Your Anger Before It Controls You. REBT approach	Ellis & Tafrate
4	Letting Go of Anger: Anger management styles and remedies.	Potter-Efron & Potter-Efron
4	The Anger Workbook: Cognitive-behavioral	Bilodeau
<b>Assertiveness</b>		
5	The Assertive Woman: Scenarios, checklists, & exercises.	Phelps & Austin
5	You're Perfect Right: A Guide to Assertive Living Self-help/Training manual. Step-by-step, Communication Skills.	Alberti & Emmons Smith
4	When I Say No I Feel Guilty: Down to earth, practical	Alberti & Emmons
4	Stand Up, Speak Out, Talk Back: 13 behavioral steps.	Bower & Bower
4	Asserting Yourself: Positive behavioral changes	Kaufman & Raphael
*	Stick Up for Yourself: For kids 8-12. Self-esteem	
<b>ADHD</b>		
5	Driven to Distraction: Primarily for adults	Hallowell & Ratey
5	Taking Charge of ADHD: For parents of children with ADHD.	Barkley
4	Parenting a Child With ADHD: Autobiographical, practical	Boyles & Contadino
3	Learning to Slow Down & Pay Attention: A book for kids. "Things I can do for myself."	Nadeau & Dixon

<b>Rating (1-5)</b>	<b>Title</b>	<b>Author</b>
<b>Career Development</b>		
5	What Color Is My Parachute?	Bolles
4	Staying the Course (for men 35-55)	Weiss
4	Win-Win Negotiating	Jandt
3	Shifting Gears: Career changing	Hyatt
3	Knock 'Em Dead: Interviewing strategies	Yate
<b>Child Development and Parenting</b>		
5	Between Parent & Child: Improve comm. & understanding. Somewhat outdated.	Ginott
5	Children: The Challenge: Effective and loving discipline	Dreikurs
5	Dr. Spock's Baby & Child Care: Medical advice	Spock & Rothenburg
5	The First Three Years of Life: Focus on intellectual and social functioning	White
5	The First 12 Months of Life: Broad based developmental	Caplan
5	How to Talk so Kids Will Listen & Listen so Kids Will Talk: Communication - clear and understandable	Faber & Mazlish
5	Infants & Mothers: Mother's role in development (1st year)	Brazelton
5	1-2-3 Magic: Discipline - behavioral, humorous.	Phelan
5	Toddlers & Parents: Advice about typical developmental hurdles.	Brazelton
5	To Listen to a Child: Focus on problematic events in a child's life.	Brazelton
5	What Every Baby Knows: Broad approach - How to...	Brazelton
5	What to Expect the First Year: Encyclopedia - volume of facts.	Eisenberg et al.
5	Your Baby and Child: Typical problems from 1-5.	Leach
5	Dr. Spock on Parenting: Collection of articles from 70's-80's.	Spock
4	The Hurried Child: Deals with excessive expectations.	Elkind
4	Parent Effectiveness Training: Communication	Gordon
4	Parenting The Strong -Willed Child: Researched based. Increase positive behavior	Forehand & Long
<b>Communication &amp; People Skills</b>		
4	Boundaries: When to Say Yes, When to Say No: Clarifying & establishing. Uses scripture.	Cloud & Townsend
4	Getting to Yes: 150pgs. Broad, step-by-step.	Fisher & Ury
4	How to Communicate: The Ultimate Guide: Skill building. What to do.	McKay et al.
4	Intimate Connections: Overcoming loneliness	Burns
4	Intimate Strangers: Intimacy, communication, sex, and kids	Rubin
4	Just Friends	Rubin
4	People Skills: Steps - bridging gaps, listening, assertion, conflict mngt.	Bolton
4	Shyness: Easy to read. Step-by step.	Zimbardo
4	You Just Don't Understand: Women & Men in Conversation Learn to manage the different comm. styles.	Tannen
<b>Death &amp; Grieving</b>		
5	How to Go On Living When Someone You Love Dies: Different ways to grieve	Rando
5	How to Survive the Loss of a Love: Broad concept of loss (death, rape, job, moving, success, youth.	Colgrove et al.
5	When Bad Things Happen to Good People: Spiritual, comforting	Kushner
5	On Children & Death: For people caring for dying kids	Kubler-Ross
4	The Grief Recovery Handbook: Works through stages of grief.	James & Cherry

<b>Rating (1-5)</b>	<b>Title</b>	<b>Author</b>
	<b>Death &amp; Grieving (continued)</b>	
4	Helping Children Grieve	Huntley
4	Learning to Say Goodbye: For children losing a parent	LeShan
4	Recovering From the Loss of Child	Donnelly
4	Talking About Death: 100 pgs. For kids 5-9 & a guide for parents.	Grollman
	<b>Dementia – Alzheimer’s</b>	
5	The 36 Hour Day: For families caring patients.	Mace & Rabins
	<b>Divorce</b>	
5	Boys & Girls Book About Divorce: 10 yr.+ Coping	Gardner
5	Dinosaurs Divorce: 30 pg. picture book for younger kids	Brown & Brown
4	Growing Up With Divorce: For divorced parents to help their kids.	Kalter
4	How It Feels When Parents Divorce	Krementz
	<b>Eating Disorders</b>	
4	Dying to Be Thin: For clients and their families. Insight, motivation, knowledge.	Sacker & Zimmer
	<b>Families &amp; Step Families</b>	
5	Old Loyalties, New Ties: Mainly for therapists but also for clients.	Visher & Visher
4	The Family Crucible: Systems approach. For therapists.	Napier & Whitaker
4	Step by Step Parenting: Strategies for managing blended family issues.	Eckler
4	Step-Fathering: Easy to relate to.	Rosin
	<b>Love &amp; Intimacy</b>	
5	Love Is Never Enough: Cognitive therapy approach	Beck
4	The Art of Loving	Fromm
4	The Dance Of Intimacy: Psychoanalytic + family systems.	Lerner
4	The Triangle of Love: Good advice but academic	Sternberg
	<b>Marriage</b>	
5	Why Marriages Succeed or Fail: Researched based. Warning signs, stages, ways to improve.	Gottman
4	Divorce Busting: Behavioral, not feeling oriented. Solution focused.	Weiner-Davis
4	Getting the Love You Want: How to marital therapy at home. Family of origin.	Hendrix
4	Intimate Partners: Stages. How to solve problems. Family of origin	Scarf
*	We Love Each Other but.....: How to think and act differently. resolving conflict.	Wachtel
	<b>Men’s Issues</b>	
4	Real Boys: Helping boys become healthy men.	Pollack
4	Seasons of a Man's Life: Stages of male lifecycle.	Levinson
	<b>Mood Disorders</b>	
5	Cognitive Therapy & The Emotional Disorders	Beck
5	Control Your Depression: Cog-Beh approach.	Lewinsohn et al.
5	Feeling Good: The New Mood Therapy: Cog-Beh. Checklists, techniques, challenging faulty thinking.	Burns

<b>Rating (1-5)</b>	<b>Title</b>	<b>Author</b>
	<b>Mood Disorders (continued)</b>	
5	The Feeling Good Handbook: Self assessments and things to do.	Burns
5	Mind Over Mood: Step-by-step cognitive therapy for lay people.	Greenberger & Padesky
4	When Feeling Bad Is Good: Women & Healthy Depression	McGrath
4	When Living Hurts: Brief & practical methods. Reference book for clinicians.	Yapko
	<b>Pregnancy</b>	
5	The Complete Book of Pregnancy and Childbirth	Kitzinger
5	What to Expect When Your Expecting	Eisenberg et al.
	<b>Schizophrenia</b>	
5	Surviving Schizophrenia: Broad range.	Torrey
5	Coping With Schizophrenia: A Guide for Families	Mueser & Gingerich
	<b>Self Management &amp; Self Enhancement</b>	
5	Learned Optimism: Research based	Seligman
5	7 Habits of Highly Effective People	Covey
5	What You Can Change and What You Can't: Research based. Effects of biology, environment, will, etc.	Seligman
4	Changing for the Good: Behavioral stages of change. Research based.	Prochaska et al.
4	Don't Blame Mother: Mother and daughter relationship as adults.	Caplan
4	Don't Sweat the Small Stuff and..... : Put things in perspective.	Carlson
4	Feel the Fear & Do It Anyway: RET. Ways to challenge faulty thinking.	Jeffers
4	A New Guide to Rational Living: RET	Ellis & Harper
4	Overcoming Procrastination: RET	Ellis & Kraus
4	Spontaneous Healing: Ways to optimize physical/health functioning.	Weil
4	What to Say When You Talk to Yourself : Self-talk.	Helmstetter
	<b>Sexuality</b>	
4	For Each Other: Primarily for women. Overcoming sexuality problems.	Barbach
4	Illustrated Manual of Sex Therapy: Exercises/techniques to improve sex/problems.	Kaplan
*	Becoming Orgasmic: Step by step for inorgasmic women.	Heiman & LoPiccolo
*	Making Love: A Man's Guide: How to...	White
*	Making Love: A Women's Guide: How to...	Davis
*	Seven Weeks to Better Sex: Enhancement/enrichment.	Renshaw
	<b>Spiritual &amp; Existential Concerns</b>	
5	Man's Search for Meaning: Existential complex reading	Frankl
4	Finding Flow: Research based. Increase quality of daily life.	Csikszentmihalyi
4	Peace, Love, & Healing: Inner-resource, self-healing approach to self-improvement.	Siegel
4	The Road Less Traveled: Spiritual and psychological	Peck
4	When All You Ever Wanted Isn't Enough: Spiritual	Kushner
	<b>Stress Management</b>	
5	The Relaxation & Stress Reduction Workbook: Resource book & manage stress.	Davis et al.

<b>Rating (1-5)</b>	<b>Title</b>	<b>Author</b>
	<b>Stress Management (continued)</b>	
5	The Relaxation Response: Relax to deal with stress.	Benson
5	The Stress and Relaxation Handbook: Illustrated exercises to use throughout the day.	Madders
5	The Wellness Book: Treating stress related illness.	Benson & Stuart
5	Wherever You Go, There You Are: Practical guide to meditation	Kabat-Zin
4	Beyond the Relaxation Response: Adds faith in a healing power	Benson
4	Each Day a New Beginning	Hazelden Foundations
4	Minding the Body, Mending the Mind: Positive effects of relaxation on mind & body.	Borysenko
4	Why Zebra's Don't Get Ulcers: Research based effects of stress on health.	Sapolsky
	<b>Teenagers &amp; Parenting</b>	
5	Between Parents & Teenagers: Increase understanding and communication.	Ginott
5	Reviving Ophelia	Pipher
4	All Grown Up & No Place to Go: Up to date understanding of teenage challenges.	Elkind
	<b>Weight Management</b>	
4	Eight Weeks to Optimal Health: Natural healing power.	Weil
4	Fat Is a Feminist Issue: The Anti-Diet Guide for Women Compulsive overeating from a feminist and psychoanalytic perspective.	Orbach Brownell
3	The LEARN Program for Weight Control Lifestyle changes.	
	<b>Women's Issues</b>	
5	The New Our Bodies, Ourselves: Comprehensive. Empowerment.	Boston Women's Health Book Collection
4	Chicken Soup for the Women's Soul: Feel good book.	Canfield et al.
4	The Seasons of a Woman's Life: Developmental	Levinson & Levinson
4	The Second Shift: The inequity of gender roles.	Hochschild