

**ANN ARBOR CONSULTATION SERVICES RECOMMENDED BOOKS
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CBT (COGNITIVE BEHAVIORAL THERAPY)

Thoughts and Feelings: Taking Control of Your Moods and Your Life

Matthew McKay, Martha Davis and Patrick Fanning

Mind over Mood

Dennis Greenberger, Christine A. Padesky

Reinventing Your Life: The Breakthrough Program to End Negative Behavior...and Feel Great Again

Jeffrey E. Young, Janet S. Klosko, Aaron T. Beck

The Feeling Good Handbook

David Burns

Feeling Good: The New Mood Therapy

David Burns

DBT (DIALECTICAL BEHAVIOR THERAPY; INCLUDING MINDFULNESS)

Dialectical Behavior Therapy Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion...

Matthew McKay, Jeffrey C. Wood, & Jeffrey Brantley

Depressed and Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety

Thomas Marra

Wherever You Go, There You Are

Jon Kabat-Zinn

DEPRESSION

Your Depression Map: Find the Source of Your Depression and Chart Your Own Recovery

Randy J. Paterson

The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness

J. Mark G. Williams, John D. Teasdale, Zindel V. Segal, & Jon Kabat-Zinn

Overcoming Depression: A Cognitive Therapy Approach for Taming the Depression BEAST Client Workbook (Treatments That Work)

Mark Gilson & Arthur Freeman

Coping with the Seasons: A Cognitive Behavioral Approach to Seasonal Affective Disorder Workbook

Kelly J Rohan

Depression and Your Thyroid: What You Need to Know

Gary Ross & Peter Bieling

Ending the Depression Cycle: A Step-by-Step Guide for Preventing Relapse

Peter Bieling, Martin Antony

BIPOLAR DISORDER

Bipolar Disorder: A Guide for Patients and Families (2nd Edition)

Francis Mondimore

The Bipolar Disorder Survival Guide: What You and Your Family Need to Know
David Miklowitz

Overcoming Bipolar Disorder: A Comprehensive Workbook for Managing Your Symptoms and Achieving Your Life Goals (Publication Date: December 2008)
Bauer, Ludman, Greenwald, & Kilbourne

The Cyclothymia Workbook: Learn How to Manage Your Mood Swings and Lead a Balanced Life
Prentiss Price

Parenting a Bipolar Child
Faedda & Austin

An Unquiet Mind: A Memoir of Moods and Madness
Kay Redfield Jamison

A Brilliant Madness: Living with Manic-depressive Illness
Duke

EATING DISORDERS

A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder
Workbook (Second Edition)
Robin F. Apple & W. Stewart Agras

The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks
Thomas Cash

ADDICTION/SUBSTANCE ABUSE

Overcoming Your Alcohol or Drug Problem: Effective Recovery Strategies (Second Edition)
Dennis C. Daley and G. Alan Marlatt

The Addiction Workbook: A Step-by-Step Guide for Quitting Alcohol and Drugs
Patrick Fanning

DUAL DIAGNOSES (SUBSTANCE ABUSE AND MENTAL HEALTH DIAGNOSES)

Addiction and Mood Disorders: A Guide for Clients and Families
Antoine Douaihy & Dennis C. Daley

ANGER MANAGEMENT

Rage: A Step-by-step Guide to Overcoming Explosive Anger (Paperback)\
Ronald Potter-Efron

Letting Go of Anger: The Eleven Most Common Anger Styles and What to Do About Them
Ronald Potter-Efron, Patricia Potter-Efron

When Anger Hurts: Quietening the Storm Within
Matthew McKay, Peter Rogers, & Judith McKay

The Anger Control Workbook
Matthew McKay and Peter Rogers

Stop Anger, Be Happy
Kathy Garber

How to Take the Grrrr Out of Anger
Verdick & Lisovskis

I'm Not Bad, I'm Just Mad: A Workbook to Help Kids Control Their Anger
Lawrence Shapiro et al

SLEEP/INSOMNIA

No More Sleepless Nights
Peter Hauri & Shirley Linde

No More Sleepless Nights Workbook
Peter Hauri & Shirley Linde

Overcoming Insomnia
Jack Edinger

Sleeping Through the Night, Revised Edition: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep
Jodi A. Mindell

The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night
Elizabeth Pantley & William Sears

The No-Cry Sleep Solution for Toddlers and Preschoolers: Gentle Ways to Stop Bedtime Battles and Improve Your Child's Sleep (Pantley)
Elizabeth Pantley

When Children Don't Sleep Well: Interventions for Pediatric Sleep Disorders Parent Workbook
V. Mark Durand

PANIC & AGORAPHOBIA

Mastery of Your Anxiety and Panic: Workbook (Treatments That Work)
David H. Barlow & Michelle G. Craske

Facing Panic: Self-Help for People with Panic Attacks
Reid Wilson

10 Simple Solutions to Panic
Martin M. Antony & Randi E. McCabe

The Agoraphobia Workbook: A Comprehensive Program to End Your Fear of Symptom Attacks
C. Alec Pollard & Elke Zuercher-White

Stopping Anxiety Medication (SAM) Panic Control Therapy for Benzodiazepine Discontinuation Patient Workbook
Michael W. Otto, Mark H. Pollack & David H. Barlow

WORRY

10 Simple Solutions to Worry: How to Calm Your Mind, Relax Your Body, and Reclaim Your Life
Kevin Gyoerkoe & Pamela Wiegartz

Mastery of your Anxiety and Worry
Michelle Craske

The Anxiety and Phobia Workbook (Fourth Edition)
Edmund Bourne

When My Worries Get too Big
Kari Dunn Buron

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety
Dawn Huebner

Worried No More: Help and Hope for Anxious Children
Aureen P. Wagner

Help For Worried Kids: How Your Child Can Conquer Anxiety and Fear
Cynthia G. Last

Helping Your Anxious Child: A Step-by-Step Guide for Parents
Ronald M. Rapee, Susan H. Spence, Vanessa Cobham, & Ann Wignall

Freeing Your Child From Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears,
Worries, and Phobias
Tamar Chansky

OBSESSIVE COMPULSIVE DISORDER

Overcoming Obsessive Thoughts: How to Gain Control of Your OCD
Christine, Ph.D. Purdon, David A. Clark

The Imp of the Mind: Exploring the Silent Epidemic of Obsessive Bad Thoughts
Lee Baer

Getting Control (Revised Edition)
Lee Baer

OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder Bruce M. Hyman &
Cherry Pedrick

Overcoming Compulsive Checking
Paul R. Munford

Overcoming Compulsive Hoarding
Fugen A. Neziroglu, Jose A. Yaryura-Tobias, & Jerome Bubrick

Buried in Treasures
Help for Compulsive Acquiring, Saving, and Hoarding
David F. Tolin, Randy O. Frost & Gail Steketee

Overcoming Compulsive Washing
Paul R. Munford

Stop Obsessing!: How to Overcome Your Obsessions and Compulsions
Edna B. Foa and R. Reid Wilson

When Once Is Not Enough: Help for Obsessive-Compulsives
Gail Steketee and Kerrin White

The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder
Judith L. Rapoport

Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment
Aureen Pinto Wagner, Paul A. Jutton

What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions
Aureen Pinto Wagner

Helping Your Child with OCD: A Workbook for Parents of Children with Obsessive-Compulsive Disorder
Lee Fitzgibbons & Cherry Pedrick

What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD
Dawn Huebner & Bonnie Matthews

Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents
Tamar E. Chansky

SOCIAL ANXIETY DISORDER

10 Simple Solutions to Shyness
Martin M. Antony

Dying of Embarrassment: Help for Social Anxiety and Phobia
Barbara Markway, Cheryl Carmin, C. Alec Pollard, & Teresa Flynn

Shy Bladder Syndrome: Your Step-by-Step Guide to Overcoming Paruresis
Steven Soifer, George D. Zgourides, Joseph Himle, & Nancy L. Pickering

Overcoming Shyness and Social Phobia: A Step-by-Step Guide
Ronald M. Rapee

Shyness and Social Anxiety Workbook: Proven Techniques for Overcoming Your Fears Martin M. Antony, Richard P. Swinson

Triumph over Shyness: Conquering Shyness and Social Anxiety
Murray B. Stein & John Walker

In the Spotlight: Overcome Your Fear of Public Speaking and Performing
Janet Esposito

SPECIFIC PHOBIAS

Flying without Fear
Duane Brown

Overcoming Medical Phobias: How to Conquer Fear of Blood, Needles, Doctors, And Dentists
Martin M. Antony & Mark A. Watling

Mastering your Fears and Phobias
Martin M. Antony

TRAUMA & ABUSE

The Courage to Heal Workbook: A Guide for Women and Men Survivors of Child Sexual Abuse
Laura Davis

Overcoming the Trauma of Your Motor Vehicle Accident: A Cognitive-Behavioral Treatment Program
Client Workbook
Edward J. Hickling & Edward B. Blanchard

Reclaiming Your Life from a Traumatic Experience: A Prolonged Exposure Treatment Program
Client Workbook
Barbara Rothbaum, Edna Foa & Elizabeth Hembree

Reclaiming Your Life After Rape: Cognitive-Behavioral Therapy for Posttraumatic Stress Disorder
Client Workbook
Barbara Olasov Rothbaum and Edna B. Foa

Reclaiming Your Life from PTSD
Teen Workbook
Eva Gilboa-Schechtman, Kelly R. Chrestman & Edna B. Foa

I Can't Get Over It: A Handbook for Trauma Survivors
Aphrodite Matsakis

The PTSD Workbook: Simple Effective Techniques for Overcoming Traumatic Stress Symptoms
M.B. Pojula & S. Williams

Thriving Through Crisis: Turn Tragedy and Trauma into Growth and Change
Bill O'Hanlon

TRICHOTILLOMANIA

Trichotillomania: An ACT-enhanced Behavior Therapy Approach Workbook (Treatments That Work)
Douglas W Woods, Michael P Twohig

Help for Hair Pullers: Understanding and Coping with Trichotillomania
Nancy J. Keuthern, Dan J. Stein, Gary A. Christenson

TOURETTE'S

Managing Tourette Syndrome: A Behavioral Intervention Workbook
Douglas W Woods, John Piacentini, Sabine Wilhelm, John T Walkup, Lawrence d Scahill, Alan Peterson,
Golda Ginsburg, Thilo Deckersbach and Susanna Chang

BODY DYSMORPHIC DISORDER

The BDD Workbook
Claiborn & Pedrick

BORDERLINE PERSONALITY DISORDER, SELF-INJURY

The Borderline Personality Disorder Survival Guide: Everything You Need to Know About Living with BPD
Chapman & Gratz

Borderline Personality Disorder Demystified: An Essential Guide to Understanding and Living with BPD
Robert Friedel

Stop Walking on Eggshells: Taking Your Life back when someone you care about has Borderline Personality Disorder
Paul T. Kreger & Randi Mason

Stopping the Pain: A Workbook for Teens Who Cut & Self-Injure
Lawrence Shapiro

When Your Child Is Cutting: A Parent's Guide to Helping Children Overcome Self-injury
McVey-Noble, Khemlani-Patel, & Neziroglu

Understanding Self-Injury: A Workbook for Adults
Connors & Trautmann

Surviving a Borderline Parent: How to Heal Your Childhood Wounds & Build Trust, Boundaries, and Self-Esteem
Kimberlee Roth & Frieda Friedman

STRESS MANAGEMENT

The Relaxation and Stress Reduction Workbook
Davis et al

The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions
Shapiro & Sprague (Publication Date: January 2009)

ADHD

Delivered From Distraction: Getting the Most out of Life with Attention Deficit Disorder
Edward M. Hallowell & John M.P. Ratey

Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder
Sarkis

The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths
Honos-Webb

ADHD and Me
Blake Taylor

PAIN MANAGEMENT

10 Simple Solutions to Chronic Pain: How to Stop Pain from Controlling Your Life
Blake Tearnan

The Chronic Pain Care Workbook: A Self-Treatment Approach to Pain Relief Using the Behavioral Assessment of Pain Questionnaire
Michael Lewandowski & Richard Kroening

Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain
Dahl & Lundgren

The Headache & Neck Pain Workbook: An Integrated Mind and Body Program
DeGood

SELF-ESTEEM

Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem

Matthew McKay, Patrick Fanning

Ten Days to Self-Esteem

David Burns

PERFECTIONISM

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism

Martin M. Antony & Richard P. Swinson

WEIGHT LOSS

Beck Diet Solution Weight Loss Workbook: The 6-week Plan to Train Your Brain to Think Like a Thin Person

Judith S. Beck

The Beck Diet Solution: Train Your Brain to Think Like a Thin Person

Judith S. Beck

The LEARN Program for Weight Management

Kelly Brownell

Is Weight Loss Surgery Right for You?

James Lock, Robin F. Apple & Rebecka Peebles

Preparing for Weight Loss Surgery Workbook

James Lock, Robin F. Apple & Rebecka Peebles

GRIEF & LOSS

Surviving the Death of Your Spouse: A Step-by-Step Workbook

Levinson

When there Are No Words: Finding Your Way to Cope with Loss and Grief

Charlie Walton

I Wasn't Ready to Say Goodbye (Updated Edition): Surviving, Coping and Healing After the Sudden Death of a Loved One

Pamela Blair, Brook Noel

On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss

Elisabeth Kubler-Ross

How to Go on Living When Someone You Love Dies

Therese Rando

Saying Good-Bye to the Pet You Love: A Complete Resource to Help You Heal
Lori Greene

When a Pet Dies
Mr. Rodgers

Walking After Midnight
One Woman's Journey Through Murder, Justice, and Forgiveness
Hutchison

RELATIONSHIPS & COUPLES

The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost
Relationship Expert
John M. Gottman & Nan Silver

And Baby Makes Three: The Six-Step Plan for Preserving Marital Intimacy and Rekindling Romance After
Baby Arrives
Gottman & Gottman

The 5 Love Languages: How to Express Heartfelt Commitment to Your Mate
Gary Chapman.

Infidelity: A Survival Guide
Lusterman

The Relationship Cure
John Gottman

How Can I Forgive You?: The Courage to Forgive, The Freedom Not to
Janice Abrahms Spring

Take Back Your Marriage: Sticking Together in a World that pulls us Apart.
William Doherty

Why Marriages Succeed or Fail
John Gottman

Ten Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for
Strengthening Your Relationship
John Gottman

Contemplating Divorce: A Step-by-Step Guide to Deciding Whether to Stay or Go
Gadoua

Too Good to Leave, Too Bad to Stay: A Step-by-Step Guide to Help You Decide Whether to Stay In or
Get Out of Your Relationship
Mira Kirshenbaum

COMMUNICATION/ASSERTIVENESS

Messages: The Communication Skills Book
Matthew McKay, Martha Davis, & Patrick Fanning

The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships
Randy J. Paterson

The Dance of Connection: How to Talk to Someone when You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed or Desperate. Harriet Lerner, 2002.

PARENTING

Raising an Emotionally Intelligent Child.
John Gottman, Joan Declaire, & Daniel Goleman

Baby Steps, Second Edition: A Guide to Your Child's Social, Physical, Mental and Emotional Development in the First Two Years...
Claire B. Kopp

Parenting from the Inside Out
Siegel & Hartzell

Parenting After Divorce: Resolving Conflicts and Meeting Your Children's Needs
Philip M. Stahl

The Divorce Workbook for Children: Help for Kids to Overcome Difficult Family Changes
Schab

SCHOOL REFUSAL

When Children Refuse School: A Cognitive-Behavioral Therapy Approach Parent Workbook (Second Edition)
Christopher A. Kearney and Anne Marie Albano

AUTISM & ASPERGER'S

Helping Your Child with Autism Spectrum Disorder: A Step-by-Step Workbook for Families
Lockshin et al

The Complete Guide to Asperger's Syndrome
Tony Atwood

The OASIS Guide to Asperger Syndrome: Completely Revised and Updated: Advice, Support, Insight, and Inspiration
Bashe, Kirby, Baron-Cohen, Atwood

Can I Tell You About Asperger Syndrome?: A Guide for Friends and Family
Welton, Newson, Teldon

Asperger Syndrome and the Elementary School Experience: Practical Solutions for Academic & Social Difficulties (
Moore

Freaks, Geeks & Asperger Syndrome: A User Guide to Adolescence
Luke Jackson & Tony Atwood

Preparing for Life: The Complete Guide for Transitioning to Adulthood for Those with Autism and Asperger's Syndrome
Jed Baker

The Unwritten Rules of Social Relationships: Decoding Social Mysteries Through the Unique Perspectives of Autism
Gradin & Barrin

Ten Things Every Child with Autism Wishes You Knew
Notbohm

Social Skills Training for Children and Adolescents with Asperger Syndrome and Social-Communications Problems
Jed Baker

PSYCHIATRIC MEDICATIONS

The Essential Guide to Psychiatric Drugs (Revised)
Jack Gorman

The Essential Guide To Mental Health: The Most Comprehensive Guide to the New Psychiatry for Popular Family Use
Jack Gorman

WOMEN'S HEALTH

Overcoming Postpartum Depression and Anxiety
Linda Sebastian

Women Who Think Too Much: How to Break Free of Overthinking and Reclaim Your Life
Susan Nolen-Hoeksema

The Estrogen-Depression Connection: The Hidden Link Between Hormones and Women's Depression
Karen Miller, Steven Rogers

Healing the Trauma of Domestic Violence: A Workbook for Women
McCaig & Kubany

Healing the Trauma of Abuse: A Women's Workbook
Copeland & Harris

A Secret Sadness: The Hidden Relationship Patterns That Make Women Depressed
Valerie Whiffen

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse
Ellen Bass, Laura Davis

MEN'S HEALTH

Lifting the Weight: Understanding Depression in Men, Its Causes and Solutions
Martin Kantor

What Men Don't Talk About. (Publication Date: November 2008)
Maggie Hamilton

HABIT CHANGE

Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward.

Prochaska, Norcross, & Diclemente

OTHER

Feel the Fear . . . and Do It Anyway

Susan Jeffers

Forgiving Our Parents, Forgiving Ourselves: Healing Adult Children of Dysfunctional Families

Stoop & Masteller

Making Sense of Our Suffering

Kreeft

Something Happened to Me