

University Counseling Service, The University of Iowa
Annotated Bibliography of Self-Help Books

*Note: Many categories overlap!

You might find something of interest to you by scanning the entire list.

(Category/Title & Publisher)	(Author)	(Notes)
Alcohol/Drug Abuse/ACOA		
<i>The Complete ACOA Sourcebook: Adult Children of Alcoholics at Home, at Work and in Love.</i> (HCI, 2002).	Woititz	This is compilation of the works of Woititz who has written several popular books in the last decade about the experience of growing up in a dysfunctional family.
<i>Alcohol: How to Give It Up and Be Glad You Did.</i> (See Sharp Press, 1996).	Tate & Ellis	Provides practical steps for identifying the thoughts, feelings, and behaviors associated with alcohol abuse. Includes chapters on the influences of low self-esteem, depression, stress, and life after quitting.
<i>It Will Never Happen to Me</i> (Hazelden, 2002).	Black	Discusses the roles family members take on while growing up in families with substance abuse or other addictive behaviors.
<i>Recovery Options: The Complete Guide.</i> (Wiley, 2000).	Volpicelli & Szalavitz	A compassionate guide to addiction research and a wide range of treatment choices.
Anger		
<i>Why Does He Do That? Inside the Heads of Angry and Controlling Men.</i> (Berkeley, 2003).	Bancroft	A widely-praised and valuable resource that includes discussion of early warning signs, the nature of abusive thinking, personality factors, and the process of change. Illuminating for both men and women to read.
<i>The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships.</i> (New Harbinger, 2004).	Petracek	Addresses concerns unique to women with exercises for coping with anger-triggering situations. Includes section on domestic violence within lesbian households.

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<i>Anger: How to Live With and Without It.</i> (Citadel, 2002).	Ellis	Tips for identifying and addressing the unhelpful beliefs that contribute to anger and conflict.
<i>When Anger Hurts: Quieting the Storm Within.</i> (New Harbinger, 2002).	McKay, Rogers, & McKay	Helps the reader to develop a personalized plan for recognizing anger-generating thoughts and taking action to meet personal needs in healthier ways.
Anxiety/Phobias		
<i>The Anxiety and Phobia Workbook.</i> (New Harbinger, 2005).	Bourne	Popular and thorough resource for coping with a range of anxiety disorders including panic disorder, phobias, and generalized anxiety disorder. Includes chapters on relaxation training, becoming more assertive, overcoming negative self-talk, among others.
<i>Shyness and Social Anxiety Workbook.</i> (New Harbinger, 2000).	Antony & Swinson	Step-by-step guide to overcoming fears of social interaction. Includes discussion of common fears and behavioral strategies for moving forward.
<i>Mind Over Mood: Change How You Feel by Changing the Way You Think.</i> (Guilford, 1995).	Greenberger & Padesky	Strategies for coping with depression, anxiety, and interpersonal problems. A “hands on” guide to identifying self-defeating thoughts and taking action in a positive direction.
<i>The OCD Workbook: Your Guide to Breaking Free From Obsessive-Compulsive Disorder.</i> (New Harbinger, 2005).	Hyman & Pedrick	Including research, treatment options, and day-to-day coping strategies for OCD. Includes sections on body dysmorphic disorder, trichotillomania, and skin picking.
<i>Intimate Connections.</i> (Signet, 1985).	Burns	An older, but useful guide to combating isolation, loneliness, and the fears of connecting with others casually or in deeper intimate relationships. Practical and behaviorally focused.
See also: Depression: <i>Feeling Good: The New Mood Therapy</i> and <i>Depressed and Anxious.</i>		

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Assertiveness/Self-Esteem/Forgiveness		
<i>Difficult Conversations: How to Discuss What Matters Most.</i> (Penguin, 2000).	Stone, et al.	A guide to including emotions in difficult conversations along with “the facts,” exploring one’s own contribution to stressful moments, and becoming more open to hearing differing opinions.
<i>Better Boundaries: Owning and Treasuring Your Life.</i> (New Harbinger, 1998).	Black & Enns	Strategies for developing respectful relationships with others.
<i>The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships.</i> (New Harbinger, 2000).	Paterson	
<i>Your Perfect Right.</i> (Impact, 2001).	Alberti & Emmons	Step-by-step guide to developing the skills needed to exercise personal rights without bullying, manipulation, or “people pleasing.” Excellent discussion of the differences among passive, aggressive, and assertive behavior.
<i>Forgiveness is a Choice: A Step-by-Step Process for Resolving Anger and Restoring Hope.</i> (American Psychological Association, 2001).	Enright	A practical, nonsectarian, self-directed guide.
<i>Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem.</i> (New Harbinger, 2000).	McKay & Fanning	Comprehensive self-help manual for understanding the nature of self-esteem, identifying unhelpful thought processes, handling criticisms from others, and implementing healthy, esteem-building strategies.
Attention/Learning/Self-Organization		
<i>ADD-Friendly Ways to Organize Your Life.</i> (Routledge, 2002).	Kolberg & Nadeau	Practical, useable guide to streamlining and organizing with helpful tips including how to handle dilemmas, overcome “over-commitment,” and create a network of support from friends or family.

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<i>Finding Your Focus: Practical Strategies for the Everyday Challenges Facing Adults with ADD.</i> (McGraw-Hill, 2005).	Greenbaum & Markel	Provides a “tool box” of 6 strategies for addressing concerns common to those with attention problems.
<i>Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood.</i> (Touchstone, 1995).	Hallowell & Ratey	Easily accessible and filled with practical suggestions for recognizing and managing attention deficit disorder.
<i>The 7 Habits of Highly Effective People.</i> (Free Press, 2004).	Covey	A guide to values exploration, goal setting, and becoming “proactive.”
Bereavement/Grief/Loss		
<i>I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Death of a Loved One.</i> (Champion Press, 2000).	Noel & Blair	Coping with the sudden death of a loved one.
<i>On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss.</i> (Scribner, 2007).	Kubler-Ross & Kessler	Provides a framework for understanding and moving through the “stages” of loss: denial, anger, bargaining, depression, and acceptance. While everyone may not follow these stages exactly, the book helps to normalize a range of experiences.
<i>Motherless Daughters: The Legacy of Loss.</i> (Da Capo Press, 2006)	Edelman	Stories of loss experienced by women whose mothers died at different points in their lives.
Bipolar Disorder		
<i>The Bipolar Disorder Survival Guide: What You and Your Family Need to Know.</i> (Guilford, 2002).	Miklowitz	A good primer for learning about diagnosis, becoming aware of mood swings, talking to physicians, and other self-management strategies.
<i>An Unquiet Mind: A Memoir of Moods and Madness.</i> (Vintage, 1997).	Jamison	One psychiatrist’s personal and powerful account of life with bipolar illness.

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Career		
<i>What Color is Your Parachute? 2007: A Practical Manual for Job-Hunters and Career-Changers.</i> (Ten Speed, 2006).	Bolles	The updated, best-selling classic that has helped many to craft a personal roadmap toward their career goals.
<i>Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type.</i> (Little, Brown and Co., 2007).	Tieger & Barron	Based on the 16 personality types of the Myers-Briggs, the personal strengths associated with each type, and the careers that may be good “matches.”
Depression		
<i>Feeling Good: The New Mood Therapy.</i> (Avon, 1999).	Burns	Outlines skills and techniques for managing depressive thoughts and behaviors through an examination of the way thoughts, feelings, and behaviors interact with one another. Clearly written and effective. (<i>The Feeling Good Handbook</i> is a workbook with structured exercises based on the book.)
<i>The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness.</i> (Guilford, 2007).	Williams, Teasdale, Segal & Kabat-Zinn	An 8-week program for coping with depression by becoming more aware of moment-to-moment thoughts and sensations. Includes audio CD to use during practice sessions.
<i>Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back.</i> (New Harbinger, 2004).	Addis & Martell	Explains a strategy for coping with life’s ups and downs by focusing on mastery of a personalized list of easy-to-achieve daily goals.
<i>Depressed and Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety.</i> (New Harbinger, 2004).	Marra	For co-occurring depression and anxiety. This workbook focuses on helping to recognize when emotions and expectations are in conflict and how to cope by increasing mindfulness skills and increasing one’s ability to “negotiate” healthy emotional compromises.

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See also: Anxiety: <i>Mind Over Mood</i> and Mindfulness: <i>Peaceful Mind and Get Out of Your Mind and Into Your Life</i> .		
Domestic Violence/Abuse Recovery		
<i>Getting Free: You Can End Abuse and Take Back Your Life</i> . (Seal, 2004).	NiCarthy	Considered the “classic” text on understanding emotional, verbal, and physical abuse and the intellectual, emotional, and economic/legal issues involved in survival, leaving, and recovery. Includes stories from women at different stages in the process.
<i>I Closed My Eyes: Revelations of a Battered Woman</i> . (Hazelden, 1999).	Weldon	A personal account of one woman’s experiences in an abusive relationship. Helpful in addressing myths about battering being limited to social or economic class.
<i>Men Who Beat the Men Who Love Them: Battered Gay Men and Domestic Violence</i> . (Haworth, 1991).	Island & Letellier	Somewhat dated (originally published in the early ‘90s), but a good introduction to a topic deserving of wider attention. Discusses myths and misconceptions about partner violence, victims’ rights, and getting help.
<i>No More Secrets: Violence in Lesbian Relationships</i> . (Routledge, 2002).	Ristock	Written by a women’s studies professor and based on interviews with victims and social workers. Examines how violence may develop and makes suggestions for prevention and intervention.
See also: Anger		
Eating/Body Image		
<i>Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too</i> . (McGraw-Hill, 2003).	Schaefer & Rutledge	Co-authored by a psychotherapist and one of his patients. A quirky and often humorous yet effective depiction of the disorder (“E.D.”) personified as a destructive partner named “Ed.”

(Category/Title & Publisher)	(Author)	(Notes)
<i>Overcoming Bulimia: Your Comprehensive, Step-By-Step Guide to Recovery.</i> (New Harbinger, 2004).	McCabe, McFarlane, & Olmstead	A workbook with tools for breaking the binge and purge cycle. Offers explanation of bulimia symptoms, causes, risks, and underlying issues. Includes real-life examples of the unhelpful thoughts and assumptions that often accompany the disordered behaviors.
<i>The Rules of “Normal” Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters, and Everyone in Between.</i> (Gurze, 2005).	Koenig	Strategies for targeting thoughts, feelings, and beliefs associated with unhelpful eating patterns. Includes techniques for eating with awareness, enjoyment, and recognition of satiety cues.
<i>The Food and Feelings Workbook: A Full Course Meal on Emotional Health.</i> (Gurze, 2007).	Koenig	Explores the connections between food and feelings and how to learn from them to develop healthier eating patterns.
<i>Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food.</i> (New Harbinger, 2003).	Albers	Discusses acceptance and awareness of the mind's “chatter” related to eating and food.
Family Relationships		
<i>Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life.</i> (Bantam, 2002).	Forward	Discusses recovery process for adult children growing up in dysfunctional families (particularly addressing the issues of abuse within families.)
<i>Children of the Self-Absorbed: A Grown-Up’s Guide to Getting Over Narcissistic Parents.</i> (New Harbinger, 2001).	Brown	Explores what happens when children are held responsible for meeting the physical and emotional needs of their parents and how this may impact adult relationships later on. Includes strategies for developing more helpful patterns that support self-efficacy and assertive boundaries.
<i>Family Estrangements: How They Begin, How to Mend Them, How to Cope With Them.</i> (Bantam, 2003).	Lebey	Written by an attorney and former judge who draws on her own experiences as well as research on family alienation.
See also: Relationships		

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Gay/Lesbian/Bisexual Issues		
<i>Is It A Choice? Answers to the Most Frequently Asked Questions About Gay & Lesbian People.</i> (HarperOne, 2005).	Marcus	Addresses myths and prejudices in a Q & A format.
<i>Bi Any Other Name: Bisexual People Speak Out.</i> (Alyson, 1991).	Hutchins and Kaahumanu	A collection of personal coming out stories.
<i>The Other Side of the Closet: The Coming Out Crisis for Straight Spouses and Families.</i> (Wiley, 1994).	Buxton	
<i>Now That I'm Out, What Do I Do?</i> (St. Martin's Press, 2001).	McNaught	
<i>Permanent Partners: Building Gay and Lesbian Relationships That Last.</i> (Plume, 2004).	Berzon	
<i>The Art of Meeting Women: A Guide for Gay Women.</i> (Slope Books, 2000).	Sacks	A guide to overcoming shyness and developing a social circle.
<i>Loving Someone Gay.</i> (Celestial Arts, 2005).	Clark	The 4 th edition of a popular guide for gay people and the people who support them.
<i>Outing Yourself: How to Come Out as Lesbian or Gay to Your Family, Friends, and Coworkers.</i> (Fireside, 1996).	Signorile	Perceptive and thoughtful discussion of the process of coming out in a variety of contexts. The process is described as a series of steps; however, it is also possible to pick-and-choose or to proceed at your own pace.
<i>Coming Out of Shame: Transforming Gay and Lesbian Lives.</i> (Main Street, 1996).	Kaufman & Raphael	Thoughtful analysis of internalized shame and the impact on self-esteem, identity, and intimacy. Helpful for those in the process of coming out and anyone wishing to have a greater understanding of homophobia.

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General Mental Health		
<i>The Portable Therapist: Wise and Inspiring Answers to the Questions People in Therapy Ask Most.</i> (Dell, 1992).	McMahon	Short but well developed answers to questions such as: What is therapy? How can I stop the pain? Why don't self-help books work for me?
<i>A Guide to Rational Living.</i> (Wilshire, 1975).	Ellis	Classic introduction to the work of Albert Ellis and Rational Emotive Behavior Therapy.
Health Issues		
<i>The Inside Story on AIDS.</i> (American Psychological Association, 2003).	Kalichman	Answers to over 350 commonly asked questions about HIV infection and AIDS.
<i>The Pain Survival Guide: How to Reclaim Your Life.</i> (American Psychological Association, 2005).	Turk & Winter	A 10-step program that discusses relaxation strategies, activity pacing, dealing with sleep concerns, communicating with others and more.
<i>Dr. Ruth's Guide to Talking About Herpes.</i> (Grove Press, 2004).	Westheimer	Discusses the physical, emotional, psychological, and interpersonal aspects of sexually transmitted illness diagnosis.
<i>Uplift: Secrets From The Sisterhood of Breast Cancer Survivors.</i> (Washington Square, 2003).	Delinsky	Full of personal stories from women of every age and background.
<i>Over My Head: A Doctor's Own Story of Head Injury From the Inside Looking Out.</i> (Andrews McNeel, 2000).	Osborn	An autobiographical account by a physician who suffers a traumatic brain injury that produces a lasting impact on her behavior and personality. Highly recommended for anyone wishing to learn more about the personal side of brain injury and one woman's efforts to rehabilitate.

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<i>The “Go Ask Alice” Book of Answers: A Guide to Good Physical, Sexual, and Emotional Health.</i> (Owl, 1998).	Columbia University’s Health Education Program	A print version of answers to some of the most commonly asked questions by anonymous visitors to the Columbia University ‘Go Ask Alice’ website. Straightforward, nonjudgmental responses from healthcare providers and professional health educators.
Men’s Issues		
<i>Finding Our Fathers: How a Man’s Life is Shaped By His Relationship With His Father.</i> (McGraw-Hill, 2001).	Osherson	Originally published in the late 70s, this classic work examines the father-son relationship, particularly the psychological disconnections and separations that occur during childhood and its effects on later life.
<i>I Don’t Want to Talk About It: Overcoming the Secret Legacy of Male Depression.</i> (Scribner, 1998).	Real	A perspective on depression that includes a discussion of the socialization of boys and men.
<i>Making Weight: Healing Men’s Conflicts with Food, Weight, and Shape.</i> (Gurze, 2000).	Andersen, Cohn, & Holbrook	Focuses on eating disorders and obesity from a male perspective. Includes a male psychiatrist’s reflection on his own struggle with an eating disorder.
Mindfulness		
<i>Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life.</i> (Hyperion, 2005).	Kabat-Zinn	A guide to “being in the moment” and developing trust, concentration, and compassion within the flow of life’s ups and downs.
<i>Peaceful Mind: Using Mindfulness and Cognitive Behavioral Psychology to Overcome Depression.</i> (New Harbinger, 2004).	McQuaid & Carmona	Addressing unhelpful thoughts and unwanted feelings by observing experiences moment-by-moment. Includes cognitive behavioral strategies for tracking thoughts and behaviors and noticing how these influence depressive feelings.
<i>Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy.</i> (New Harbinger, 2005).	Hayes	A practical guide to developing awareness and acceptance of one’s experience in the present moment as an alternative to trying to “change” one’s thoughts. Includes exploration of personal values and taking action in meaningful directions.

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Money Management		
<i>Your Money or Your Life: Transforming Your Relationship with Money and Achieving Financial Independence.</i> (Penguin, 1999).	Dominguez & Robin	A fresh look at money, the energy it takes to bring it into one's life, and the ways we choose to spend it.
Obsessive Compulsive Disorder		
<i>The OCD Workbook: Your Guide to Breaking Free from Obsessive-compulsive Disorder.</i> (New Harbinger, 2005).	Hyman & Pedrick	Includes up-to-date information on neurobiological causes, medications, and treatment options, as well as daily coping strategies.
Positive Psychology		
<i>Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment.</i> (Free Press, 2004).	Seligman	A leader in the field of positive psychology examines the characteristics and strategies of people with positive outlooks and discusses how to cultivate one's "signature strengths."
<i>Flow: The Psychology of Optimal Experience.</i>	Csikszentmihalyi	Examines the process of becoming "lost" in enjoyable activities, similar to that of a runner's high. This is not a "how to" self-help book, but rather an in-depth look at how people find satisfaction and fulfillment through becoming absorbed in the task at hand.
Post Traumatic Stress Disorder/Trauma Recovery		
<i>The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms.</i> (New Harbinger, 2002).	Williams & Poijula	A guide for identifying the physical, mental, and emotional symptoms and techniques for coping and finding meaning in the experience.
<i>The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse</i> (Harper Collins, 2001).	Maltz	Discusses the impact of sexual trauma and suggestions for healing for male and female survivors.

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<i>The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse.</i> (Vermillion, 2002).	Bass	Comprehensive guide to healing the effects of sexual abuse. Includes discussion of issues related to self-esteem, feelings, intimacy, sexuality, dealing with family members, and seeking professional help. Includes many first-person narratives and resources. Bass has also published several workbooks for both men and women based on similar ideas.
<i>Life After Trauma: A Workbook for Healing.</i> (Guilford, 1999).	Rosenbloom, Williams & Watkins	Thorough and comprehensive self-help resource for survivors of any trauma. Exercises focus on developing and accessing personal strengths and resources, increasing self-esteem, power, trust, and community with others.
Procrastination/Time Management		
<i>The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play.</i> (Tarcher, 2007).	Fiore	Rather than focusing on the tasks one dreads, Fiore presents a method for scheduling pleasurable activities as a way to focus on what one is naturally drawn toward.
<i>Procrastination: Why You Do It, What To Do About It.</i> (Da Capo, 2004).	Burka & Yuen	Understanding what's behind putting things off and what you can do about it.
<i>Getting Things Done: The Art of Stress-Free Productivity.</i> (Penguin, 2002).	Allen	Popular guide to developing and following-through on daily tasks.
Psychotherapy Process		
<i>A Guide for Effective Psychotherapy.</i> (Helm, 2006).	Morella	Provides an overview of different mental health providers and their qualifications, orientations to therapy, issues of confidentiality and privacy, and other information to help you make an educated decision when searching for a new therapist.

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Racial/Cultural/Ethnic Issues		
<i>Why Are All The Black Kids Sitting Together in the Cafeteria? A Psychologist Explains the Development of Racial Identity.</i> (Basic Books, 2003).	Tatum	Discusses racism and prejudice in the U.S. as well as racial identity development in an open and accessible manner.
<i>Souls Look Back: Life Stories of Growing Up Black.</i> (Routledge, 1999).	Garrod	Insightful and poignant stories of Black Americans and adolescence.
<i>The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures.</i> (Farrar, Straus & Giroux, 1998).	Fadiman	An exploration of the clash between Hmong and American cultures than goes well beyond language and geographic differences. A fascinating account of differing cultural definitions of wellness.
<i>As Nature Made Him: The Boy Who Was Raised as a Girl.</i> (Harper Perennial, 2001).	Colapinto	A harrowing story of a young man's search for identity that discusses intersex issues and the nature/nurture debate.
<i>Asian American Dreams: The Emergence of an American People.</i> (Farrar, Straus & Giroux, 2001).	Zia	A historical account of the Asian-American community interwoven with the author's vivid personal account of her own experience.
<i>West of Jesus: Surfing Religion, Science, and the Origins of Belief.</i> (Bloomsbury USA, 2006).	Kotler	Kotler is a journalist who travels to Mexico to surf after spending two years in bed with Lyme disease. His immersion in the local surfing community sparks ideas about faith and belief. Despite the title, this is not a story with a Christian focus, but speaks about mysticism and faith-seeking more generally and includes explorations of Zen Buddhism, mythology, Jungian psychology, and the history of surfing.
<i>No Man is an Island.</i> (Harcourt Press, 2002).	Merton	Merton shares a series of essays that assist in exploring topics related to spiritual development. Essays explore the meaning of life, vocation, hope, love, conscience, and solitude. Merton asserts that all people are connected through a spiritual reality and concern for an "other" is important to the human condition. These reflections may be helpful for those exploring avenues to building a meaningful life.

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<i>World Religions in America: An Introduction (3rd Edition)</i> . (Westminster, 2003).	Neusner (Ed.)	An accessible collection of essays by prominent scholars on the major world religions with commentary on today's practice in America. Includes perspectives on Judeo-Christian traditions as well as Baha'i, Buddhism, Islam, and Native American spirituality, among others.
Relationships		
<i>How to Be an Adult in Relationships: The Five Keys to Mindful Loving</i> . (Shambhala, 2002).	Richo	Transforming relationships through the “five A’s”: attention, acceptance, appreciation, affection, and allowing.
<i>Lesbian Couples: A Guide to Creating Healthy Relationships</i> . (Seal, 2000).	Clunis & Green	Good overview of relationship issues including managing conflict and raising children with additional discussions related to cross-cultural and cross-racial partnerships, disability issues, and later life concerns.
<i>The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert</i> . (Three Rivers, 2000).	Gottman & Silver	Gottman has studied hundreds of couples in his “love lab” at the University of Washington and offers his perspectives based on observations of couples over many years.
<i>The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships</i> . (Three Rivers, 2001).	Gottman	A guide to making meaningful connections with others and refining one's emotional communication skills.
<i>Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships</i> . (Owl, 1998).	Schnarch	Divided into two parts—a discussion about assertiveness within relationships which Schnarch labels “differentiation” and suggestions for developing greater sexual intimacy.
<i>Nobody's Baby Now: Reinventing Your Adult Relationship With Your Mother and Father</i> . (Walker & Co., 2003).	Newman	A guide to taking responsibility for one's adult happiness and improving the quality of relationships with parents.
<i>Surviving Deployment: A Guide for Military Families</i> . (Elva Resa, 2003).	Pavlicin	The author writes from experience about the difficulties that come from separation due to military service.

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Relationship Loss		
<i>Not "Just Friends": Rebuilding Trust and Recovering Your Sanity After Infidelity.</i> (Free Press, 2004).	Glass & Staeheli	Thorough discussion of the many aspects of infidelity from both perspectives including the impact of living a "double life," confronting one's suspicions, coping with discovery, establishing safety, healing trauma, finding meaning, and moving forward.
<i>How to Survive the Loss of a Love.</i> (Mary Books/Prelude, 2000).	Colgrove, Bloomfield, & McWilliams	Sensitive, practical, and often poetic reflections on coping with the many emotions that accompany grief and loss of relationships.
<i>When It's Time to Leave Your Lover: A Guide for Gay Men.</i> (Haworth, 1999).	Kaminsky	Includes strategies for saying goodbye in healthy ways, coping with the emotional pain of divorce, changes in social relationships, and becoming single again.
<i>Helping Children Cope With Divorce.</i> (Jossey-Bass, 2001).	Teyber	A psychotherapist discusses common concerns and age-appropriate ways of talking to your child.
<i>Coming Apart: Why Relationships End & How to Live Through the Ending of Yours.</i> Conari, 2000).	Kingma	
<i>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.</i> (Plume, 1997).	Kirshenbaum	
<i>No Time to Say Goodbye: Surviving the Suicide of a Loved One.</i> (Main Street, 1998).	Fine	Addresses the emotional impact of an unexpected but purposeful death of a partner, relative, or close friend.
Self Harm		
<i>Bodily Harm: The Breakthrough Healing Program for Self-Injurers.</i> (Hyperion, 1999).	Conterio & Lader	A program for people who cut, burn, or otherwise harm themselves, and the people who wish to help them recover.

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Sexuality/Sexual Health		
<i>Sex Matters for Women: A Complete Guide to Taking Care of Your Sexual Self.</i> (Guilford, 2002).	Foley, Kope & Sugrue	Comprehensive discussion of women's sexual development and dilemmas across the lifespan with a good section of self-care.
<i>The Whole Lesbian Sex Book: A Passionate Guide for All of Us.</i> (Cleis, 2004).	Newman	Even though this book is intended for lesbians, it is also appropriate for heterosexual men and women who wish to learn more about female sexuality.
<i>The New Male Sexuality: The Truth About Men, Sex, and Pleasure.</i> (Bantam, 1999).	Zilbergeld	Updated edition of the 1992 book. Discusses male socialization and promotes more open communication between partners. Heterosexual focus.
<i>The Joy of Gay Sex, Revised & Expanded Third Edition.</i> (Collins, 2004).	Silverstein & Picano	An "ABC" guide to gay male sexuality.
<i>Our Bodies, Ourselves.</i> (Touchstone, 2005).	Boston Women's Health Book Collective	General women's health reference.
<i>The Complete Idiot's Guide to Amazing Sex.</i> (Alpha, 2002).	Locker	A comprehensive and detailed book, despite the unfortunate title.
<i>Resurrecting Sex: Solving Sexual Problems and Revolutionizing Your Relationship.</i> (Harper, 2003).	Schnarch & Maddock	Addresses the physical and emotional aspects of sexual relationships and sexual dysfunction. Includes discussion of medical options.
<i>Out of the Shadows: Understanding Sexual Addiction.</i> (Hazelden, 2001).	Carnes	Describes the many forms of sexual addiction and consequences with a 12-Step approach to recovery.

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Sleep		
<i>Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed at Harvard Medical School.</i>	Jacobs & Benson	Suggestions for improving healthy sleep patterns include biofeedback, relaxation strategies, and keeping a sleep diary.
<i>The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep.</i> (Dell, 2000).	Dement & Vaughn	A lengthy and comprehensive look at sleep disorders, the biological processes behind sleep, self-assessment of sleep problems, strategies for improving sleep, how to find a sleep specialist and lots more.
Stress Management		
<i>The Relaxation and Stress Reduction Workbook, 5th Edition.</i> (New Harbinger, 2000).	Davis, et al.	Many great ideas for incorporating stress relief into daily life.
<i>The Relaxation Response.</i> (Harper, 2000).	Benson & Klipper	A reissue of the 1975 classic on the mind-body approach to relieving stress.
Transitions To/Away From College		
<i>Boomerang Nation: How to Survive Living with Your Parents...the Second Time Around.</i> (Fireside, 2005).	Furman	Addresses the concerns of adult children and their parents when a college grad returns to live "at home" temporarily after being away at school.
<i>The Naked Roommate: And 107 Other Issues You Might Run Into in College.</i> (Sourcebooks, 2005).	Cohen	Answers to commonly asked questions. Engaging and light, yet practical.
<i>Navigating Your Freshman Year: How to Make the Leap to College Life and Land on Your Feet.</i> (Prentice Hall, 2005).	Students Helping Students	From what to pack to how to negotiate new friendships and more.

(Category/Title & Publisher)	(Author)	(Notes)
Women's Issues		
<i>The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships.</i> (Harper, 2005).	Lerner	A guide to thinking about anger as a signaling system indicating the need for new directions and change. Although the language is somewhat dated (originally published in the '80s) this and Lerner's other books (e.g., <i>Dance of Deception</i> ; <i>Dance of Intimacy</i> ; <i>Dance of Connection</i>) continue to be popular and relevant resources.
<i>Motherless Daughters: The Legacy of Loss.</i> (Da Capo, 2006).	Edelman	The author describes losing her mother at a young age and interviews others who have suffered loss through death, abandonment or other separation.
<i>Behind the Mask: Destruction and Creativity in Women's Aggression.</i> (Harvard University, 2001).	Jack	A careful examination of women's experiences with violence, anger, and aggression in a wide variety of socio-cultural contexts.
Writing		
<i>Writing Your Dissertation in Fifteen Minutes a Day: A Guide to Starting, Revising, and Finishing Your Doctoral Thesis.</i> (Holt, 1998)	Bolker	A good guide to each step of the process including choosing an advisor, setting goals, and developing a regular writing habit. Helpful to anyone embarking on a large writing project.
<i>Write: 10 Days to Overcome Writer's Block. Period.</i> (Adams, 2006).	Peterson	A playful, yet practical guide to jump-starting the writing process.
<i>How to Write for a General Audience: A Guide for Academics Who Want to Share Their Knowledge With the World and Have Fun Doing It.</i> (American Psychological Association, 2007).	Kendall-Tackett	How to simplify one's writing, use jargon-free language, pitch ideas to publishers, address procrastination, and more.