

## SELF-HELP RESOURCES

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### ***ADHD***

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| Rostain | The Adult ADHD Tool Kit: Using CBT to Facilitate Coping Inside and Out |
| Sprich  | Mastering Your Adult ADHD Workbook                                     |
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### ***Anxiety & Stress***

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|-------------|--|
| Barlow      | 10 Steps to Mastering Stress: A Lifestyle Approach                               |
| Cowart      | The ABCS of Coping with Anxiety: Using CBT To Manage Stress and Anxiety          |
| Greenberger | Mind Over Mood   |
| Harris      | The Happiness Trap   |
| Tolin       | Face Your Fears: A Proven Plan to Beat Anxiety, Panic, Phobias, and Obsessions   |
| Wilson, K.  | Things Might Go Terribly, Horribly Wrong: A Guide to Life Liberated from Anxiety |
| Wilson, R.  | Stopping the Noise in Your Head: The New Way to Overcome Anxiety and Worry       |
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### ***Autism- Spectrum Disorder***

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|---------------|--|
| Gaus          | Living Well on the Spectrum: How to Use Your Strengths to Meet the Challenges of Asperger Syndrome/High-Functioning Autism |
| Grandin       | The Unwritten Rules of Social Relationships  |
| Prince-Hughes | Aquamarine Blue 5: Personal Stories of College Students with Autism  |
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### ***Bipolar Disorder***

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| Jamison | An Unquieted Mind  |
| Lowe    | Mental   |
| Otto    | Living with Bipolar Disorder: A Guide for Individuals and Families |
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### ***Body Image***

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| Wilhelm | Feeling Good about the Way You Look: A Program for Overcoming Body Image Problems |
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## SELF-HELP RESOURCES

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### *Depression*

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Burns	The Feeling Good Handbook
Greenberger	Mind Over Mood
Harris	The Happiness Trap
Segal	The Mindful Way Through Depression

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### *Eating*

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Taitz	End Emotional Eating: Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food
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### *Emotion Regulation*

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Fielding	Mastering Adulthood
Koons	The Mindfulness Solution for Intense Emotions: Take Control of Borderline Personality Disorder with DBT
McKay	The Dialectical Behavior Therapy Skills Workbook

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### *Grief & Loss*

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Kubacky	Moving Through Grief
Morris	Overcoming Grief (2 <sup>nd</sup> Edition)

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### *LGBTQIA+*

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Website	<a href="#"><u>Anti-Violence Project</u></a>
Website	<a href="#"><u>Essential Reading on the LGBTQ Journey</u></a>
Website	<a href="#"><u>It Gets Better Project</u></a>
Website	<a href="#"><u>LGBTQ Dating Abuse: What Are My Rights?</u></a>
Website	<a href="#"><u>The Trevor Project's Coming Out: A Handbook for LGBTQ Young People</u></a>
Website	<a href="#"><u>The Ultimate LGBTQIA+ Pride Book List</u></a>

## SELF-HELP RESOURCES

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### ***Obsessive-Compulsive Disorder***

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Hershfield	Everyday Mindfulness for OCD: Tips, Tricks, and Skills for Living Joyfully
Hyman	The OCD Workbook: Your Guide to Breaking Free From Obsessive-Compulsive Disorder

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### ***Pain***

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Caudill	Managing Pain Before It Manages You, Third Edition
Kabat-Zinn	Full Catastrophe Living: How to Cope With Stress, Pain and Illness Using Mindfulness Meditation

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### ***Panic Attacks***

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Wilson, K.	Things Might Go Terribly, Horribly Wrong: A Guide to Life Liberated from Anxiety
Wilson, R.	Don't Panic: Taking Control of Anxiety Attacks

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### ***Perfectionism***

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Antony	When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism
Lahey	The Gift of Failure
Ramirez-Basco	Never Good Enough

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### ***Race & Racism***

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Menakem	My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies
Obear	...But I'm Not Racist!: Tools For Well Meaning Whites
Walker	The Unapologetic Guide to Black Mental Health
Podcast	Therapy for Black Girls
Website	<u><a href="#">Community Healing Network's Family-Care, Community-Care and Self-Care Tool Kit: Healing in the Face of Cultural Trauma</a></u>

# SELF-HELP RESOURCES

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## *Relationships*

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|-----------|--|
| Beck      | Love Is Never Enough: How Couples Can Overcome Misunderstandings, Resolve Conflicts, and Solve Relationship Problems Through Cognitive Therapy |
| Fruzzetti | The High-Conflict Couple: Dialectical Behavior Therapy Guide to Finding Peace, Intimacy  |
| Taitz     | How to Be Single and Happy: Science Based Strategies for Keeping Your Sanity While Looking for a Soulmate                                      |
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## *Self-Acceptance and Compassion*

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| Brach | Radical Self-Acceptance                                     |
| Brown | The Gifts of Imperfection                                   |
| Cain  | Quiet   |
| Neff  | Self-Compassion: The Proven Power of Being Kind to Yourself |
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## *Sleep*

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|-----------|--|
| Carney    | Quiet Your Mind and Get To Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain |
| Ehrnstrom | End the Insomnia Struggle: A Step-by-Step Guide to Help You Get to Sleep and Stay Asleep                   |
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## *Social Anxiety*

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| Antony  | Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming your Fear |
| Markway | Dying of Embarrassment: Help for Social Anxiety and Phobia                                    |
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## *Substance Abuse*

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|-----------------|---|
| Glasner-Edwards | The Addiction Recovery Skills Workbook  |
| Kraft           | The Gift of Recovery: 52 Mindful Ways to Live Joyfully Beyond Addiction   |
| Meyers          | Get Your Loved One Sober  |
| Wilson          | The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse |

## SELF-HELP RESOURCES

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### *Transitioning to College*

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Bradbury-Haehl	The Freshman Survival Guide: Soulful Advice for Studying, Socializing, and Everything In Between
Hamblet	From High School to College: Steps to Success for Students With Disabilities
Hibbs	The Stressed Years of Their Lives: Helping Your Kid Survive and Thrive During Their College Years
Lahey	The Gift of Failure

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### *Trauma*

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Follette	Finding Life Beyond Trauma: Using Acceptance and Commitment Therapy to Heal from Post-Traumatic Stress and Trauma-Related Problems
Schiraldi	The Resilience Workbook: Essential Skills to Recover from Stress, Trauma, and Adversity

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### *Supporting a Loved One's Mental Health*

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Barkley	When an Adult You Love Has <b>ADHD</b> : Professional Advice for Parents, Partners, and Siblings
Hibbs	The <b>Stressed</b> Years of Their Lives: Helping Your Kid Survive and Thrive During Their College Years
Landsman	Loving Someone with <b>OCD</b>
Manning	Loving Someone with <b>Borderline Personality Disorder</b>
Meyers	Get Your Loved One <b>Sober</b> : Alternatives to Nagging, Pleading, and Threatening
Otto	Living with <b>Bipolar</b> Disorder: A Guide for Individuals and Families
Phillips	Healing Together: A Couple's Guide to Coping with Trauma and <b>Post-traumatic Stress</b>
Rosen	When Someone You Love is <b>Depressed</b> : How to Help Your Loved One Without Losing Yourself
Zayfert	When Someone You Love Suffers from <b>Posttraumatic Stress</b> : What to Expect and What You Can Do