

Book Name	Author	Recommend for
Beyond Betrayal	Richard Gartner	Abuse, Boyhood Sexual
12 Smart things to do when the booze and drugs are gone	Allen Berger, PhD	Addiction – Activities When in Recovery
12 stupid things that mess up recovery	Allen Berger, PhD	Addiction – Issues when in Recovery
Of Course You're Angry	Rosellini/Worden	Addiction, Emotions of Substance Abuse
Out of the Shadows	Carnes	Addiction, Sex
You Mean I'm Not Lazy, Stupid or Crazy	Kelly/Ramundo	Adult ADHD
12 smart things to do when the booze and drugs are gone	Allen Berger, PhD	Adults (Young) Emotional Maturity
The Anxiety and Phobia Workbook	Edmund J Bourne	Anxiety Disorders
Cognitive Behavioral Therapy for Social Anxiety Disorder	Stefan G Hofmann	Anxiety Disorders
Master Your Panic	Beckfield	Anxiety Treatment
SOS Help for Emotions	Lynn Clark	Anxiety, Depression, Anger – Managing of – CBT Simply Explained
Change Your Brain, Change Your Life	Daniel Amen	Anxiety, Depression, Anger, etc.- Program for overcoming
The Broken Mirror	Katherine Phillips, MD	Body Image - Body Dysmorphic Disorders
The Borderline Personality Disorder Survival Guide	Chapman/Gratz	Borderline - Loving & Living with A Borderline
Love Secrets revealed: What happy couples know about having great sex deep intimacy and a lasting connection	Allen Berger, PhD	Couples
Getting the Love You Want – 1 st 81 pages	Harville Hendrix	Couples
Hold Me Tight	Sue Jonson	Couples
Love Sense (coming out Dec. 31st)	-Susan Johnson	Couples
Mating in Captivity	Esther Perel	Couples – Improving Sex Life
Remembering Mother Finding Myself	Patricia Commins	Death of Mother
Man's Search for Meaning	Viktor Frankl	Depression - Strength in Humanity
Mind Over Mood	Dennis Greenberger and Christine Padesky	Depression and Anxiety
The Gift of Therapy	Irvin Yalom, M.D.	For Therapists – 85 Brief Advices
The Mummy at the Dining Table	Jeffrey A Kottler and Jon Carlson	For therapists. Therapists' most interesting cases.

Why Women Never Forget and Men Never Remember	Marrienne Legato	Gender (Men Women) Difference
Forbidden Grief	Burke	Grief - Abortion
Grief Counseling and Grief Therapy	J. William Worden	Grief and Loss
The Grief Recovery Handbook	James/Friedman	Grief and Loss
After the Affair	Abrahms/Spring	Infidelity
Sark's Journal & Playbook	Sark	Journaling - A fun way to introduce journaling and play
The Male Brain	Louann Brizendine	Men – How the Male Brain Works
Mindfulness and Psychotherapy	Christopher K Germer, Ronald Siegal, and Paul Fulton	Mindfulness, The Use in therapy
SOS Help for Parents	Lynn Clark	Parenting - CBT with children
Positive Discipline for Teenagers	Jane Nelsen and Lynn Lott	Parenting - Teens
Yes Your Teen is Crazy	Michael Norwood	Parenting - Teens
Parenting the Explosive Child	Ross Green	Parenting – the Explosive Child
"The six pillars of self-esteem	Nathaniel Branden	Self-esteem
The Self-Esteem Workbook	Glenn R. Schiraldi	Self-esteem Issues - Program for Improving
When Parents Have Problems	Susan Miller	Teens & Older Children - With abusive, alcoholic or mentally ill parents
The Body Remembers	Babette Rothschild	Trauma stored in the body
In an Unspoken Voice	Peter Levine	Trauma stored in the body
Waking the Tiger	Peter Levine	Trauma stored in the body
The Dance of Anger	Harriet Goldhor Lerner	Women – Changing Behavior Patterns
When Your Lover is a Liar	Susan Forward	Women – Healing Wounds of Deception
The Female Brain	Louann Brizendine	Women – How the Female Brain Works
I'm not in the mood	Judith Riechman	Women – Improving Sex Life
Women Who Hurt Themselves	Dusty Miller	Women - Self Harm
Wise Women	Joyce Tenneson	Women - Strength in Aging
Women Who Love Too Much	Robin Norwood	Women in Unrewarding Relationships