



EAP LIBRARY

MOOD DISORDERS

An Unquiet Mind, Kay Redfield Jamison
Attacking Anxiety & Depression, The Midwest Center for Stress and Anxiety, Inc.
Authentic Happiness, Martin E. P. Seligman
Beyond Anxiety & Phobia, Edmund J. Bourne
Beyond the Blues, Shoshana S. Bennett and Pec Indman
Children of Depressed Parents, Sherry H. Goodman and Ian Gotlib
Choosing To Live, Thomas E. Ellis and Cory F. Newman
Coping With Anxiety, Edmund J. Bourne & Lorna Gotlieb
Depressed & Anxious, Thomas Marra
Ending The Depression Cycle, Peter J. Bieling & Martin M. Antony
Feeling Good, David Burns
Freeing Your Child From Anxiety, Tamar Chansky
Getting Your Life Back: The Complete Guide to Recovery from Depression, Wright & Ramirez Basco
Living Well With Depression and Bipolar Disease, John McManamy
Managing Your Mind: The Mental Fitness Guide, Gilliam Butler and Tony Hope
Mind Over Mood, Dennis Greenberger and Christine A. Padesky
Natural Relief for Anxiety, Edmund J. Bourne, Arlen Brownstein, and Lorna Garano
Peaceful Mind, John R. McQuaid and Paula E. Carmona
Prisoners of Belief, Matthew McKay and Patrick Fanning
Surviving Manic Depression, E. Fuller Torrey and Michael B. Knable
The Feeling Good Handbook, David Burns

PERSONALITY TRAITS

Brain Lock, Jeffrey M. Schwartz
Codependent No More, Melody Beattie
Dying of Embarrassment, Barbara G. Markway, Cheryl N. Carmin, C. Alec Pollard and Teresa Flynn
Emotional Intelligence, David Goleman
Freeing Your Child from Obsessive-Compulsive Disorder, Tamar E. Chansky
How to Raise Your Self-Esteem, Nathaniel Branden
Improving Your Memory, Janet Fogler & Lynn Stern
Learned Optimism, Martin E. P. Seligman
Messages, Matthew McKay, Martha Davis and Patrick Fanning
Overcoming Shyness and Social Phobia, Ronald M. Rapee
Prisoners of Hate, Aaron T. Beck
Stop Obsessing! Edna B. Foa and Reid Wilson
Ten Days to Self-Esteem, Janet Fogler & Lynn Stern
The Angry Heart, Joseph Santoro and Ronald Cohen
The Drama of the Gifted Child, Alice Miller
The OCD Workbook, Hyman & Pedrick
The Relaxation & Stress Reduction Workbook, Martha Davis, Elizabeth Eshelman and Matthew McKay
The Relaxation Response, Herbert Benson
The Self-Esteem Workbook, Glenn R. Schiraldi
Why Does Everything Have To Be Perfect? Lynn Schackman and Shelagh Ryan Masline

For more information or assistance:

USF students may call 974-2831;

Faculty and staff may call 974-5469



TRAUMA AND ABUSE

Allies in Healing, Laura Davis
Forgiveness Is a Choice, Robert D. Enright
It's My Life Now..., Kennedy Dugan and Roger R. Hock
The Gift of Fear, Gavin De Becker
The Courage to Heal: A Guide for Survivors, Ellen Bass & Laura Davis
The Courage to Heal Workbook, Laura Davis
Trauma and Recovery, Judith Herman
Reinventing Your Life, Jeffrey E. Young & Janet S. Klosko
The Sexual Healing Journey, A Guide for Survivors of Sexual Abuse, Wendy Maltz
Trust After Trauma, Aphrodite Matsakis

EATING AND BODY IMAGE

Body Image, Eating Disorders, and Obesity in Youth, J. Kevin Thompson & Linda Smolak
Exacting Beauty, J. Kevin Thompson, et. al.
Overcoming Binge Eating, Christopher G. Fairburn
Eating in the Light of the Moon, Anita Johnston
Surviving An Eating Disorder, Michele Siegel, Judith Brisman & Margot Weinschel
The BDD Workbook: Overcome Body Dysmorphic Disorder, James Claiborn & Cherry Pedick
The Body Image Workbook: An 8-Step Program for Learning to Like Your Looks, T. F. Cash

RELATIONSHIPS

Better Boundaries, Owning and Treasuring Your Life, Jan Black & Greg Enns
Creating Happy Relationships, Richard Nelson-Jones
Don't Take It Personally! The Art of Dealing With Rejection, Elayne Savage
Fear of Intimacy, Robert W. Firestone & Joyce Catlett
Fighting For Your Marriage, Howard J. Markman, Scott M. Stanley, Susan L. Blumberg
Intimate Connections, David D. Burns
Keeping The Love You Find, A Personal Guide, Harville Hendrix
Love Is Never Enough, Aaron T. Beck
Taking Back Your Marriage, William J. Doherty
The Couples Companion, Harville Hendrix & Helen Hunt
The Dance of Intimacy, Harriet Lerner
The Five Love Languages, Gary Chapman
The New Rules of Marriage, Terrence Real
The Personal Companion, Harville Hendrix & Helen Hunt
The Relationship Cure, John M. Gottman & Joan DeCalire
The Seven Principles for Making Marriage Work, John Gottman & Nan Silver
The Two Step: The Dance Toward Intimacy, Eileen McCann
Wake or Break Up, Leonard Felder
We Love Each Other But..., Ellen Wachtel
Why Marriages Succeed or Fail...And How You Can Make Yours Last, John Gottman

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COPING WITH ILLNESS

Choosing to Live, Thomas E. Ellis, Cory F. Newman
Living Well With Depression and Bipolar Disease, John McManamy
Managing Your Mind: The Mental Fitness Guide, Gilliam Butler, Tony Hope
Natural Relief for Anxiety, Edmund J. Bourne, Arlen Brownstein, and Lorna Garano
IMBROGLIO: Rising to the Challenge of Borderline Disorder, Janice M. Cauwels
I Hate You –Don't Leave Me, Jerold J. Kreisman & Hal Straus
Getting Help, Jeffrey C. Wood
Helping Cancer Patients Cope, Arthur M. Nezu, Christine Maguth Nezu, et. al.
Grieving Mental Illness, Virginia Lafond
Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder, Paul Mason, Randi Kreger
The Complete Eldercare Planner, Joy Loverde
Surviving Manic Depression, E. Fuller Torrey and Michael B. Knable
When Someone You Love Has a Mental Illness, Rebecca Woolis
Managing PAIN Before It Manages You, Margaret A. Caudill
Taming Your Gremlin, Rick Carson

GRIEF AND LOSS

Life After Loss, Bob Diets
Life Lessons, Elizabeth Kubler Ross & David Kessler
Meaning Reconstruction & the Experience of Loss, Robert A. Neimeyer
Necessary Losses, Judith Viorst
On Death and Dying, Elizabeth Kubler Ross & David Kessler
Tear Soup, Pat Schwiebert & Chuck DeKlyen

SEXUALITY

For Each Other: Sharing Sexual Intimacy, Lonnie Barbach
I'm Not in The Mood, Judith Reichman
Rekindling Desire, Barry and Emily McCarthy
Resurrecting Sex, David Schnarch
The New Male Sexuality, Bernie Zilbergeld
The Sex-Starved Marriage, Michele Weiner Davis

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PARENTING

The ADD Answer, How to Help Your Child Now, Frank Lawlis
Parenting Children With ADHD, 10 Lessons That Medicine Cannot Teach, Vincent J. Monastra
ADD-Friendly Ways to Organize Your Life, Judith Kolberg & Kathleen Nadeau
Touchpoints: Your Child's Emotional and Behavioral Development: Birth to 3, T. Berry Brazelton
Always My Child, Kevin Jennings with Pat Shapiro
Easy to Love Difficult to Discipline, Becky A. Bailey
Giving The Love That Heals, A Guide For Parents, Harville Hendrix, Helen LaKelly Hunt
How to Talk So Kids Will Listen, Adele Faber & Elaine Mazlish
Raising an Emotionally Intelligent Child, John Gottman
Try And Make Me! Simple Strategies That Turn Off The Tantrum and Create Cooperation, Ray Levy and Bill O'Hanlon with Tyler Norris Goode
Making Divorce Easier on Your Child, Nicholas Long and Rex Forehand
Teenagers & Parents: Ten Steps For A Better Relationship, Roger McIntire & Carol McIntyre
Adolescent Drugs & Alcohol Abuse: How to Spot It, Stop It, and Get Help for Your Family, Nikki Babbit
Seven Steps To Help Your Child Worry Less, Sam Goldstein, Kristy Hagar, Robert Brooks
Rewards for Kids! Charts & Activities For Positive Parenting, Virginia M. Shiller, Meg F. Schneider
Setting Limits With Your Strong-Willed Child, Robert J. MacKenzie
Freeing Your Child From Anxiety, Tamar E. Chansky
Giving The Love That Heals, A Guide For Parents, Harville Hendrix, Helen LaKelly Hunt
Learning to Slow Down and Pay Attention, Kathleen G. Nadeau, and Ellen B. Dixon
Parenting Teenagers, Don Dinkmeyer, Sr., Garry D. McKay & Don Dinkmeyer, Jr.
Raising Resilient Children, Brooks & Goldstein
Teenagers & Parents: Ten Steps For a Better Relationship, Roger McIntire & Carol McIntyre
The Dynamic Infant, Rebecca Anne Bailey, Elsie Carter Burton
The Dynamic Self, Rebecca Anne Bailey, Elsie Carter Burton
The Explosive Child, Ross W. Greene
The Ups and Downs of Raising a Bipolar Child, Judith and Candida Fink

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ADDICTION

The Gambling Addiction Patient Workbook, Robert R. Perkinson
Maintaining Change: A Personal Relapse Prevention Manual, Hilary Eldridge
The Habit Change Workbook: How to Break Bad Habits and Form Good Ones, James Claiborn, Cherry Pedrick
Sex, Drugs, Gambling & Chocolate: A Workbook for Overcoming Addictions, Second Edition, Thomas Horvath
Nicotine Dependence: Understanding and Applying the Most Effective Treatment Interventions, Charles E. Dodgen
Drug Abuse Origins & Interventions, Edited by Meyer G. Glantz and Christine R. Hartel
The Craving Brain, Ronald A. Ruden with Marcia Byalick
Family Solutions for Substance Abuse, Eric E. McCollum, Terry S. Trepper
Behind The 8-Ball: A Recovery Guide for the Families of Gamblers, Linda Berman, Mary-Ellen Siegel
Adult Children of Alcoholics, Janet Geringer Woititz
Recovery: A Guide for Adult Children of Alcoholics, Herbert L. Gravitz and Julie D. Bowden
Staying Sober: A Guide for Relapse Prevention, Terence T. Gorski, Merlene Miller
A Woman's Addiction Workbook: Your Guide to In-Depth Healing, Lisa M. Najavits
BUZZED, Wilkie Wilson
One Breath at a Time: Buddhism and the Twelve Steps, Kevin Griffin
The Tao of Sobriety: Helping You to Recover from Alcohol and Drug Abuse, David Gregson & Jay S. Efran
Willpower's Not Enough: Recovering Addictions of Every Kind, Arnold Washton & Donna Boundy
DRINKING: A Love Story, Caroline Knapp
MORE, NOW, AGAIN, Elizabeth Wurtzel

WORKPLACE ISSUES

201 Ways To Deal With Difficult People, Alan Axelrod & Jim Holtje
The No Asshole Rule, Robert I. Sutton
Retire Smart Retire Happy, Nancy K. Schlossberg
Monster Careers: How to Land the Job of Your Life, Jeff Taylor with Doug Hardy
People Skills, Robert Bolton
People Styles at Work, Robert Bolton & Dorothy Grover Bolton
The Procrastination Workbook, William Knaus
What Color Is Your Parachute? Richard N. Bolles

DIVORCE

Conscious Divorce, Susan Allison
Crazy Time, Abigail Trafford
Rebuilding When Your Relationship Ends, Bruce Fisher and Robert Alberti
Renegotiating Family Relationships, Robert Emery
The Courage to Be a Single Mother, Sheila Ellison
The Unexpected Legacy of Divorce, Judith Wallerstein, Julia M. Lewis & Sandra Blakeslee
When Divorce Crosses Your Mind, What You Need to Know, Nancy Porter-Thal & Ellen Schuster-Nastir

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DIVORCE & CHILDREN

“Does Wednesday Mean Mom’s House or Dad’s? Marc J. Ackerman
At Daddy’s on Saturday, Linda Walvoord Girard
Between Two Worlds: The Inner Lives of Children of Divorce, Elizabeth Marquardt
Blending Families, Elaine Fantle Shimberg
Difficult Questions Kids Ask About Divorce, Meg F. Schneider & Joan Zuckerberg
Dinosaurs Divorce, Laurene Krasny & Marc Brown
Ex-Etiquette For Parents, Jann Blackstone-Ford and Sharyl Jupe
How It Feels When Parents Divorce, Jill Kremenz
How to Help Your Child Overcome Your Divorce, Elissa P. Benedek & Catherine F. Brown
It’s Not Your Fault Koko Bear, Vicki Lansky
Rebuilding When Your Relationship Ends, Bruce Fisher
The Divorced Dad’s Survival Book, David Knox with Kermit Leggett
Two Homes, Claire Masurel
What About the Kids? Judith S. Wallerstein & Sandra Blakeslee
The Truth About Children and Divorce..., Robert E. Emery
When Divorce Hits Home, Beth Joselow & Thea Joselow
Second Chances, Judith S. Wallerstein & Sandra Blakeslee
Let’s Talk About It: Divorce, Fred Rogers

PROFESSIONAL

Active Parenting of Teens, Michael H. Popkin
The New Antidepressants And Antianxieties, William S. Appleton
Night Falls Fast: understanding suicide, Kay Redfield Jamison
An Emerging Paradigm, John M. Hooks & Stephanie Weinstein
Favorite Counseling and Therapy Techniques, Howard G. Rosenthal
Counseling and Therapy With Clients Who Abuse Alcohol or Other Drugs, Cynthia E. Glidden-Tracey
Cognitive Therapy of Substance Abuse, Aaron T. Beck, Fred D. Wright, Corey F. Newman, Bruce S. Liese
Understanding Sleep, Mark R. Pressman & William C. Orr
Addressing Domestic Violence in the Workplace, Johnny Lee
Improving Your Memory, Janet Fogler & Lynn Stern
Addiction and Change, How Addictions Develop and Addicted People Recover, Carlo C. DiClemente
Shy Children, Phobic Adults, Deborah C. Beidel, Samuel M. Turner
Healing The Incest Wound, Christine A. Courtois
The Essentials of Family Therapy, Michael P. Nichols with Richard C. Schwartz
Cognitive Therapy, Judith S. Beck
Acute Stress Disorder, Richard A. Bryant and Allison G. Harvey
Meaning Reconstruction & the Experience of Loss, Robert A. Neimeyer
Personality-Guided Cognitive-Behavioral Therapy, Paul R. Rasmussen
Drug Abuse: Origins & Interventions, Meyer D. Glantz & Christine R. Hartel
Bipolar Disorder, Corey F. Newman, Robert L. Leahy, Aaron T. Beck, Noreen A. Reilly -Harrington, Laszlo Gyulai
The Conflict Management Skills Workshop: A Trainer’s Guide, Bill Withers
Anger and Conflict Management Leader’s Guide, Gerry Dunne
Diagnostic and Statistical Manual of Mental Disorders-IV, American Psychiatric Association
Disaster Preparedness for Healthcare Facilities, Experience, Statistics and Solutions, Thompson
Workplace Critical Incidents, Employee Assistance Professionals Association
Pain Management Psychotherapy, Bruce N. Eimer & Arthur Freeman
Motivational Interviewing: Preparing People for Change, William R. Miller, Stephen Rollnick, 2nd Edition

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