

Lending Library

Books may be checked out on a short-term basis, upon presenting a valid student I.D. card. For more information, contact [Susan Crane](#) at 974-9316 in SVC 2146.

NEW ADDITIONS

- Victims No Longer: Men Recovering From Incest & Other Sexual Child Abuse - Mike Lew
- The Hidden Face Of Shyness: Understanding & Overcoming Social Anxiety - Franklin Schneier & Lawrence Welkowitz
- The Relationship Cure: A 5 Step Guide To Strengthening Your Marriage, Family & Friendships - John Gottman & Joan DeClaire
- Don't Panic: Taking Control Of Anxiety Attacks - R. Reid Wilson
- Healthy Pleasures: Medical Benefits Of Pleasure - Robert Ornstein & David Sobel
- Living Through Personal Crisis - Ann Stearn
- Self-Esteem 3rd Edition - McKay & Fanning
- When Chicken Soup Is Not Enough - R. Retherford
- Who Do You Think You Are - Joel Wells

LIBRARY BOOKS

- 12 Steps To Self-Parenting - Philip Oliver-Diaz & Patricia A. O'Gorman
- 6 Pillars of Self-esteem - Nathaniel Branden
- Accepting Each Other: Individuality & Intimacy In Your Loving Relationship - Emmons Alberti
- Adult Children Of Alcoholics - Janet Woititz
- Am I Normal?: Understanding Yourself Others - Sid Cormier
- An Adult Child's Guide To What's "Normal" - John Friel Linda Friel
- An Altar Of Words: Wisdom, Comfort, & Inspiration - Byllye Avery
- Anger: How To Live With & Without It - Albert Ellis
- Anger: The Misunderstood Emotion - Carol Tavris
- Anxiety Disease - David Sheehan
- Are You The One For Me?: Knowing Who's Right & Avoiding Who's Wrong - Barbara DeAngelis
- Beating The College Blues: A Student's Guide To Coping - Paul Grayson & Philip Meilman
- Beginning To Heal - Ellen Bass Laura Davis
- Beyond Codependency - Melody Beattie
- Breaking Free From Compulsive Eating - Geneen Roth
- Codependent No More: Stop Controlling Others & Start Caring For Yourself - Melody Beattie
- Control Your Depression - Peter Lewinsohn, et.al.
- Coping With Difficult People - Robert Bramson
- Coping With Stress In College - Mark Rowh
- Couple Skills: Making Your Relationship Work - McKay, Fanning, Paleg
- Courage To Grieve: Creative Living, Recovery, & Growth Through Grief - Judy Tatelbaum
- Courage To Heal - Ellen Bass Laura Davis
- Courage to Heal Workbook - Laura Davis
- Dance Of Anger: Changing The Patterns Of Intimate Relationships - Harriet Lerner
- Dance Of Deception: Pretending Truth-Telling In Women's Lives - Harriet Lerner
- Dance Of Intimacy: Courageous Acts Of Change In Key Relationships - Harriet Lerner
- Dare To Connect - Susan Jeffers
- Don't Say Yes When You Want To Say NO: Making Life Right When It Feels All Wrong - Fensterheim Bare
- Don't Take It Personally: The Art Of Dealing With Rejection - Elayne Savage

- Dying of Embarrassment: Social Anxiety Phobia - Markway, Carmin, Pollard, Flynn
- Feel The Fear Do It Anyway: Turn Fear, Indecision, Anger Into Power, Action, & Love - Susan Jeffers
- Feeling Good Handbook - David Burns
- Feeling Good: The New Mood Therapy - David Burns
- Free Of The Shadows: Recovering From Sexual Violence - Caren Adams Jennifer Fay
- Getting The Love You Want: A Guide For Couples - Harville Hendrix
- Getting Through The Day: Strategies For Adults Hurt As Children - Nancy Napier
- Grown-Up Man: Heros, Healing, Honor, Hurt, Hope - John Friel
- Healing The Child Within: Adult Children Of Dysfunctional Families - Charles Whitfield
- Homecoming: Reclaiming Championing Your Inner Child - John Bradshaw
- How To Raise Your Self-Esteem - Nathaniel Branden
- How To Refuse To Make Yourself Miserable About Anything - Albert Ellis
- How To Succeed On A Majority Campus: A Guide For Minority Students - Levey, Blanco, & Jones
- How To Survive The Loss Of A Love - Colgrove, Bloomfield, McWilliams
- How You Feel Is Up To You: The Power Of Emotional Choice - Gary McKay Don Dinkmeyer
- Hunger Pains: The Modern Woman's Tragic Quest for Thinness - Mary Pipher
- I Never Called It Rape: Date Acquaintance Rape - Robin Warshaw
- I Want To Change, But I Don't Know How - Tom Rusk Randy Read
- If This Is Love, Why Do I Feel So Insecure?: Anxiety, Jealousy, Depression - Hindy , Schwartz, Brodsky
- In The Company Of My Sisters: Black Women Self-Esteem - Julia Boyd
- Incest Sexuality: A Guide To Understanding Healing - Wendy Maltz Beverly Holman
- Intimate Connections - David Burns
- Intimate Enemy: How To Fight Fair In Love Marriage - George Bach Peter Wyden
- Is It A Choice?: Straightforward Answers To Gay Questions - Eric Marcus
- Keeping The Love You Find - Harville Hendrix
- Learning To Love Yourself - Gay Hendricks
- Learning to Say NO: Establishing Healthy Boundaries - Carla Wills-Brandon
- Life 101: What We Wish We Had Learned About Life In School - Peter McWilliams
- Lost Found: The Adoption Experience - Betty Jean Lifton
- Loving Him Without Losing You: 8 Steps To Achieving Intimacy Independence - Carolyn Bushong
- Loving Someone Gay - Don Clark
- Managing Pain Before It Manages You - Margaret Caudill
- Marital Myths: 24 Mistaken Beliefs That Can Ruin A Marriage - Arnold Lazarus
- Men Are From Mars, Women Are From Venus: Communication Styles - John Gray
- Men Talk: How Men Feel About Women, Sex, Relationships, Themselves - Alvin Baraff
- Motherless Daughters: The Legacy Of Loss - Hope Edelman
- Necessary Losses - Judith Viorst
- New Guide To Rational Living - Albert Ellis Robert Harper
- Outing Yourself: How To Come Out As Lesbian Or Gay To Your Family, Friends, Co-Workers - M. Signorile
- Overcoming Panic Attacks: Strategies To Free Yourself From The Anxiety Trap - Babior Goldman
- Overcoming Panic, Anxiety, Phobias: New Strategies To Free Yourself From Worry Fear - Babior Goldman
- Overcoming Perfectionism - Ann Smith
- Overcoming Procrastination - Albert Ellis William Knaus
- Own Your Own Life: 3-Step Self Reliance Program - Gary Emery
- People Skills: Assert Yourself, Listen To Others, Resolve Conflicts - Robert Bolton
- Pulling Your Own Strings: Dynamic Techniques For Mastering Your Own Life - Wayne Dyer

- Rebuilding: When Your Relationship Ends - Bruce Fisher
- Rebuilding: When Your Relationship Ends (workbook) - Bruce Fisher
- Relaxation Response: Learning To Cope With Fatigue, Anxiety & Stress - Herbert Benson
- Right To Innocence: Healing The Trauma Of Childhood Sexual Abuse - Beverly Engel
- Secret Survivors: Uncovering Incest Its Aftereffects On Women - E. Sue Blume
- Self-esteem 2nd Edition - McKay Fanning
- Self-Talk Solution: Self-Management Program For Success - Shad Helmstetter
- Smart Women, Foolish Choices: Finding The Right Men, & Avoiding The Wrong Ones - Cowan Kinder
- Stress? Find Your Balance - Lynn Osterkamp Allan N. Press
- Struggle For Intimacy - Janet Woititz
- Suddenly Single: A Lifeline For Anyone Who Has Lost A Love - Larson Larson
- Taking The Anxiety Out Of Taking Tests: A Step-By-Step Guide - Susan Johnson
- Ten Dumbest Mistakes Smart People Make How To Avoid Them: Simple Sure Techniques For Gaining Control Of Your Life - Arthur Freeman Rose DeWolf
- That's Not What I Meant: How Conversational Style Makes Or Breaks Relationships - Deborah Tannen
- The Controllers: A View Of Our Responsibility - Jim Cole
- The Facade: A View Of Our Behavior - Bruce Fisher
- The Helpers: A View Of Our Helpfulness - Bruce Fisher
- The Holder: A View Of Our Relationship - Bruce Fisher
- Think Straight! Feel Great!: 21 Guides To Emotional Self-Control - Bill Borcherdt
- Thwarting Anger: A View Of How We Keep Anger Alive - Jim Cole
- Toxic Parents - Susan Forward
- Transforming Body Image: Learning To Love The Body You Have - Marcia G. Hutchinson
- Trauma and Recovery: The Aftermath of Violence - Judith Herman
- Two For The Money - Dore Beach & Elaine Shimberg
- Two Step: The Dance Toward Intimacy - Eileen McCann
- Type "E" Woman: How To Overcome The Stress Of Being Everything To Everybody - Harriet Braiker
- Wasted: A Memoir of Anorexia and Bulimia - Marya Hornbacker
- What Type Am I?: Discover Who You Really Are - Renee Baron
- What To Say When You Talk To Yourself: Program Your Potential For Success - Shad Helmstetter
- When Anger Hurts: Quieting The Storm Within - McKay, Rogers, McKay
- When Bad Things Happen To Good People - Harold Kushner
- When Helping You Is Hurting Me: Escaping The Messiah Trap - Carmen Berry
- When I Say No, I Feel Guilty: Assertiveness Training - Manuel Smith
- When Perfect Isn't Good Enough: Strategies For Coping With Perfectionism - Antony & Swinson
- Women Who Love Too Much: When You Keep Hoping He'll Change - Robin Norwood
- Wounded Woman: Healing The Father-Daughter Relationship - Linda Leonard
- You Can Beat Depression: A Guide To Recovery - John Preston
- You Can Control Your Feelings!: 24 Guides To Emotional Well-Being - Bill Borcherdt
- You Just Don't Understand: Women & Men In Conversation - Deborah Tannen
- You'll See It When You Believe It: The Way To Personal Transformation - Wayne Dyer
- Your Erroneous Zones - Wayne Dyer
- Your Perfect Right - Robert Alberti Michael Emmons

SEXUAL ABUSE BOOKLETS

- How Can I Help Him? - Bill Mease
- How Can I Talk With My Family? - Joan Spear
- If She Is Raped - Alan McEvoy & Jeff Brookings