READING LIST

- Abuse and trauma
- Addictions
- Aging
- Anger
- Anxiety
- Assertiveness
- Attention deficit disorder
- Career
- Caregivers
- Chronic illness
- Co-dependency
- Communication
- Conflict resolution
- Depression
- Diversity
- Divorce
- Eating
- Exercise
- Financial issues
- Gay, lesbian, bi-sexual, trans-gendered
- Goal setting
- Grief
- Managers
- Parenting
- Relationships
- Retirement
- Self-esteem
- Stress management
- Substance abuse
- Work/life balance
ABUSE AND TRAUMA


The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms, by Mary Beth Williams, 2002.

Healing the Trauma of Abuse: A Women's Workbook, by Mary Ellen Copeland & Maxine Harris, 2000.


ADDICTIONS


The Heart of Addiction, by Lance M. Dodes, 2002.

AGING


ANGER


ANXIETY


ASSERTIVENESS


*The Disease to Please: Curing the People-Pleasing Syndrome*, by Harriet B. Braiker, 2002.

ATTENTION DEFICIT DISORDER

*ADHD and Me: What I Learned from Lighting Fires at the Dinner Table*,
by Blake E.S. Taylor, 2008.

*The Gift of ADHD: How to Transform Your Child's Problems into Strengths*,


*Parenting Children with ADHD: Lessons That Medicine Cannot Teach*, by

CAREER


CAREGIVERS


And Thou Shalt Honor: A Caregiver's Companion, by Beth Witrogen McLeod (Editor), 2002.
CHRONIC ILLNESS

Illness, by Patricia J. Murphy (Editor), 2007.


Talking to Alzheimer's: Simple Ways to Connect When You Visit with a Family Member or Friend, by Claudia Strauss, 2002.
**CO-DEPENDENCY**

*Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*, by Melody Beattie, 1996.


COMMUNICATION


Emotional Intelligence at Work: The Untapped Edge for Success, by Hendrie Weisinger, 2000.


Please Understand Me II: Temperament Character Intelligence, by David Keirsey, 1998.

CONFLICT RESOLUTION

Conflict, by Martin Jones & A. C. Fabian (Editors), 2006.


Toxic Coworkers: How to Deal with Dysfunctional People on the Job, by Alan Cavaiola, 2000.


Going Home without Going Crazy: How to Get Along with Your Parents and Family (Even When They Push Your Buttons), by Andra Medea, 2006.

DEPRESSION


DIVERSITY


DIVORCE


EATING


EXERCISE


Walk Away the Pounds: The Breakthrough 6-Week Program That Helps You Burn Fat, Tone Muscle, and Feel Great without Dieting, by Leslie Sansone & Rowan Jacobsen, 2005.

FINANCIAL ISSUES


GAY, LESBIAN, BI-SEXUAL, TRANSGENDERED


*In a Queer Time and Place: Transgender Bodies, Subcultural Lives*, by Judith Halberstam, 2005.

GOAL SETTING

The Seven Habits of Highly Effective Families. by S.R. Covey, 1997.


GRIEF


*How to Survive the Loss of a Love*, by Harold H. Bloomfield, Peter McWilliams & Melba Colgrove, 1993.

*Necessary Losses, The Loves, Illusions, Dependencies, and Impossible Expectations That All of Us Have to Give Up in Order to Grow*, by Judith Viorst, 1998

MANAGERS


Emotional Intelligence at Work: The Untapped Edge for Success, by Hendrie Weisinger, 2000.


If It’s Broken, You Can Fix It: Overcoming Dysfunction in the Workplace, by Tom E. Jones, 1999.

Building a High Morale Workplace, by Anne Bruce, 2003.


PARENTING


Learning to Listen, Learning to Care: A Workbook to Help Kids Learn Self-Control and Empathy, by Lawrence E. Shapiro, 2008.

Drugs and Your Kid: How to Tell If Your Child Has a Drug/Alcohol Problem and What to Do about It, by Peter D. Rogers, 2002.

Straight Talk about Psychiatric Medications for Kids, by Timothy E. Wilens, 1999


50 Great Tips, Tricks & Techniques to Connect with Your Teen, by Debra Hapenny Ciavola, 2003.


RELATIONSHIPS


RETIREMENT


**SELF-ESTEEM**


STRESS MANAGEMENT


Stress Free for Good, by Fred Luskin & Kenneth Pelletier, 2005.


SUBSTANCE ABUSE


WORK/LIFE BALANCE


One Person/Multiple Careers: A New Model for Work/Life Success, by Marci Alboher, 2007.


