

ADDICTIONS

[Alcoholics Anonymous - Anonymous](#)
[Adult Children of Alcoholics - Janet Woititz](#)
[Children of Alcoholics, Extended - Janet Woititz](#)
[Beyond Codependency - Melody Beatti](#)
[Codependent No More - Melody Beatti](#)
[Healing the Addictive Mind - Lee Jampolsky](#)
[Perfect Daughters: Adult Daughters of Alcoholics - Robert J. Ackerman](#)
[Recovery from Addiction - John Finnegan](#)
[Stuff Your Face or Face Your Stuff - Dorothy Breninger](#)

ANGER, STRESS & ANXIETY

[Creative Aggression - George Bach & Herb Goldberg](#)
[Dance of Anger, The - Harriet G. Lerner PhD](#)
[What Your Doctor May Not Tell You About: Anxiety, Phobias & Panic Attacks - Douglas Hunt MD](#)
[SOS Help for Emotions: Managing Anxiety, Anger & Depression - Lynn Clark PhD](#)
[The Anxiety & Phobia Workbook - Edmund Bourne PhD](#)
[The Cow in the Parking Lot: A Zen Approach to Overcoming Anger - Leonard Scheff & Susan Edmiston](#)

ADHD/ADD

[ADD Hyperactivity Workbook, The - Harvey C. Parker PhD](#)
[ADDITUDE Magazine & www.ADDitudemag.com](#)
[Answers to Distraction - Edward M. Hallowell, MD & John J. Ratey MD](#)
[Defeating the 8 Demons of Distraction - Geraldine Markel PhD](#)
[Dr Bob's Guide to Stop ADHD in 18 Days - Robert DeMaria](#)
[Driven to Distraction - Edward M. Hallowell MD & John J. Ratey MD](#)
[Finding Your Focus: Practical Strategies for Everyday Challenges Facing Adults with ADD - Judith Greenbaum PhD & Geraldine Markel PhD](#)
[The "Putting On The Brakes" Activity Book for Young People w/ ADHD - Patricia Quinn & Judith Stern](#)
[Woman With Attention Deficit Disorder - Sari Solden MS MFCC](#)
[Taking Charge of ADHD: The Complete Authoritative Guide for Parents - Russell Barkley PhD](#)

CAREER

[What Color is Your Parachute? - Richard Bolles](#)
[Your Ideal or Next Job - Richard Bolles](#)

DOMESTIC VIOLENCE & ABUSE

[Bodily Harm: The Breakthrough Healing Program for Self-Injurers - Karen Conterio & Wendy Lader PhD](#)
[Bully Caterpillar - Jay Carter PhD](#)
[Courage to Heal Workbook, The - Laura Davis](#)
[Cutting: Understanding & Overcoming Self-Mutilation - Steven Levenkron](#)
[Emotional Blackmail - Susan Forward](#)
[Rainbow's End: A Recovery Workbk for Children & Adults Who Have Suffered Enough - Laura Summer](#)
[Sexual Abuse - Let's Talk About It - Margaret O. Hyde](#)
[Why Me? - Lynn Daugherty PhD](#)
[The Me Nobody Knows: A Guide for Teen Survivors - Barbara Bean & Shari Bennett](#)
[When Something Feels Wrong: A Survival Guide About Abuse for Young People - Deanna Pledge PhD](#)

DEATH & DYING

[How to Survive the Loss of a Love - Melba Colgrove PhD, H. Bloomfield & P. McWilliams](#)
[Necessary Losses - Judith Voist](#)
[On Death & Dying - Elizabeth Kubler/Ross](#)
[Lifetimes: The Beautiful Way to Explain Death to Children - Bryan Mellonie & Robert Ingpen](#)
[Remember the Secret - Elisabeth Kulber-Ross](#)
[Explaining Death to Children edited by Earl A Grollman](#)
[How To Go On Living When Someone You Love Dies - Therese A Rando PhD](#)
[The Courage to Grieve: Creative Living, Recovery & Growth Through Grief - Judy Tatelbaum](#)

DIVORCE

[After the Affair - Janis Abrahms & Michael Spring \(cassette\)](#)
[Boys & Girls Book about Divorce - Richard A. Gardner](#)
[Crazy Time: Surviving Divorce and Building a New Life, Revised Edition - Abigail Trafford](#)
[Custody Chaos, Personal Peace: Sharing Custody with an Ex Who is Driving You Crazy - Jeffrey P. Wittmann PhD](#)
[Dinosaurs Divorce for Kids - Marc Brown & Laurie Krasny Brown](#)
[Divorce Workbook, The - Sally B. Ives PhD, David Fassler MD & Michele Lash](#)
[Divorce: Your Fault, My Fault, No Fault - Neil Hurowitz Esq](#)
[Helping Children Cope with Separation - Claudia Jewett](#)
[Kids First: What Kids Want Parents to Know About Separation & Divorce - Kids First Organization](#)

[Mom's House, Dad's House - Isolina Ricci PhD](#)

[Rebuilding: When Your Relationship Ends - Bruce Fisher EdD](#)

[Second Chance - Judith S Wallerstein PhD & Sandra Blakestee](#)

[Sharing the Children - R. Adler PhD](#)

[Surviving the Breakup: How Parents and Children Cope with Divorce - Judith S. Wallerstein PhD & Joan B. Kelly PhD](#)

[The Good Divorce - Constance Ahrons PhD](#)

[Uncoupling: Turning Points in Intimate Relationships - Diane Vaughan PhD](#)

HEALTH

[Aspartame \(NutraSweet\): Is It Safe? - H.J. Roberts MD](#)

[Eat More, Weigh Less - Dean Ornish MD](#)

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[Love, Medicine & Miracles - Bernie S. Siegel MD](#)

[Sugar Blues - William Duffy](#)

[The Healing Power of Pets - Marty Becker MD](#)

[Potatoes, Not Prozac: Are You Sugar Sensitive? - Kathleen DesMaisons PhD](#)

[Natural Cures They Don't Want You To Know About - Kevin Trudeau](#)

[The Chronic Pain Control Workbook: Guide for Coping w/ & Overcoming Pain - Ellen Catalano MA & Kimeron Hardin PhD](#)

[Stop Gaining Weight - Laura Pawlak](#)

[Mindless Eating - Brian Wansink PhD](#)

LGBT

[What If Someone I Know Is Gay - Eric Marcus](#)

MEN & BOYS

[10 Stupid Things Men Do To Mess Up Their Lives - Dr. Laura Schlessinger](#)

[Everything Men Know About Women - Dr. Alan Francis](#)

[Getting the Love You Want - Harville Hendrix](#)

[Impotence: How to Overcome It - Dr. Richard Manning](#)

[Iron John - Robert Bly](#)

[Myth of Male Power, The - Warren Farrel, PhD](#)

[New Male Sexuality, The - Bernie Zilbergeld](#)

[Peter Pan Syndrome, The - Dan Kiley](#)

[Silent Sons - Robert J. Ackerman](#)

[Why Men Are the Way They Are - Warren Farrell PhD](#)

[Real Boys Workbook - William S. Pollack PhD](#)

[Stiffed: The Betrayal of the American Man - Susan Faludi](#)

[Women Can't Hear What Men Don't Say - Warren Farrell](#)

MENTAL HEALTH

[All Kinds of Minds - Mel Levine](#)

[Change Your Mind & Your Life Will Follow: 12 Simple Principles - Karen Casey](#)

[Emotional Intelligence - Daniel Goleman](#)

[Feeling Good - David Burns](#)

[Feeling Good Handbook - David Burns](#)

[Gift of Fear, The - Gavin De Becker](#)

[Hug Therapy Book, The - Kathleen Keating](#)

[Hug Therapy 2 - Kathleen Keating](#)

[In The Meantime - Iyanla Vanzant](#)

[One & Only: The Freedom of Having an Only Child, and the Joy of Being One - Lauren Sandler](#)

[Ten Days to Self-Esteem - David Burns](#)

[The Healing Power of Pets - Marty Becker](#)

[Twelve Steps for Everybody, The - Jerry Hirschfield PhD](#)

[You Can Be Happy No Matter What: Five Principles for Keeping Life in Perspective - Wayne Dyer](#)

[Worry - Edward M. Hallowell](#)

PARENTING

[Double Duty - Daniel Mason](#)

[Experts Advise Parents - Eileen Shiff](#)

[Free to be a Family - Marlo Thomas & Friends](#)

[Heart of Parenting, The - John Gottman](#)

[Mother Dance, The - Harriet Lerner](#)

[On the Family - John Bradshaw](#)

[P.E.T. - Parent Effectiveness Training - Dr. Thomas Gordon](#)

[Perfect Parenting & Other Myths - Frank Main](#)

[Raising Each Other - Jeanne Brondino, Shellie Brann, Scott Coatsworth, et. Al.](#)

[Raising Your Spirited Child - Mary Sheedy Kurchinka](#)

[Raising a Moody Child - Mary Fristad PhD & Jill Goldberg Arnold PhD](#)

[Siblings Without Rivalry - Adele Faber & Elaine Mazlish](#)
[STEP: Parenting Young Children - Don James Dinkmeyer & Gary McKay](#)
[Strengthening Your Stepfamily - Elizabeth Einstein & Linda Albert](#)
[Toxic Parents - Susan Forward PhD](#)
[What Color are Your Family's Dreams - Lawrence E. Shapiro PhD](#)
[Winning at Parenting without Beating Your Kids - Barbara Coloroso \(Tape\)](#)
[1,400 Things to Be Happy About for Kids - Barbara Ann Kipfer](#)

[Chore Chart](#)
[Stop and Think Sign](#)

RELATIONSHIPS

[Chronic Illness: Healing the Wounded Heart-Julie Ann Allender EdD](#)
[Dance of Intimacy, The - Harriet G. Lerner PhD](#)
[End of My Rope: Gender Cooperation Model - Julie Ann Allender EdD](#)
[From Conflict to Caring - Drs. Jordan & Margaret Paul](#)
[Intimate Connections - David Burns](#)
[Mars and Venus in the Bedroom - John Grey](#)
[Men are from Mars, Women are from Venus - John Grey](#)
[Second Shift, The - Arlie Hochschild](#)
[Truth about Women, The - Dr. Georgia Witkin](#)
[Understanding Each Other - Warren Farrell PhD](#)
[What Your Mother Couldn't Tell You & Your Father Didn't Know-John Grey](#)
[Getting The Love You Want Workbook: New Couples' Study Guide - Harville Hendrix PhD & Helen LaKelly Hunt PhD](#)

RELAXATION & MEDITATION

[Massage Book - George Downing](#)
[Relaxation Response, The - Herbert Benson MD](#)
[Relaxation CD - Julie Ann Allender EdD](#)

SEXUAL

[For Yourself: The Fulfillment of Female Sexuality - Lonnie Garfield Barbach](#)
[Rekindling Desire - Warwick Williams](#)

TEENS

[Cutting: Understanding & Overcoming Self-Mutilation - Steven Levenkron](#)
[Life Lists: Tips, Steps, Hints & How-Tos for Growing Up, Getting Along, Learning & Having Fun - Pamela Espeland](#)
[Life Strategies for Teens - Jay McGraw](#)
[STEP: Parenting Your Teen - Don Dinkmeyer & Gary McKay](#)
[The Me Nobody Knows: A Guide for Teen Survivors - Barbara Bean & Shari Bennett](#)
[The 7 Habits of Highly Effective Teens - Sean Covey](#)
[What If Someone I Know Is Gay - Eric Marcus](#)
[When Something Feels Wrong: A Survival Guide About Abuse for Young People - Deanna Pledge PhD](#)
[When Nothing Matters Anymore: A Survival Guide for Depressed Teens - Bev Cobain RNC](#)

WOMEN & GIRLS

[Cinderella Complex - Colette Dowling](#)
[Don't Blame Mother - Paula Caplan PhD](#)
[If You Really Loved Me... - Drs. Jordan & Margaret Paul & B. Hess](#)
[In a Different Voice - Carol Gilligan](#)
[Menopause Self Help Book, The - Susan M. Lark MD](#)
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