Films
- On domestic abuse and triumphant survival:
  - ★★★★☆ *The Color Purple*
  - ★★★★☆ *This Boy's Life*
  - ★★★★☆ *Radio Flyer*
- On sexual abuse of children:
  - ★★★★☆ *A Thousand Acres*
  - ★★★☆ *Dolores Claiborne*
- On spousal abuse:
  - ★★★☆ *What's Love Got to Do with It?*

Internet Resources
- On sexual assault:
  - ★★★★☆ *Sexual Assault Issues*
    http://dancnet.wicp.org/dcccrsa/ssaissues.html
  - ★★★★☆ *Violence Against Women Office*
    http://www.ojp.usdoj.gov/vawo
- On domestic violence:
  - ★★★★☆ *Domestic Violence*
    http://www.katesfeminist.info/dv
  - ★★★★☆ *Domestic Abuse*
    http://www.police.nashville.org/bureaus/investigative/domestic/default.htm
  - ★★★★☆ *Shattered Love, Broken Lives*
    http://www.s-t.com/projects/DomVio
  - ★★★★☆ *Trust Betrayed*
    http://meh.marshall.edu/trust/trust-toe.htm
  - ★★★★☆ *Domestic Violence Resources*
    http://www.danielsonkin.com/
  - ★★★☆ *Why Women Stay*
    http://www.prevent-abuse-now.com/domviol.htm
- On date rape:
  - ★★★☆ *“Friends” Raping Friends—Could It Happen to You?*
    http://www.eon.anglia.ac.uk/DOVI/articles/article18.htm
- On those who batter and abuse others:
  - ★★★☆ *Blain Nelson’s Abuse Pages*
    http://www.blainn.cc/abuse
- On child abuse:
  - ★★★★☆ *Child Abuse FAQs*
- On preventing self-abuse and self-injury:
  - ★★★★☆ *Self-Injury: You Are NOT the Only One*
    http://www.palace.net/~llama/psych/injury.html
- On elder abuse:
  - ★★★★☆ *National Center on Elder Abuse*
    http://www.eldcrabusecenter.org
  - ★★★★☆ *NY Elder Abuse Coalition*
    http://www.ianet.org/nyec/
### RECOMMENDATION HIGHLIGHTS

**Self-Help Books**
- On adult women's recovery from child sexual abuse:
  - ★★★★★ *The Courage to Heal* by Ellen Bass and Laura Davis
  - ★★★★★ *Healing the Incest Wound* by Christine A. Courtois
  - ★★★ *Healing the Trauma of Abuse*
    by Mary Ellen Copeland and Maxine Harris
- On adult men's recovery from child sexual abuse:
  - ★★★★★ *Victims No Longer* by Michael Lew
- For the partners of adult survivors of child sexual abuse:
  - ★★★★★ *Allies in Healing* by Laura Davis
- On battered women who have been abused by their partners:
  - ★★★★★ *The Battered Woman* by Lenore Walker
  - ★★★★★ *Getting Free* by Ginny N. McCarthy
- On date or acquaintance rape:
  - ★★★ *I Never Called It Rape* by Robin Warshaw
- For women who have endured verbal abuse:
  - ★★★★★ *The Verbally Abusive Relationship* by Patricia Evans
  - ★★★★ *The Secret of Overcoming Verbal Abuse*
    by Albert Ellis and Marcia Grad-Powers
- On the effect of sexual abuse on sexuality:
  - ★★★ *The Sexual Healing Journey* by Wendy Maltz
- For parents of a child who has been molested:
  - ★★★ ★★★ *When Your Child Has Been Molested*
    by Kathryn B. Hagans and Joyce Case

**Autobiographies**
- On sexual abuse and incest:
  - ★★★ *Daddy's Girl* by Charlotte Vale Allen
- On physical and sexual abuse:
  - ★★★★★ *The Lost Boy* by Dave Pelzer
  - ★★★★ *A Man Named Dave* by Dave Pelzer
  - ★★★ *A Child Called "It"* by Dave Pelzer
- On sexual obsessions following sexual molestation:
  - ★★★ *Secret Life* by Michael Ryan
RECOMMENDATION HIGHLIGHTS

Self-Help Books
- On Alcoholics Anonymous and related strategies of recovery:
  
  ★★★★ Alcoholics Anonymous by Alcoholics Anonymous
  ★★★★ Twelve Steps and Twelve Traditions by Alcoholics Anonymous

- On maintaining sobriety with or without AA:
  
  ★★★ The Addiction Workbook by Patrick Fanning and John O'Neill
  ★★★ Sober and Free by Guy Kettelhack
  ★★★ When AA Doesn't Work for You by Albert Ellis and Emmett Velton

- On adult children of alcoholics:
  
  ★★★★ A Time to Heal by Timmen Germak
  ★★★ It Will Never Happen to Me by Claudia Black

Autobiographies
- On the descent into alcohol abuse and recovery:
  
  ★★★★ A Drinking Life by Pete Hamill
  ★★★ Getting Better by Nan Robertson

- On struggling with codependency and substance abuse:
  
  ★★★★ Codependent No More by Melodie Beattie

- On a teenager's polydrug abuse:
  
  ★★★★ Go Ask Alice by Anonymous

- On the challenges of fetal alcohol syndrome:
  
  ★★★★ The Broken Cord by Michael Dorris

Films
- On the depressing descent into alcoholism:
  
  ★★★★★ The Lost Weekend
  ★★★★★ Days of Wine and Roses
  ★★★★ Trans redemption

- On inspiring recovery and the founding of AA:
  
  ★★★ My Name Is Bill W.

- On surrendering and recovering from cocaine addiction:
  
  ★★★ Clean and Sober

- On substance abuse in families:
  
  ★★★★ Traffic
  ★★★★ When a Man Loves a Woman
  ★★★ Cat on a Hot Tin Roof
Internet Resources

- On all addictions:
  
  ★★★★★ Web of Addictions  http://www.well.com/user/woa

- On alcohol:
  
  ★★★★★ HabitSmart  http://www.cts.com/crash/habtsrm

- On other drugs:
  
  ★★★ National Inhalant Prevention Coalition  http://www.inhalants.org

- On codependency:
  
  ★★★★ The Issues of Codependency  
  http://www.soulsselfhelp.on.ca/coda.html

SELF-HELP BOOKS

Strongly Recommended


In our national studies, this and the Cermak book (listed below) emerged as the highest rated self-help books for alcoholism. Revised three times since the first edition was published in 1939, the book is the basic text for Alcoholics Anonymous (AA) self-help groups. The principles of AA have been revised and adapted by a number of self-help groups, such as Narcotics Anonymous, Gamblers Anonymous, and Al-Anon (for people with a variety of addictions and their families). Called the Big Book by AA, Alcoholics Anonymous is divided into two parts. The first part describes the AA recovery program, which relies heavily on confession, group support, and spiritual commitment to help individuals cope with alcoholism. Extensive personal testimonies by AA members from different walks of life make up the latter two-thirds of the book. Successive editions of the book have expanded the case histories to include examples of alcoholics from a variety of backgrounds in the hope that alcoholics who read the book can identify with at least one of them. Brief appendixes include AA’s Twelve Steps and Twelve Traditions, and several testimonials to AA by ministers and physicians. The book also explains how to join AA and attend meetings.


This book is devoted to detailed discussions of the Twelve Steps and Twelve Traditions used in AA. The Steps and Traditions represent the heart of AA’s principles, providing a guide for members to use in recovery. The strong religious nature of the Twelve Steps and Traditions is apparent in the first five steps:
RECOMMENDATION HIGHLIGHTS

Self-Help Books
- For adult daughters seeking to understand and improve relationship with their mothers:
  
  ★★★★ Necessary Losses by Judith Viorst

- For young adults looking to understand and improve relationships with their parents:
  
  ★★★ How to Deal with Your Parents When They Still Treat You Like a Child by Lynn Osterkamp

- For men wanting to learn about stages of adult development:
  
  ★★★★ Seasons of a Man’s Life by Daniel J. Levinson

- For women wanting to learn about stages of adult development:
  
  ★★★ Passages by Gail Sheehy

- For those seeking to understand menopause:
  
  ★★★ The Silent Passage by Gail Sheehy

Autobiographies
- For a tutorial on life’s (and death’s) lessons:
  
  ★★★★★ Tuesdays with Morrie by Mitch Albom

- For dealing with a midlife crisis:
  
  ★★★ Fly Fishing through the Midlife Crisis by Howell Raines

Films
- For living with adult children while maintaining one’s independence and goals:
  
  ★★★★ The Trip to Bountiful

- For becoming a caring patient and partner:
  
  ★★★★★ The Doctor

- For inspiring fables on life paths and second chances:
  
  ★★★ It’s a Wonderful Life
  
  ★★★ Mr. Holland’s Opus

Internet Resources
- For a different perspective on a common problem:
  
  ★★★★ The Midlife Crisis: An Opportunity in Disguise

http://www.clarian.org/content/rodales/166.jhtml
power, illusions of safety, and the loss of our own younger self, the self we always thought would be unwrinkled, invulnerable, and immortal. Although most of us try to avoid loss, Viorst gives a positive tone to our emotional struggles. She believes that through the loss of our mother’s protection, the loss of impossible expectations we bring to relationships, and the loss of loved ones through separation and death, we gain a deeper perspective, true maturity, and fuller wisdom about life. This fine self-help book was the highest rated book in the adult development category. Viorst writes extraordinarily well, and her sensitive voice comes through clearly. Most adults can benefit from reading Necessary Losses and will relate to its many examples.


This national bestseller is an adult development book that outlines the stages adults pass through, with a special emphasis on the midlife crisis. The book’s title accurately reveals that Seasons of a Man’s Life is more appropriate for men than for women. In this book, Levinson and his colleagues summarize the results of their extensive interviews with 40 middle-aged men. Conclusions are bolstered with biographies of famous men and memorable characters from literature. Although Levinson’s main interest is midlife change, he describes a number of stages and transitions in the life cycle between ages 17 and 65. Levinson believes that successful adjustment requires mastering developmental tasks at each stage. He sees the 20s as a novice phase of adult development. At the end of the teenage years, people need to make a transition from dependence to independence, a transition marked by the formation of a dream—an image of the desired life, especially in terms of career and marriage. From about 28 to 33, people go through a transition period in which they must face the more serious question of determining their development. In the 30s, individuals enter the phase of “becoming one’s own man” (or BOOM). By age 40, they have reached a stable location in their careers and now must look forward to the kind of lives they will lead as middle-aged adults. Levinson reports that 70–80% of the men he interviewed found the midlife transition (ages 40 to 45) tumultuous and psychologically painful. This book is one of several that helped form the American public’s image of a midlife crisis. The book is three decades old now and tends to overdramatize the midlife crisis. However, it remains a classic self-help resource.
RECOMMENDATION HIGHLIGHTS

Self-Help Books

- On aging in general, with emphasis on the medical and physical dimensions:
  
  ★★★ Complete Guide to Health and Well-Being after 50 by Robert Weiss and Genell Subak-Sharpe
  
  ★★★ Aging Well by James Fries

- On aging successfully, with emphasis on lifestyle dimensions:
  
  ★★★ Aging Well by George Vaillant
  
  ★★★ It's Better to Be over the Hill Than under It by Eda LeShan

- On making environmental changes to improve life quality:
  
  ★★★ Enjoy Old Age by B. F. Skinner and M. E. Vaughan

Autobiographies

- On conversations about life and death:
  
  ★★★★★ Tuesdays with Morrie by Mitch Albom

- On remaining active and contributing to society:
  
  ★★★★ The Virtues of Aging by Jimmy Carter
  
  ★★★ The Last Gift of Life by Carolyn G. Heilbrun

- On turning 50 and passing through menopause:
  
  ♦ Getting Over Getting Older by Letty Cottin Pogrebin

- On taking care of aging parents along with one's own family:
  
  ★★★ Changing Places by Judy Kramer

Films

- On accepting the limitations of age and repairing relationships:
  
  ★★★★★ On Golden Pond
  
  ★★★ Wrestling Ernest Hemingway

Internet Resources

- On aging and geropsychology:
  
  ★★★★ National Institute on Aging
  
  http://www.nia.nih.gov/data/publist.asp

  ★★★★ Geropsychology Central
  
  http://www.premier.net/~gero/geropsyc.html

  ★★★★ Administration on Aging http://www.aoa.dhhs.gov
style to lead a more fulfilling life as they age. This is an outstanding book, one that undoubtedly would have been given five stars had it been rated by enough psychologists in our national studies.


Psychologist Pipher describes the transition into old age, which is what she means by "another country." She believes that the greatest shame of older adults is that they are not self-sufficient, and that they keep their feelings to themselves. The old must be valued and involved, must give back and be engaged in life. The book includes excerpts of sessions with Pipher’s clients, interspersed with advice for sensitively communicating with the elderly. Pipher says that there is a huge cultural gap between baby boomers, who express their emotions openly, and their emotionally restrictive, aging parents. This is a curious argument, because, recently, researchers such as Laura Carstensen of Stanford University and others have found that older adults place a higher value on emotional satisfaction than do younger adults. Nonetheless, psychologists in our studies rate the book quite favorably but infrequently.


This book consists of what LeShan believes are her best columns from *Newsday* on a wide range of aging topics related mainly to the social, psychological, and lifestyle aspects of aging. The articles are divided into three sections: Loving and Living, Memories, and Growing and Changing. The 75 essays range from "An Open Letter to the Tooth Fairy" to "Nothing Is Simple Anymore" and "Divorce after Sixty." Many life issues that have to be dealt with in old age are covered: money, love, sex, anger, facing mortality, work, marriage, friendship, retirement, holidays, grandparenting, children, and so on. Woven through the essays is hope for older adults, hope that will allow them to love and grow, and to keep their minds and bodies active and alive. The real test for older
RECOMMENDATION HIGHLIGHTS

Self-Help Books

- For advice and methods based on cognitive-behavioral therapy:

  ★★★★★ The Anger Control Workbook by Matthew McKay and Peter Rogers
  ★★★★ The Anger Workbook by Lorraine Bilodeau
  ★★★★ How to Control Your Anger before It Controls You by Albert Ellis and Raymond Chip Tafrate
  ★★★★ Letting Go of Anger by Ron Potter-Efron and Pat Potter-Efron

- For women who want to understand and moderate their anger:

  ★★★★★ The Dance of Anger by Harriet Lerner

- For learning to control anger through cognitive therapy:

  ★★★ Prisoners of Hate by Aaron Beck

- For coping with anger in many different facets of life:

  ★★★★ Anger: The Misunderstood Emotion by Carol Tavris

- For helping children control their anger:

  ♦ A Volcano in My Tummy by Elaine Whitehouse and Warwick Pudney

Internet Resources

- For understanding how anger works and how it is treated:

  ★★★★★ Controlling Anger—Before It Controls You
  http://www.apa.org/pubinfo/anger.html

- For articles offering guidelines on anger management:

  ★★★★ Get Your Angries Out
  http://members.aol.com/AngriesOut/index.htm


This popular and prized book was written mainly for women about the anger in their lives, both their own anger and that of the people they live with, especially men. It has sold more than a million copies and deservedly has been on the New York Times best-seller list. Lerner maintains that expressions of anger are not only encouraged more in boys and men than in girls and women but also may be glorified to maladaptive extremes. By contrast, girls and women have been denied even a healthy and realistic expression of anger. Lerner argues that to express anger—especially openly, directly, or loudly—traditionally is considered to make a woman appear unladylike, unfeminine, and sexually unattractive. Lerner explains the difficulties women have in showing anger
RECOMMENDATION HIGHLIGHTS

Self-Help Books

- For cognitive, behavioral, and social tools to reduce anxiety:
  - ★★★★★ The Anxiety and Phobia Workbook by Edmund J. Bourne
  - ★★★★★ Mastery of Your Anxiety and Panic II by Michelle G. Craske and David H. Barlow

- For helping the shy and socially anxious:
  - ★★★★ The Shyness and Social Anxiety Workbook by Martin Anthony and Richard Swinson

- For holistic and integrative approaches to anxiety:
  - ★★★★ Beyond Anxiety and Phobia by Edmund J. Bourne
  - ★★★★ Feel the Fear and Do It Anyway by Susan Jeffers

- For those with a sophisticated knowledge of psychological problems:
  - ★★★ Anxiety Disorders and Phobias by Aaron Beck and Gary Emery

- For reducing or eliminating panic attacks:
  - ★★★ Don't Panic by Reid Wilson

- For treating phobias, panic, and obsessive-compulsive behaviors:
  - ★ The Sky Is Falling by Raeann Dumont

Autobiographies

- For recovering from dissociative identity disorder:
  - ★★★★ A Mind of My Own by Chris Costner Sizemore

- For a treatment program for panic attacks and agoraphobia:
  - ★★★ The Panic Attack Recovery Book by Shirley Swede and Seymour S. Jaffe

- For recovering from hypochondria:
  - ★★★ Phantom Illness by Carla Cantor

Films

- For the (controversial) treatment of dissociative identity disorder:
  - ★★★ Sybil

Internet Resources

- For a comprehensive site on cognitive-behavioral therapy:
  - ★★★★★ Panic Anxiety Education Management Services
• For a site with humor and knowledge about specific anxiety disorders:
  
  ★★★★★ The Anxiety Panic internet resource (TAPir)

• For superb information on shyness:
  
  ★★★ The Shyness Home Page: An Index to Resources for Shyness
  http://www.shyness.com

• For a great overview written by experts for their clients:
  
  ★★★★ The Causes of Anxiety and Panic Attacks

• For explicit detail on the development of panic:
  
  ★★★ Understanding Panic Disorder
  http://www.nimh.nih.gov/anxiety/panicmenu.cfm

step procedures for mastering these skills. The book contains a fair amount of descriptive material but emphasizes cognitive-behavioral skills, strategies, and exercises to foster recovery. Its approach is strongly holistic, focusing on multiple dimensions (e.g., body, behavior, feelings, mind, interpersonal relations, self-esteem, and spirituality). The latest edition offers additional information on medications, herbal supplements, and the patient's support persons. For the layperson, this is a concise, practical, and comprehensive directory on how to reduce anxiety. A highly regarded and widely known resource.


Barlow and Craske, nationally known researchers in the treatment of anxiety disorders, have updated their original self-help offering. The book is based on empirically supported and clinically proven treatments that cover the cognitive, behavioral, physical, and social aspects of anxiety. This third edition is easier to read, includes new methods for providing exposure to feared sensations, and offers a series of separate manuals (Therapist Guide, Client Workbook, Client Monitoring Forms, and Client Workbook for Agoraphobia). Record forms, case vignettes, and self-assessments are both numerous and useful. Questions and answers about medications are reviewed. An excellent and scientifically based self-help approach for anxiety-ridden patients, either as an independent self-help book or as an adjunct to psychotherapy.


Another excellent self-help resource by Edmund Bourne, who authored the The Anxiety and Phobia Workbook (reviewed above). This book covers the spectrum of mainstream
RECOMMENDATION HIGHLIGHTS

Self-Help Books
- For practical and comprehensive training in assertion skills:
  - ★★★★★ Your Perfect Right by Robert Alberti and Michael Emmons
  - ★★★ Assuring Yourself by Sharon Anthony Bower and Gordon H. Bower
  - ★★★ Stand Up, Speak Out, Talk Back by Robert Alberti and Michael Emmons
  - ★★★ When I Say No, I Feel Guilty by Manuel Smith
  - ★★ The Assertiveness Workbook by Randy Peterson
- For women who want to become more assertive:
  - ★★★★★ The Assertive Woman by Stanlee Phelps and Nancy Austin
- For assertion and communication skills for children:
  - ★ Stick Up for Yourself by Gershen Kaufman and Lev Raphael

Internet Resources
- For quality information on assertion from a rights perspective:
  - ★★★ Assertiveness http://www.couns.uiuc.edu/brochures/assertiv.htm
- For a simple way to understand assertion:
  - ★★ Learn to Be Assertive http://www.utexas.edu/student/cmhec/booklets/assertive/assertive.html

who wants to learn how to become more assertive; Part II, a guide for assertiveness training leaders, teaches techniques to help others become more assertive. In Part I, the reader learns how to distinguish assertive, nonassertive, and aggressive behavior, and why assertive behavior is the best choice. Among the key components of assertive behavior are self-expression, honesty, directness, self-enhancement, not harming others, being socially responsible, and learned skills. Readers complete a questionnaire to evaluate their own level of assertiveness, and they learn about the obstacles they will face in trying to be more assertive. Step-by-step procedures are presented for getting started and for gaining the confidence to stand up for their own rights. An excellent chapter on soft assertions gives information about how to be more assertive with friends and family members. Interactions in school, work, and community are also covered, with tips on how to be assertive in those contexts. Readers learn how anger needs to be expressed in assertive, nonaggressive ways. An extensive annotated list of readings about assertiveness is provided toward the end of the book. Your Perfect Right received the highest rating in the Assertiveness category and is widely respected; almost 900 respondents rated it. Indeed, some mental health professionals call it the assertiveness bible, they think so highly of it.
BIPOLAR DISORDER

RECOMMENDATION HIGHLIGHTS

Self-Help Books
- For individual and families coping with bipolar disorder:
  ★★★ The Bipolar Disorder Survival Guide by David J. Miklowitz
  ★★★ The Depression Workbook by Mary Ellen Copeland
- For parents and children:
  ★★★ The Bipolar Child by Demetri F. Papalos and Janice Papalos

Autobiographies
- For moving accounts of bipolar disorder:
  ★★★★★ An Unquiet Mind by Kay R. Jamison
  ★★★★ A Brilliant Madness by Patty Duke and Gloria Hochman
- For understanding the treatment of bipolar disorder:
  ★★★ Breakdown by Stuart Sutherland
- For appreciating life with a bipolar parent:
  ♦ Daughter of the Queen of Sheba by Jacki Lyden

Internet Resources
- For well-organized information on all aspects of bipolar disorder:
  ★★★ Internet Mental Health http://www.mentalhealth.com/fr20.html
- For an excellent starting place with links to everything:
  ★★★ Bipolar Planet http://mywebpages.comcast.net/bipolarplanet/MHLinks.html
- For bipolar disorder in kids:
  ★★★★ Bipolar Affective Disorder in Children and Adolescents
  http://www.klis.com/chandler/pamphlet/bipolar/bipolarpamphlet.html

SELF-HELP BOOKS

Recommended

This self-help book was designed to help readers recognize the early warning signs of mania or depression and to secure the right medication and treatment. The author’s research shows that education about bipolar disorder and its treatment can actually alter the course of the illness, even though it stems from biological causes. Miklowitz offers
RECOMMENDATION HIGHLIGHTS

**Self-Help Books**

- For cognitive-behavioral skills training for BPD:
  
  ★★★★★ *Skills Training Manual for Treating Borderline Personality Disorder* by Marsha Linehan

- For the adult children of narcissistic families:
  
  ★★★★★ *The Drama of the Gifted Child* by Alice Miller
  
  ♦ *Trapped in the Mirror* by Elan Golomb

- For managing relationships with people afflicted with BPD:
  
  ★★★ *I Hate You, Don't Leave Me* by Jerold Kriesman.

**Autobiographies**

- For a best-selling story of an adolescent with borderline personality disorder:
  
  ★★★★ *Girl, Interrupted* by Susanna Kaysen

**Films**

- For narcissistic personality disorder:
  
  ★★★★ *The Great Santini*

  ★★★★ *Sunset Boulevard*

  ★★★★ *Like Water for Chocolate*

- For borderline personality disorder:
  
  ★★★★ *Girl, Interrupted*

  ★★★ *Fatal Attraction*

**Internet Resources**

- For just about anything you might want to know about BPD:
  
  ★★★★ *BPD Central* [http://www.bpdcentral.com](http://www.bpdcentral.com)

- For overcoming the isolation of those who self-injure:
  
  ★★★★ *Self-Injury: You Are NOT the Only One* [http://www.palace.net/~illa/psych/injury.html](http://www.palace.net/~illa/psych/injury.html)

- For many short pieces on narcissism:
  
  ★★★★ *Narcissistic Personality Disorder* [http://www.suite101.com/articles.cfm/npd](http://www.suite101.com/articles.cfm/npd)
RECOMMENDATION HIGHLIGHTS

Self-Help Books

- On career choice, job hunting, and interviewing:
  - ★★★★★ What Color Is Your Parachute? by Richard Bolles
  - ★★★ Knock 'Em Dead by Martin Yate

- On the meaning of work for traditional males and traditional females:
  - ★★★ Staying the Course by Robert Weiss

- On turning conflict into career and interpersonal advancement:
  - ★★★★ Win-Win Negotiating by Fred Jandt

- On the meaning of work:
  - ♦ Lives without Balance by Steven Carter and Julia Sokol

Internet Resources

- On everything you want to know about college and graduate school:
  - ★★★★★ Petersons.com http://www.petersons.com

- On great suggestions for a career:
  - ★★★★ Career Interests Game
    http://web.missouri.edu/~cppcwww/holland.shtml

- On accessing a workbook for moving your career forward:

book that has become the career seeker's bible. Bolles tries to answer readers' concerns about the job-hunting process and gives many sources that can provide further information. Unlike many books on job hunting, What Color Is Your Parachute? does not assume that readers are recent college graduates seeking their first jobs. He spends considerable time discussing job hunting for people seeking to change careers. Bolles describes a number of myths about job hunting and successfully debunks them. He also provides invaluable advice about where jobs are, what to do to get hired, and how to cut through the red tape and confusing hierarchies of the business world to meet the key people who make hiring decisions. The book has remained appreciably the same over the years, with updates as appropriate. Recent editions have added material on job hunting for handicapped workers, on the effective use of career counselors, and on finding a mission in life. This five-star book was one of the most frequently rated books in our national studies—more than 300 mental health professionals evaluated it. It is indeed an excellent self-help book about job hunting and career change. Bolles writes in a warm, engaging, personal tone. His chatty comments are often witty and entertaining, and the book is attractively packaged with cartoons, drawings, and many self-administered exercises.
RECOMMENDATION HIGHLIGHTS

**Self-Help Books**

- On the normal course of child development and coping with problems:
  - ★★★★★ *To Listen to a Child* by T. Berry Brazelton
  - ★★★★★ *Your Baby and Child* by Penelope Leach

- On parenting toddlers:
  - ★★★★★ *Toddlers and Parents* by T. Berry Brazelton

- On parenting 3- to 6-year-olds:
  - ★★★ *Touchpoints* by T. Berry Brazelton and Joshua Sparrow

- On general parenting and communication skills:
  - ★★★★★ *Between Parent and Child* by Haim Ginott
  - ★★★★★ *How to Talk So Kids Will Listen and Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish
  - ★★★ *Parent Effectiveness Training* by Thomas Gordon
  - ★★★ *Raising Resilient Children* by Robert Brooks and Sam Goldstein

- On effective discipline for children:
  - ★★★★★ *Children: The Challenge* by Rudolph Dreikurs
  - ★★★★★ *1-2-3 Magic* by Thomas W. Phelan
  - ★★★★ *Parenting the Strong-Willed Child* by Rex Forehand and Nicholas Long
  - ★★★ *Living with Children* by Gerald Patterson

- On parenting defiant and difficult children:
  - ★★★★★ *Your Defiant Child* by Russell Barkley and Christine Benton
  - ★★★ *The Difficult Child* by Stanley Turecki

- On the problem of children growing up too soon:
  - ★★★★ *The Hurried Child* by David Elkind

- On parenting African American children:
  - ◆ *Raising Black Children* by James P. Comer and Alvin E. Poussaint

- On understanding motherhood at different points in life:
  - ★★★ *The Mother Dance* by Harriet Lerner

**Films**

- On pushing children and on children trying to please their parents:
  - ★★★★ *Searching for Bobby Fischer*
- On discovering what is in a child’s best interest:
  - Little Man Tate
  - I Am Sam

**Internet Resources**
- On parenting information in general:
  - Tufts University Child and Family Webguide  http://www.cft.tufts.edu
- On what to expect by the child’s age:
  - Today’s Parent Online  http://www todaysparent.com
- On substance abuse concerns:
  - Common Sense  http://www.pta.org/commonsense

**SELF-HELP BOOKS**

**Strongly Recommended**


This excellent self-help book, one of the most highly rated in all of our studies, is written for parents who have a child who is unyielding or combative. The book examines what causes children to become defiant, when the defiance reaches a problem proportion, and how to deal with the defiance. The authors' eight-step program emphasizes consistency and cooperation, as well as instituting changes through a system of praise, reward, and mild punishment. Parents learn how to establish effective discipline, communicate with children at a level they can understand, and reduce family stress. An exceptional resource (also reviewed in Chapter 37 on violent youth).


Brazelton’s focus here is primarily on problematic events that arise in the lives of children. Fears, feeding difficulties, sleep problems, stomachaches, and asthma are among the problems that Brazelton evaluates. He assures parents that only when they let their own anxieties interfere do problems such as bedwetting become chronic and guilt-laden. Each chapter closes with practical guidelines for parents. This five-star book is easy to read, includes well-chosen and clearly explained examples, and is warm and entertaining. Its descriptions are not as detailed as those in some other books that focus on specific periods of development—for example, Brazelton’s own Toddlers and Par-
RECOMMENDATION HIGHLIGHTS

Self-Help Books

- On learning a wide range of communication and people skills:
  
  5 stars  *The Dance of Connection* by Harriet Lerner
  5 stars  *How to Communicate* by Matthew McKay et al.
  5 stars  *People Skills* by Robert Bolton
  5 stars  *The New Peoplemaking* by Virginia Satir

- On improving female-male communication:
  5 stars  *You Just Don't Understand* by Deborah Tannen
  5 stars  *Intimate Strangers* by Lillian Rubin

- On defining boundaries and clarifying responsibilities:
  5 stars  *Boundaries* by Henry Cloud and John Townsend

- On negotiating agreements:
  5 stars  *Getting to Yes* by Roger Fisher and William Ury

- On the healing power of confiding in others:
  3 stars  *Opening Up* by James Pennebaker

- On overcoming shyness and being less lonely:
  5 stars  *Shyness* by Philip Zimbardo
  5 stars  *Intimate Connections* by David Burns

- On friendship and its important roles in our lives:
  5 stars  *Just Friends* by Lillian Rubin

Films

- On demonstrating love and triumph over adversity:
  5 stars  *Children of a Lesser God*

- On inspiring creativity and individuality at a cost:
  5 stars  *Dead Poets Society*

Internet Resources

- On improving communication skills:
  5 stars  *The Seven Challenges*  [http://www.coopcomm.org/workbook.htm](http://www.coopcomm.org/workbook.htm)

- On raising awareness of communication problems:
  3 stars  *Communication Skills Test-Revised*  
  [http://quercus.com/tests/relationships/communication_skills_r_access.html](http://quercus.com/tests/relationships/communication_skills_r_access.html)

- On enhancing public speaking skills:
  5 stars  *Virtual Presentation Assistant*  
  [http://www.ukans.edu/cwis/units/coms2/vpa/vpa.htm](http://www.ukans.edu/cwis/units/coms2/vpa/vpa.htm)
RECOMMENDATION HIGHLIGHTS

Self-Help Books

- On coping with loss of any kind, including death:
  
  ★★★★★ How to Survive the Loss of a Love by Melba Colgrove et al.
  ★★★★★ How to Go on Living When Someone You Love Dies by Theresa Rando
  ★★★ The Grief Recovery Handbook by John W. James and Frank Cherry
  ★★★ Recovering from the Loss of a Child by Katherine Donnelly

- On a spiritual approach to death and grief:
  ★★★★★ When Bad Things Happen to Good People by Harold Kushner

- On coping with death (your own or someone else's):
  ★★★ Working It Through by Elisabeth Kübler-Ross
  ★★ On Death and Dying by Elisabeth Kübler-Ross

- On helping children cope with grief:
  ★★★★★ On Children and Death by Elisabeth Kübler-Ross
  ★★★ Learning to Say Good-By by Eda LeShan
  ★★★ Talking about Death by Earl Grollman
  ★★★ Helping Children Grieve by Theresa Huntley
  ♦ When Children Grieve by John W. James and Russell Friedman

- On sudden infant death syndrome:
  ★★ Sudden Infant Death by John DeFrate et al.

- On life (and death) lessons:
  ★★★★ Life Lessons by Elisabeth Kübler-Ross and David Kessler

Autobiographies

- On grieving a spouse's death:
  ★★★★★ A Grief Observed by C. S. Lewis

- On grieving a mother's death:
  ★★★ Motherless Daughter by Hope Edelman

- On grieving a child's death:
  ★★★★★ Death Be Not Proud by John Gunther
  ★★★ After the Death of a Child by Ann Finkbeiner
  ♦ Hannah's Gift by Maria Housden

- On living while dying:
  ★★★★★ Letting Go by Morrie Schwartz
  ★★★ The Wheel of Life by Elisabeth Kübler-Ross and Todd Gold
Films

- On denial of grief and eventual recovery:
  ★★★★★ *Ordinary People*
  ★★★ *The Accidental Tourist*

- On grieving a loss and choosing life:
  ★★★★★ *Corrina, Corrina*
  ★★★ *Truly, Madly, Deeply*

- On the death of a child and the desire for revenge:
  ★★★★ *In the Bedroom*

- On women sharing life and grief:
  ★★★★ *Steel Magnolias*

- On choosing how to live one's life:
  ★★★★★ *A River Runs through It*

Internet Resources

- On advice on grief and loss:
  ★★★★ *Counseling for Loss and Life Changes*
  [http://www.counselingforloss.com](http://www.counselingforloss.com)

- On information and links on end-of-life care:
  ★★★★★ *Growth House* [http://www.growthhouse.org](http://www.growthhouse.org)
  ★★★★ *Hospice Net* [http://www.hospicenet.org](http://www.hospicenet.org)

- On hospice information:

- On children who are losing a loved one:
  ★★★★ *Safe Crossings* [http://www.providence.org/resources/safecrossings](http://www.providence.org/resources/safecrossings)

- On an underappreciated source of pain—the death of a pet:
  ★★★★ *Pet Loss* [http://www.avma.org/care4pets/losspet.htm](http://www.avma.org/care4pets/losspet.htm)

lawsuit, and an impending divorce. Consequently, the authors view loss broadly. They subdivide loss into four categories: (1) obvious losses, such as death of a loved one, divorce, robbery, and rape; (2) not-so-obvious losses, such as moving, loss of a long-term goal, and success (loss of striving); (3) loss related to age, such as leaving home, loss of youth, loss of hair, and menopause; and (4) limbo losses, such as awaiting medical tests, going through a lawsuit, and having a loved one missing in action. The presentation is unusual for a self-help book. Poetry, common sense, and psychological advice are interwoven throughout more than 100 very brief topics organized according to the catego-
RECOMMENDATION HIGHLIGHTS

Self-Help Books
- For alleviating depression through cognitive-behavioral methods:
  ★★★★★ *Feeling Good* by David Burns
  ★★★★★ *The Feeling Good Handbook* by David Burns
  ★★★★★ *Mind Over Mood* by Dennis Greenberger and Christine A. Padesky
  ★★★★★ *Control Your Depression* by Peter Lewinsohn et al.
  ★★★★★ *Cognitive Therapy and the Emotional Disorders* by Aaron Beck
- For reducing depression by brief and practical directives:
  ★★★★ *When Living Hurts* by Michael D. Yapko
- For converting depression into new sources of growth:
  ★★★★ *When Feeling Bad Is Good* by Ellen McGrath
- For treating seasonal affective disorders:
  ★★★ *Winter Blues: Seasonal Affective Disorder* by Norman E. Rosenthal
- For identifying and remediating men’s depression:
  ★★★ *I Don’t Want to Talk about It* by Terrence Real
- For helping parents cope with teenager’s depression:
  ♦ *Overcoming Teen Depression* by Miriam Kaufman

Autobiographies
- For sensitive descriptions of severe depression and near suicide:
  ★★★★★ *Darkness Visible* by William Styron
  ★★★ ★★ *Undercurrents* by Martha Manning
  ★★★ *The Beast* by Tracy Thompson
- For a personal yet comprehensive look at depression:
  ★★★ *The Noonday Demon* by Andrew Solomon

Films
- For a harrowing and systemic portrait of depression:
  ★★★★ *A Woman under the Influence*

Internet Resources
- For accurate and comprehensive information on depression:
  ★★★★ *Dr. Ioan’s Depression Central*  
  [http://www.psycom.net/depression.central.html](http://www.psycom.net/depression.central.html)
  ★★★★ *Wing of Madness*  
  [http://www.wingofmadness.com](http://www.wingofmadness.com)
  ★★★★ *Psychology Information Online: Depression*  
  [http://www.psychologyinfo.com/depression](http://www.psychologyinfo.com/depression)
pists believe that people become depressed because of faulty thinking that triggers self-destructive moods. Examples of faulty thinking are all-or-nothing thinking (if a situation is anything less than perfect, it is a total failure), discounting the positive (positive experiences don't count), magnification (exaggerating the importance of problems and shortcomings), and personalization (taking personal responsibility for events that aren't entirely under one's control). In Feeling Good, Burns outlines techniques people can use to identify and combat their faulty thinking. These techniques have been extensively tested in published research studies; indeed, this is one of the few books in the entire self-help literature that can boast about its demonstrated effectiveness (Ackerson, Scogin, Mckendree-Smith, & Lyman, 1998; Curiers, 1997). It is peppered with self-assessment tests, self-help forms, and charts. The self-assessment techniques include the widely used Beck Depression Inventory, an anger scale, and a dysfunctional attitudes scale. The self-help forms and charts include a daily record of dysfunctional thoughts, an antiprocrastination sheet, a pleasure-predicting sheet, an anger cost-benefit analysis, and an antiperfection sheet. Updated in 1999 with a new section on antidepressant medications, this was the highest-rated book in the depression category of our national studies. An outstanding self-help book that has sold more than 2 million copies since its original publication in 1980, Burn's easy-to-read writing style, extensive use of examples, and enthusiasm give readers a clear understanding of cognitive therapy and the confidence to try its techniques.


In this sequel to Feeling Good, Burns says that one of the most exciting recent developments is the discovery that cognitive therapy, which he calls the new mood therapy, can help people with the entire range of mood problems they encounter in their everyday lives. These include feelings of insecurity and inferiority, procrastination, guilt, stress, frustration, and irritability. In this handbook, Burns explains why we are
RECOMMENDATION HIGHLIGHTS

Self-Help Books

- For young children in divorced families:
  ★★★★★ Dinosaurs Divorce by Laurene Brown and Marc Brown

- For older children and adolescents in divorced families:
  ★★★★★ The Boys and Girls Book about Divorce by Richard Gardner
  ★★★ How It Feels When Parents Divorce by Jill Krementz

- For divorced parents to help children:
  ★★★ Growing Up with Divorce by Neil Kalter
  ★★★ Helping Your Kids Cope with Divorce by M. Gary Neuman
  ★★★ For Better or for Worse by L. Mavis Hetherington and John Kelly
  ★★★ Helping Children Cope with Divorce by Edward Teyber
  ★★★ The Parents' Book about Divorce by Richard Gardner

- For those undergoing divorce:
  ★★★ Crazy Time by Abigail Trafford

- For those wanting to examine the research controversy on the effects of divorce:
  ★★★★ The Unexpected Legacy of Divorce by Judith Wallerstein et al.
  ★★★★ Coping with Divorce, Single Parenting, and Remarriage by
  E. Mavis Hetherington

Films

- On the pain of custody battles and the need to attend to children:
  ★★★★ Kramer vs. Kramer

- On women making the postdivorce transition and redefining themselves:
  ★★★★ An Unmarried Woman

- On inevitable changes in marriages and friendships:
  ★★★ The Four Seasons

Internet Resources

- For complete and supportive sites for people going through divorce:
  ★★★★★ Divorce Central http://www.divorcecentral.com
  ★★★★★ Divorce Support http://www.divorcesupport.com
  ★★★★ FAQ on Surviving the Emotional Trauma of Divorce
  http://www.divorcecentral.com/lifeline/life_ans.html#notsaved

- For a short course about avoiding the courtroom:
  ★★★★★ Divorce Helpline http://www.divorcehelp.com/index.html
RECOMMENDATION HIGHLIGHTS

Self-Help Books
- On improving relationships with communication and cognitive therapy:
  ★★★★ Love Is Never Enough by Aaron Beck
  ★★★ The Relationship Cure by John Gottman and Joan DeClaire
- On the nature and the forms of love:
  ★★★ The Art of Loving by Erich Fromm
  ★★★ The Triangle of Love by Robert Sternberg
- On improving relationships by understanding yourself and relationships:
  ★★★ The Dance of Intimacy by Harriet Lerner
  ★★★ The Dance of Connection by Harriet Lerner
  ♦ In the Meantime by Iyanla Vanzant
- On improving relationships by learning effective communication:
  ★★★ I Only Say This Because I Love You by Deborah Tannen
- On seeking partners and maintaining a loving relationship:
  ★★★ Keeping the Love You Find by Harville Hendrix
- On improving gay and lesbian relationships:
  ♦ Permanent Partners by Betty Berzon

Films
- On changing romantic partners as couples grow old together:
  ★★ The Four Seasons
- On the complexity and challenge of heterosexual relationships:
  ★★ When Harry Met Sally

Internet Resources
- On understanding love:
  ★★★ Love Is Great http://loveisgreat.com
  ★★★ The Nature of Attraction and Love
  http://mentalhelp.net/psyhelp/chap10/chap10d.htm
- On dating:
  ★★★★ One Straight Male's Thoughts and Advice on Successful Use of Internet
  Personals by Dean Esmay
  http://www.deanesmay.com/straight-faq.html
  ★★★ Singlescoach http://www.singlescoach.com/resources.html
RECOMMENDATION HIGHLIGHTS

Self-Help Books
- On healthy and unhealthy marriage styles:
  ★★★★★ *Why Marriages Succeed or Fail* by John Gottman
- On solving marital problems and improving the relationship:
  ★★★★★ *The Seven Principles for Making Marriages Work* by John Gottman and Nan Silver
  ★★★★ *Intimate Partners* by Maggie Scarf
  ★★★ *Divorce Busting* by Michele Weiner-Davis
  ★★★ *Fighting for Your Marriage* by Howard Markman et al.
  ★★★ *Reconcilable Differences* by Andrew Christensen and Neil Jacobson
- On pastoral marital counseling:
  ♦ *Love for a Lifetime* by James Dobson

Internet Resources
- On improving your marriage:
  ★★★★★ *Relationship Information for Couples* [http://www.positive-way.com/relaion.htm](http://www.positive-way.com/relaion.htm)
  ★★★★ *Parenting and Marriage Articles* [http://www.drheller.com](http://www.drheller.com)
  ★★★ *Marriage Mythology* [http://researchmag.asu.edu/articles/marriage.html](http://researchmag.asu.edu/articles/marriage.html)
- On rebuilding relationships after extramarital affairs:
  ★★★★★ *The Other Woman* [http://www.gloryb.com](http://www.gloryb.com)

tempt, defensiveness, and stonewalling), and in concluding chapters, four keys to improving a marriage and reversing the spiral are discussed. Gottman's advice is logical, clear, and research-based. Quizzes allow couples to self-identify the status of their marriages. According to our mental health experts, this a very valuable and research-based self-help book.


This outstanding self-help book received very high ratings. Written by leading marriage researcher John Gottman (who also wrote *Why Marriages Succeed or Fail*, reviewed above) and based on his extensive observations, this book provides a number of positive
RECOMMENDATION HIGHLIGHTS

Self-Help Books

- On rescuing sons from the destructive myths of boyhood:
  
  ★★★★  *Real Boys* by William Pollack

- On understanding the stages and transitions of men’s life cycles:
  
  ★★★★  *Seasons of a Man’s Life* by Daniel J. Levinson

- On improving the quality of men’s identity and life:
  
  ★★★  *Being a Man* by Patrick Fanning and Matthew McKay
  
  ★★★  *Masculinity Reconsidered* by Ronald Levant and Gini Kopecky

Films

- On male identity development and father-son rapprochement:
  
  ★★★★★  *Billy Elliot*
  
  ★★★★★  *October Sky*

- On caring for an aging father and dissolving lifelong distance:
  
  ★★★★★  *I Never Sang for My Father*
  
  ★★★  *Nothing in Common*

- On the magic of baseball for men and recapturing youth:
  
  ★★★★  *Field of Dreams*

- On male competitiveness and pressure in the business world:
  
  ★★★  *Gengarry Glen Ross*

Internet Resources

- On the men’s movement:
  
  ★★★  *Men’s Stuff*  http://www.menstuff.org

- On domestic violence:
  
  ★★★  *Domestic Violence Resources*  http://www.silcom.com/~paladin/madv

- On fathers coping with divorce and custody:
  
  ★★★★★  *Fathers Rights to Custody*  http://www.deltabravo.net/custody

- On men’s health issues:
  
  ★★★★  *Prostate Cancer Program*
  http://www.cancer.med.umich.edu/prostcan/prostcan.html
RECOMMENDATION HIGHLIGHTS

Self-Help Books
• For survivors of trauma:
  ★★★★★ Trauma and Recovery by Judith Lewis Herman
  ★★★★ I Can't Get Over It by Aphrodite Matsakis
  ★★★ Life after Trauma by Dena Rosenbloom and Mary Beth Williams
  ★★★ The PTSD Workbook by Mary Beth Williams and Soili Polijula

• For rape victims:
  ★★★ Reclaiming Your Life after Rape by Barbara Olasov Rothbaum and
  Edna B. Foa

Autobiographies
• For recovering from rape:
  ♦ Telling: A Memoir of Rape and Recovery by Patricia Weaver
  Francisco

Films
• On rape’s torment and the judicial system’s insensitivity:
  ★★★★ The Accused

• On war-related PTSD:
  ★★★ Born on the Fourth of July
  ★★★ Full Metal Jacket
  ★★★ The Deer Hunter

• On recovery from PTSD:
  ★★★ Fearless

Internet Resources
• For comprehensive information on traumatic experiences:
  ★★★★★ David Baldwin’s Trauma Information Pages
  http://www.trauma-pages.com
  ★★★ National Center for PTSD http://www.ncptsd.org/index.html
  ★★★★ Psychology in Daily Life: Traumatic Stress
  http://helping.apa.org/daily/traumaticstress.html

• For more specific traumas:
  ★★★★★ Sexual Abuse
  http://incestabuse.miningco.com
  ★★★★ Terrorism Fear http://www.lexington-on-line.com/naf.html
RECOMMENDATION HIGHLIGHTS

Self-Help Books

- On the success—and limitations—of changing behaviors:
  
  ★★★★★ What You Can Change and What You Can’t by Martin Seligman

- On improving life and self-esteem with optimistic thinking:
  
  ★★★★★ Learned Optimism by Martin Seligman
  
  ★★★ Ten Days to Self-Esteem by David Burns.

- On self-improvement, especially in business:
  
  ★★★★★ The 7 Habits of Highly Effective People by Steven Covey

- On the stages of change and what to do when:
  
  ★★★★ Changing for Good by James O. Prochaska and Associates

- On a cognitive approach to self-management:
  
  ★★★★ A New Guide to Rational Living by Albert Ellis and Robert Harper
  
  ★★★ Feel the Fear and Do It Anyway by Susan Jeffers
  
  ★★★ What to Say When You Talk to Yourself by Shad Helmstetter

- On optimizing natural healing and bodily functioning:
  
  ★★★★ Spontaneous Healing by Andrew Weil

- On learning to respond to life with ease:
  
  ★★★ Don’t Sweat the Small Stuff . . . and It’s All Small Stuff by Richard Carlson
  
  ★★★ The Art of Happiness by the Dalai Lama and Howard C. Cutler

- On conquering procrastination:
  
  ★★★ Overcoming Procrastination by Albert Ellis and William Knaus

- On women’s self-enhancement and not blaming mothers:
  
  ★★★★ Don’t Blame Mother by Paula Caplan

Internet Resources

- On emotional intelligence:
  
  ★★★★★ Emotional Intelligence http://eci.org
  
  ★★★★★ Emotional Intelligence Test
  
  http://www.queendom.com/tests/access/emotional_iq.html

- On self-esteem:
  
  ★★★★ Self-Esteem—What Is It?
  
  http://www.positive-way.com/self-esteem%20what%20is%20it.htm
RECOMMENDATION HIGHLIGHTS

Self-Help Books
- For improving sexual relationships and communication:
  
  ★★★★ For Each Other by Lonnie Barbach
  ★★★ Illustrated Manual of Sexual Therapy by Helen Kaplan
  ★★★ Sexual Awareness by Barry McCarthy and Emily McCarthy

- For men:
  ★★★ The New Male Sexuality by Bernie Zilbergeld

- For women:
  ★★★★★ Becoming Orgasmic by Julia Heiman and Joseph LoPiccolo
  ★★★ For Yourself by Lonnie Barbach
  ★★★ For Women Only by Jennifer Berman and Laura Berman

Films
- For a powerful story of accepting homosexuality and then loss:
  ★★★★ Torch Song Trilogy

- For a popular film on bisexual experimentation:
  ★★★ Kissing Jessica Stein

- For an intriguing look at the underground lifestyle of gay men:
  ★★★ Paris Is Burning

Internet Resources
- For premier sexuality information:
  ★★★★★ Society for Human Sexuality http://www.society.org/index.html
  ★★★★ Sexuality Information and Education Council of the United States
  http://www.siecus.org
  ★★★★ iVillage: Sex
  http://www.ivillage.com/topics/rela/0,166914,00.html

- For sexually active or curious teens:
  ★★★★★ Coalition for Positive Sexuality http://www.positive.org/home
  ★★★★ Teenwire http://www.teenwire.com

- For sexuality through the lifespan:
  ★★★★ Sex and Aging http://www.sexhealth.org/scxaging/index.shtml

- For self-pleasuring methods:
  ★★★★★ Bianca's Good Vibration Masturbation Guide
  http://shack.bianca.com/shack/goodvibe/masturbate
cises, erotic literature, fantasizing, using a vibrator, and intercourse. Attention is also given to potentially related conditions such as menstrual cycles, pregnancy, and general gynecological health. *Becoming Orgasmic* is a popular and effective self-help resource for preorgasmic women.


*For Each Other*, like its precursor, *For Yourself*, is written for and about women who wish to improve their sexual fulfillment. This book focuses on sexual concerns within the sexual relationship with a partner. Basic aspects of sexuality and the cultural context in which women learn about sexuality are reviewed; orgasmic problems and recommendations are described; and general level of sexual interest is discussed. Various exercises that the author has found effective in her practice are suggested for each problem area. The subject of female sexuality is approached candidly and in support of the women for whom this book is written.


Kaplan espouses an integrated approach to improved sexual functioning through couples therapy and use of specific sexual exercises, which are outlined in this book. She does not incorporate psychotherapeutic strategies with the sexual exercises; however, an important context for the sexual aspects is an understanding of how the activities promote the relationship. Strategies are offered to counteract the difficulty some couples may have actually trying out these therapeutic exercises. Specific techniques are targeted for specific dysfunctions, for example, orgasmic problems and premature ejaculation. The narrative is accompanied by numerous drawings that show couples or therapists using this manual and how to carry out the exercises. A favorite of sex therapists for training, it is too academic and graphic for some couples.

**Recommended**


*The New Male Sexuality* presents a number of specific methods to improve male sexuality and effectively dispenses of a number of myths that have victimized men. One com-
RECOMMENDATION HIGHLIGHTS

Self-Help Books

- For comprehensive strategies to reduce stress:
  
  ★★★★★ *The Relaxation and Stress Reduction Workbook* by Martha Davis et al.
  
  ★★★★★ *The Stress and Relaxation Handbook* by James Madders

- For learning meditation and mindfulness:
  
  ★★★★★ *Wherever You Go, There You Are* by Jon Kabat-Zinn

- For mind-body, behavioral medicine approach to combating stress:
  
  ★★★★★ *The Wellness Book* by Herbert Benson and Eileen M. Stuart
  
  ★★★★★ *Why Zebras Don't Get Ulcers* by Robert M. Sapolsky

- For learning relaxation to cope with stress:
  
  ★★★★★ *The Relaxation Response* by Herbert Benson
  
  ★★★★★ *Beyond the Relaxation Response* by Herbert Benson
  
  ★★★ ★★★ *Learn to Relax* by C. Eugene Walker

- For a spiritually based approach to coping with stress:
  
  ★★★ ★★★ *Each Day a New Beginning* by the Hazelden Foundation
  
  ★★★ ★★★ *Touchstones* by the Hazelden Foundation

Internet Resources

- For alleviating headaches:
  
  ★★★ ★★★ *The Excedrin Headache Resource Center* [http://www.excedrin.com](http://www.excedrin.com)

- For learning relaxation:
  
  ★★★ ★★★ *Basic Guided Relaxation* [http://www.dstress.com/guided.htm](http://www.dstress.com/guided.htm)


SELF-HELP BOOKS

Strongly Recommended


This five-star workbook can be used as a general reference and a valuable resource to learn how to relax and manage stress in a number of environments. Now in its fifth edition, the book provides straightforward instructions on a variety of stress management techniques. The first two chapters are designed to help examine personal reactions to stress and understand the dynamics of stress and stressors. The book is easy to read and is accompanied
RECOMMENDATION HIGHLIGHTS

Self-Help Books
- For individuals at high risk for suicide and their families:
  ★★★★★ *Choosing to Live* by Thomas Ellis and Cory F. Newman
- For partners of those who have committed suicide:
  ♦ *No Time to Say Goodbye* by Carla Fine

Autobiographies
- For a personal look at suicide by an authority and a survivor:
  ★★★★★ *Night Falls Fast* by Kay R. Jamison

Films
- On healing with psychotherapy after a suicide attempt:
  ★★★★★ *Ordinary People*
- On the trauma of a girl who announces and then commits suicide:
  ★★★★★ *Night, Mother*
- On the inexplicable suicide of teenage girls:
  ★★★★★ *The Virgin Suicides*
- On stressors leading to a suicide attempt:
  ★★★★ *The Hospital*

Internet Resources
- On understanding suicide:
  ★★★★★ *American Society of Suicidology*  http://www.suicidology.org
- On surviving a suicide crisis:
  ★★★★★ *A Comprehensive Approach to Suicide Prevention*
  http://www.lollie.com/suicide.html
  ★★★★★ *Suicide Prevention Help*
  http://members.tripod.com/~suicideprevention/index.html
  ★★★★ *Befrienders International*
  http://www.befrienders.org/mainindex.htm

present two profiles of suicide risk: the depressed and hopeless person, who needs restoration of hope and reduction of negative thinking; and the person with control concerns and communication problems, who needs reduction of conflict and problem-solving skills. The book offers a clear and well-developed series of steps on what one can do now: surviving the crisis, understanding one's own feelings and thoughts, implementing the cognitive treatment plan, looking forward to feeling better through coping, and solving one's problems without dying. *Choosing to Live* is an excellent choice for those at
## RECOMMENDATION HIGHLIGHTS

### Self-Help Books
- For adolescent girls and their parents:
  - ★★★★★ *Reviving Ophelia* by Mary Pipher
- For improving parent-adolescent relationships:
  - ★★★★★ *Between Parent and Teenager* by Haim Ginott
  - ★★★ *Positive Parenting Your Teens* by Karen Joslin and Mary Decher
  - ★★★ *You and Your Adolescent* by Laurence Steinberg and Ann Levine
- For teenagers:
  - ★★★★ *All Grown Up and No Place to Go* by David Elkind
  - ★★★ *When Living Hurts* by Sol Gordon
  - ★ *Bringing Up Parents* by Alex J. Packer

### Films
- On friendship and the rites of adolescent passage:
  - ★★★★★ *Stand by Me*
- On identity development and authority conflicts:
  - ★★★★★ *Dead Poets Society*
- On teenagers genuinely encountering each other and themselves:
  - ★★★★ *The Breakfast Club*
- On coming of age:
  - ★★★★ *Circle of Friends*
  - ★★★★ *Little Women*
- On struggling with giftedness and buried child abuse:
  - ★★★★ *Good Will Hunting*
- On grappling with identity, relationship, and peer conflicts:
  - ★★★★ *A Bronx Tale*

### Internet Resources
- On the social, emotional, and sexual development of adolescents:
  - ★★★★★ *Adolescence Directory On-Line (ADOL)*
    - [http://education.indiana.edu/cas/adol/adol.html](http://education.indiana.edu/cas/adol/adol.html)
  - ★★★★★ *TeensHealth* [http://www.teenshealth.org/teen/index2.html](http://www.teenshealth.org/teen/index2.html)
RECOMMENDATION HIGHLIGHTS

Self-Help Books
- For sound general advice on parenting infants:
  ★★★★★ *Infants and Mothers* by T. Berry Brazelton
  ★★★★★ *What Every Baby Knows* by T. Berry Brazelton
  ★★★★★ *Dr. Spock's Baby and Child Care* by Benjamin Spock and Steven J.
  Parker

- For month-to-month descriptions of infant development and care:
  ★★★★★ *What to Expect the First Year* by Arlene Eisenberg and Associates
  ★★★★★ *What to Expect: The Toddler Years* by Arlene Eisenberg et al.
  ★★★★★ *Your Baby and Child* by Penelope Leach

- For a broad-based nonmedical approach to parenting infants:
  ★★★★★ *The First Three Years of Life* by Burton White
  ★★★★★ *The First Twelve Months of Life* by Frank Caplan

Internet Resources
- For comprehensive sources of parenting information:
  ★★★★★ *Zero to Three, National Center for Infants*
  http://www.zerotothree.org/index.htm
  ★★★★★ *Infant and Toddler Care*
  http://www.nncc.org/InfantToddler/introd.page.html
  ★★★★★ *BabyCenter*
  http://www.babycenter.com/rtcindex.html

- For excellent sites on bonding, brain development, and no spanking:
  ★★★★★ *The Natural Child Project*
  http://www.naturalchild.com/home
  ★★★★★ *Project NoSpank*
  http://www.nospank.net/toc.htm
  ★★★★★ *Brain Wonders*
  http://www.zerotothree.org/brainwonders/index.html

SELF-HELP BOOKS

Strongly Recommended
★★★★★ *What to Expect: The Toddler Years* (1996) by Arlene Eisenberg, Heidi E.

It is unimaginable that there is a question that could be asked that is not answered in
this book. As is the case for its predecessor *What to Expect the First Year* by the same au-
thors (reviewed in this chapter), this book has an encyclopedic level of information that
is well organized and understandable. Each chapter is subheaded “What your toddler
may be doing now,” “What you may be concerned about,” “What it's important to
WEIGHT MANAGEMENT

RECOMMENDATION HIGHLIGHTS

Self-Help Books
- On managing weight and enhancing your healing system:
  ★★★★ Eight Weeks to Optimum Health by Andrew Weil
  ★★★ Eating Well for Optimum Health by Andrew Weil
- On the cultural and psychological underpinnings of women’s weight loss:
  ★★★ Fat Is a Feminist Issue by Susie Orbach
- On losing weight and maintaining it by changing your lifestyle:
  ★★★ The I.EARN Program for Weight Control by Kelly Brownell

Autobiographies
- On overeating, semistarvation, and inspiring recovery:
  ★★★★★ Feeding the Hungry Heart by Geneen Roth
- On overcoming compulsive overeating:
  ★★★★★ Breaking Free from Compulsive Eating by Geneen Roth
- On overcoming stigma against fatness:
  ◆ Wake Up, I’m Fat! by Camryn Manheim

Internet Resources
- On the cultural influences on weight, health, and body image:
  ★★★★★ Weight Loss http://weightloss.about.com/mlibrary.htm
- On size acceptance:
  ★★★★★ Size Wise http://www.sizewise.com
  ★★★★★ National Association to Advance Fat Acceptance
          http://nafaa.org/documents/brochures
  ★★★★ Fat!So! http://www.fatso.com/index.html
- On diet ratings and other reliable information:
  ★★★★★ Nutrition Navigator http://www.navigator.tufts.edu

SELF-HELP BOOKS

Strongly Recommended
In this book, Weil translates the information contained in his best-seller Spontaneous Healing into a practical plan. The program takes full advantage of the body’s natural healing power. Weil fine-tunes current eating habits, incorporates antioxidant supple-
RECOMMENDATION HIGHLIGHTS

**Self-Help Books**
- For a research-supported treatment of binge eating:
  ★★★ *Overcoming Binge Eating* by Christopher G. Fairburn
- For the practical treatment of eating disorders:
  ★★★★ *Dying to Be Thin* by Ira M. Sacker and Marc A. Zimmer
- For transitioning from compulsive eating to a healthy lifestyle:
  ★★★ *The Hunger Within* by Marilyn Ann Migliore with Philip Ross
  ★★★ *Healing the Hungry Self* by Deirdre Price
- For sociocultural and familial roots of eating disorders:
  ★★★ *Bulimia/Anorexia* by Marlene Boskind-White and William White, Jr.
  ★★★ *The Golden Cage* by Hilde Bruch

**Autobiographies**
- On the development and treatment of anorexia:
  ★★★ *Am I Still Visible?* by Sandra Harvey Heater
- On the harsh realities of anorexia and bulimia:
  ★★★ *Starving for Attention* by Cherry B. O’Neill

**Films**
- On the familial origins and drastic consequences of anorexia:
  ★★★★★ *The Karen Carpenter Story*
  ★★★★ *Best Little Girl in the World*
- On women and food:
  ★★★★ *Eating*

**Internet Resources**
- For factual and well-organized sites for therapist and client alike:
  ★★★★★ *Something Fishy* http://www.something-fisby.org
  ★★★★ *Anorexia Nervosa and Related Eating Disorders*
  http://www.anred.com
  ★★★★ *Close to You Family Resource Network: The Eating Disorders Site*
  http://closetoyou.org/eatingdisorders/index.htm
- For an excellent source of educational materials:
  ★★★★ *National Eating Disorders Association*
RECOMMENDATION HIGHLIGHTS

Self-Help Books
- On women's health and well-being:
  ★★★★★ *The New Our Bodies, Ourselves* by the Boston Women's Collective
- On women's work and parenting roles:
  ★★★★ *The Second Shift* by Arlie Hochschild
- On women's life stages and transitions:
  ★★★★ *The Seasons of a Woman's Life* by Daniel J. Levinson and Judy D. Levinson
  ★★★ *Life Preservers* by Harriet Lerner
  ★★★ *The Wisdom of Menopause* by Christiane Northrup
- On inspiring and nurturing women:
  ★★★★ *Chicken Soup for the Woman's Soul* by Jack Canfield et al.
- On gender stereotypes, myths, and sex differences:
  ★★★★ *The Mismeasure of Woman* by Carol Tavris
- On women's bodies and their self-image traps:
  ★★★ *Body Traps* by Judith Rodin

Autobiographies
- On the remarkable lives of multitalented woman:
  ★★★★★ *Heart of a Woman* by Maya Angelou
  ★★★ *Reason for Hope* by Jane Goodall
- On an insider's and Jewish look at the women's movement:
  ★★★ *Deborah, Golda, and Me* by Letty Cottin Pogrebin
- On influential women and mothering experiences:
  ♦ *Mothers* by Alexandra Stoddard

Films
- On women bonding on the baseball field and thriving without men:
  ★★★★ *A League of Their Own*
- On the interdependence of women and the ability to change:
  ★★★★ *Fried Green Tomatoes*
- On quilting as a metaphor for women sharing experiences:
  ★★★★ *How to Make an American Quilt*
• On the balance between family and career and midlife reevaluations:
  ★★★★ The Turning Point

• On insightful conversations about food and life:
  ★★★★ Eating

**Internet Resources**

• On solid information on a broad topic:
  ★★★★★ WWWomen http://www.wwwomen.com
  ★★★ Femia: Web Search for Women http://femia.cybergrrl.com

• On the medical aspects of women:
  ★★★ Health and Sexuality http://feminist.com/resources/links/links_health.html

• On employment discrimination:

• On feminism:
  ★★★★★ On the Issues http://www.echony.com/-onissues/about.htm

**SELF-HELP BOOKS**

**Strongly Recommended**


This highly rated book updates an earlier edition with new information on AIDS, older women, birth control methods, and disorders that primarily affect women, to name a few topics. The new edition keeps women updated on physical and mental health, along with legal, political, and social organizational realities of women's identity and roles. A mission for the authors is to encourage women to get together—to meet, talk to, and listen to each other. Women interested in women's passions and potentialities will thoroughly enjoy this resource. This five-star book will probably leave women feeling, to use one of the most overused words of the decade, empowered. One of the most highly regarded self-help resources in any of our studies, and deservedly so.


This self-help resource focuses on the inequality of gender roles in two-career couples with children. Hochschild conducted extensive interviews and home observations of 50