

Self-Help Book Suggestions

Title	Author
SELF-ESTEEM / HEALING	
The Seven Habits of Highly Effective People	Stephen Covey
The Heart of the Soul – Emotional Awareness	Gary Zukav, Linda Francis
Your Erroneous Zones	Wayne Dwyer
Facing Co-Dependence	Pia Mellody
Reinventing Your Life	Jeffrey Tanner
The Highly Sensitive Person	E. N. Aron
A New Guide to Rational Living	Albert Ellis, Robert Harper
Toxic Parents – overcoming their hurtful legacy and reclaiming your life	Susan Forward
How to Win Friends and Influence People	Dale Carnegie
How to Stop Worrying and Start Living	Dale Carnegie
SPIRITUALITY	
The Art of Happiness	Dalai Lama, Howard Cutler
The Path to Love	Deepak Chopra
Magnificent Addiction	Philip Kavanaugh
The Road Less Travelled and Beyond	Scott Peck
Transforming Problems into Happiness	Lama Zopa Rinpoche
Start Where You are	Pema Chodron
When Things Fall Apart	Pema Chodron
Go to Pieces without Falling Apart	Pema Chodron
How to Meditate	Kathleen McDonald
Nothing Special - Living Zen	Charlotte Joko Beck
ANGER MANAGEMENT	
Dance of Anger	Harriet Goldhor Lerner
Healing Anger	Dalai Lama
SEXUALITY	
Good loving, great sex	Dr Rosie King
ANXIETY / NON-ASSERTIVENESS	
Fixing IT The Complete Survivor's Guide to Anxiety-Free Living	Bev Aisbett
When I say No, I feel Guilty	Manual Smith
Don't Say Yes, When you Want to say No	Fensterheim and Baer
Self Assertion for Women	P. Butler
DEPRESSION	
Beating the Blues	J. Tanner & J. Ball (1989)
Breaking the Patterns of Depression	Michael D Yapko
Feeling Good – The New Mood Therapy	David D. Burns (Morrow, 1999)
Control Your Depression	P.M. Lewinsohn, RF Munoz, MA Youngren & AM Zeiss (1986)
RELATIONSHIPS	
Why Marriages Succeed or Fail	John M Gottman
Seven Principles for Making Marriages Work	John M Gottman
Love is Never Enough	Aaron Beck
Side by Side How to think differently about your relationship	Lamble & Morris 2000

Title	Author
Why Men Lie and Women Cry	Allan & Barbara Pease
Fighting for your Marriage	H. Markman, S. M. Stanley, S. Blumberg
Why Men don't listen and women can't read maps	Allan Pease
The Five Love Languages – How to express heartfelt commitment to your mate	Gary Chapman
Facing Love Addiction	Pia Mellody
CAREERS	
I could Do Anything If Only I know what it was	Barbara Sher
What Colour is Your Parachute	Richard Nelson Bolles
PAIN	
Managing Pain before it manages you	Margaret Caudill (Guilford press)
EATING PROBLEMS	
Overcoming Binge Eating	Chris Fairburn
STOP SMOKING	
The Easy Way to Stop Smoking	Allan Carr