

## Reading List

### Child Management Reading Recommendations:

Barkley, R. A. (1997). ADHD and the Nature of Self Control New York: Guilford Press

Barkley, R. A. and Benton, C. M. (1998). Your Defiant Child: Eight Steps to Better Behavior. Guilford Press.

Clark, L., Ph.D. (2005). SOS Help for Parents: A Practical Guide for Handling Common Everyday Problems. Bowling Green: Parents Press.

Dobson, J. C. (2007). The New Strong-Willed Child - Tyndale House Publishers

Faber, A. and Mazlish, E. (1999). How to Talk So Kids Will Listen and Listen So Kids Will Talk. Harper Paperbacks

Greene, R., Ph.D. (2005) The Explosive Child: A New Approach for Understanding Frustrated, Chronically Inflexible Children. Harper Paperback

Phelan, T., Ph.D. (2003). 1, 2, 3 Magic - Effective Help for Children 2-12 - Independent Publishers Group.

### Adolescent Reading Recommendations

Pipher, M. (2005). Surviving Ophelia: Saving Selves Of Adolescent Girls. Riverbend Trade.

Wiseman, R. (2003). Queen Bees And Wannabees: Helping Your Daughter Survive Cliques, Gossip, Boyfriends And Other Realities of Adolescence. Three Rivers

Wolf, A. (1991). Get Out Of My Life, But First Could You Drive Cheryl And I To The Mall? Noonday Press.

### Anger Management Reading Recommendations

Carter, L. (2003). The Anger Trap. San Francisco: Jossey-Bass

Learner, H. (1985). The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships. New York: Harper Perennial

McKay, J. and Rogers, P. (1989). When Anger Hurts. CA: New Harbinger

Potter-Etron, R. (2006). Letting Go of Anger: The Eleven Most Common Anger Styles and What to Do About Them - Oakland, CA: New Harbinger

### Anxiety Management Reading Recommendations

Benson, H. (1975). *The Relaxation Response*. New York: William Morrow.

Bernstein, D. A., and Borkovec, T. D. (1973). *Progressive Relaxation Training*. Champaign, IL: Research Press.

Bourne, E. (2005). *The Anxiety and Phobia Workbook*. Oakland, CA: New Harbinger

Burns, D. (1993). *Ten Days to Self-Esteem*/New York: William Morrow.

Davis, J., Eshelman, E., and McKay, M. (1988). *The Relaxation and Stress Reduction Workbook*. Oakland, CA: New Harbinger.

Hauck, P. (1975). *Overcoming Worry and Fear*. Philadelphia: Westminster Press.

Jeffers, S. (1987). *Feel the Fear and Do It Anyway*. San Diego, CA: Harcourt Brace Jovanovich.

Marks, I. (1980). *Living with Fear: Understanding and Coping with Anxiety*. New York: McGraw-Hill

McKay, M., Davis, M., and Farming, P. (1998). *Thoughts and Feelings; Taking Control of your Moods and Your Life*. Oakland, CA: New Harbinger.

Reid, Wilson R., Ph.D. (1996). *Don't Panic: Taking Control of Anxiety Attacks*. Harper Paperbacks.

Sheehan, David (1986) *The Anxiety Disease: New Hope for the Millions Who Suffer from Anxiety*. New York, NY: Random House.

Zinbarg, R. E., Craske, M. G., Barlow, D. H., and O'Leary, T. (1993). *Mastery of Your Anxiety and Worry - Client Guide*. San Antonio, TX: The Psychological Corporation.

### **Anxiety Management with Children Recommended Readings**

Dacey, J. S. and Fiore, L. B. (2008). *Your Anxious Child*. New Harbinger Publications.

Foxman, P. (2004) *The Worried Child. Recognizing Anxiety in Children and Helping Them Heal*. Hunter House Publications.

Goldstein, S., Hagan, K and Brooks, R. (2002) *Seven Steps to Help your Child Worry Less*. Specialty Press.

### **Communication Styles Reading**

James M., and Jongeward, D. (1996). Born To Win - Transactional Analysis with Gestalt Experiments. Da Capo Press

### **Depression - Recommended Readings**

Ellis, A. E. and Harper, R. (1973). A Guide to Rational Living. Wilshire Book Company

Williams, M., Teasdale, J., Segal, Z. and Kabat-Zinn, J. (Jun 2, 2007). The Mindful Way Through Depression. Freeing Yourself from Chronic Unhappiness. The Guilford Press.

## **Divorce and Infidelity Reading Recommendations**

Bercht, Anne, (2004). *My Husband's Affair Became the BEST Thing That Ever Happened to Me*. Victoria, BC, Canada: Trafford Publishing.

Bradshaw, John, (1988). *Bradshaw on the Family*. Deerfield Beach, FL: Health Communications, Inc.

Brown, Emily M., (1999). *Affairs: A Guide to Working Through the Repercussions of Infidelity*. San Francisco: Jossey-Bass.

Brown, Emily M., (2001) *Patterns of Infidelity and Their Treatment, (Second Edition)*. New York: Brunner/Routledge.

Carnes, P. (1991). *Don't Call It Love*. Minneapolis, MN: CompCare Publishers.

Crawford, Alan Pell. (2000). *Unwise Passions*. New York: Simon and Schuster.

DeAngelis, Barbara. (1992). *Are You the One for Me?* New York: Bantam.

**Emerson, Eggerichs. (2010). *Love and Respect*. Christian Publisher**

Fisher, Helen, (1992). *Anatomy of Love: The Natural History of Monogamy, Adultery and Divorce*. New York: Norton.

Glass, Shirley (1998, August). Shattered vows. *Psychology Today*, pp. 34ff.

Glass, Shirley P. (2003) NOT "just friends": *Protect your relationship from infidelity and heal the trauma of betrayal*. NY. Free Press.

**Gottman, John and Silver, Nan (2000). *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert*. Three Rivers Press.**

Gottman, John. and DeClaire, Joan. (2001). *The Relationship Cure*. New York: Crown.

**Harley, Willard F., Jr. (2011) *His Needs, Her Needs: Building an Affair-Proof Marriage*. Revell Publishing.**

Lerner, Harriet Goldhor (1993). *The Dance of Deception*. New York: HarperCollins.

Lewis, Thomas, Fari Amini, and Richard Lannon. (2000). *A General Theory of Love*. New York: Random House.

Lusterman, Don-David (1998). *Infidelity: A survival guide*. Oakland, CA: New Harbinger.

Maheu, Marlene M. & Subotnik, Rona B. (2001). *Infidelity on the Internet: Virtual Relationships and Real Betrayal*. Naperville, IL: Sourcebooks, Inc.

Pittman, Frank (1989). *Private lies: the betrayal of infidelity*. NY. W. W. Norton.

Schneider, Jennifer & Schneider, Burt (1999). *Sex, lies, and forgiveness: Couples speaking on healing from sex addiction*. Recovery Resources PressSmedes,

Lewis B. (1996). *The Art of Forgiving*. New York: Ballantine Books.

**Spring, Janis Abrahms (1996). *After the affair: Healing the pain and rebuilding trust when a partner has been unfaithful*. NY. HarperCollins Publishers.**

Subotnik, Rona & Harris, Gloria (1999). *Surviving infidelity: Making decisions, recovering from the pain*. Holbrook, MA: Bob Adams Press.

**Trafford, Abigail (1992). *Surviving Divorce and Building A New Life*. Harper Books.**

Vaughan, Peggy (1998). *The monogamy myth: A personal handbook for recovering from affairs*. New York: Newmarket Press.

Young, Kimberly S. (1998). *Caught in the Net: How to recognize the signs of internet addiction-and a winning strategy for recovery*. NY: John Wiley & Sons.