

Towson University Counseling Center
Self Help Library Book and Video Resource List – By
Category
Updated February, 2006

Abuse

Allies in Healing: *When the Person You Love Was Sexually Abused as a Child. (1991)*

Davis, Laura. Harper Perennial (NY)

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse (1994)

Bass, Ellen. Harper Perennial (NY) **(2)**

Healing the Incest Wound: Adult Survivors in Therapy (1988)

Courtois, Christine, Ph.D. (NY)

I Never Told Anyone (1983)

Perennial Library (NY)

Outgrowing the Pain: A Book for and About Adults Abused As Children (1983)

Gil, Eliana, Ph.D. Dell Publishing (NY)

Post-Traumatic Therapy and Victims of Violence (1988)

Ochberg, Frank M., M.D. Brunner/Mazel (NY)

Victims No Longer (1988)

Lew, Mike. Harper Collins (NY)

VIDEO: Silent Victims Speak: Impact of Domestic Violence on Children. The Bureau for At-Risk Youth. Video (26 minutes) with Leader Guide.

Alcohol and Drug

Adult Children of Alcoholics (1983)

Woititz, Janet Geringer, Ed.D. Health Communications, Inc. (FL)

VIDEOS: Adult Children of Alcoholics: A Family Secret. Films for the Humanities and Sciences. Video (50 minutes)

Pathway to Change. Film by Michael Johnson. Video (40 minutes)

The Disease of Alcoholism: Update. Film by David L. Ohlms. Video (38 minutes)

Anxiety and Stress Management

Don't Panic: *Taking Control of Anxiety Attacks (1986)*

Wilson, R. Reid, Ph.D. Harper Perennial (NY)

Dying of Embarrassment: *Help for Social Anxiety and Phobia (1994)*

Markaway, Barbara, Ph.D., Carmin, Cheryl, Ph.D., Pollard, C. Alec, Ph.D.,
Flynn, Teresa, Ph.D. New Harbinger Publications, Inc. (CA)

Embracing the Fear: *Learning to Manage Anxiety & Panic Attacks (1994)*

Bemis, Judith & Barrada Amr. Hazeldon Educational Materials (MN)

Full Catastrophe Living: *Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness (1990).* Kabat-Zinn, Jon, Ph.D. Dell Publishing (NY)

Insight Meditation: *A Step-By-Step Course on How to Meditate. (2001).*

Salzberg, Sharon, and Joseph Goldstein. Sounds True (CO)

Managing Your Anxiety: *Regaining Control When You Feel Stressed, Helpless, and Alone. (1985).* McCullough, Christopher, Ph.D. & Mann, Robert
Putnam Books (NY)

Meditation for Dummies: *The Easy Way to Relieve Stress and Enrich Your Life. (1999).* Bodian, Stephan. Wiley Publishing, Inc. (NY)

Overcoming Panic Attacks: *Strategies to Free Yourself from the Anxiety Trap (1990).* Babior, Shirley & Goldman, Carol. Whole Person Associates (MN)

Staying On Top When Your World Turns Upside Down (1990)

Cramer, Kathryn, Ph.D. Viking Publishing (NY)

Stop Obsessing!: *How to Overcome Your Obsessions and Compulsions (1991)*

Foa, Edna, Ph.D. & Wilson, Reid, Ph.D. Bantam Books (NY)

The Relaxation & Stress Reduction Workbook (1995)

Davis, Martha Ph.D., Eshelman, Elizabeth M.S.W., McKay, Matthew Ph.D.
New Harbinger Publications, Inc. (CA)

The Anxiety and Phobia Workbook (1995)

Bourne, Edmund J. Ph.D. MJF Books (NY)

Wherever You Go There You Are (1994)

Kabat-Zinn, Jon. Hyperion Publishing (NY)

VIDEOS: Anxiety-Related Disorders: The Worried Well. Films for the Humanities and Sciences. Video (15 minutes)

Beyond Stress: The Session. Films for the Humanities and Sciences. Video (30 minutes)

Exploring Your Brain: Fear and Anxiety. Films for the Humanities and Sciences. Video (57 minutes)

Mindfulness & Meditation: Stress Reduction. Well Spring Media. Video (52 minutes)

Body Image

Body Love: *Learning to Like Our Looks and Ourselves (1988)*
Freedman, Rita Ph.D. Harper & Rowe Publishers (NY)

VIDEOS:

Our Stories. FotoKem Video.

The Perfect Body. Intermedia. Video (14 minutes)

The Strength to Resist: Beyond Killing Us Softly. Cambridge Documentary Films. Video (33 minutes)

Tough Guise: Violence, Media & the Crisis in Masculinity. Media Education Video. (82 minutes)

Cage the Rage Handling Your Anger. Meridian Education

College Success

A Casebook for Student Leaders (1998)

Holkeboer, Robert, Hoeksema, Thomas. Houghton Mifflin Company (MA)

Claiming Your Victories: A Concise Guide to College Success (2000)

Hjorth, Linda Stevens. Houghton Mifflin Company (MA)

Critical Thinking, Thoughtful Writing: A Rhetoric with Readings (1999)

McMahon, Christine, Stout, Barbara. Houghton Mifflin Company (MA)

Frame by Frame: A Visual Guide to College Success (1999)

Lowenstein, Sharyn, Todd, Peaco. Prentice Hall (NJ)

How to Get Good Grades In College (2000)

O'Brien, Linda. Woodburn Press

How to Study in College (2001)

Pauk, Walter. Houghton Mifflin Company (MA)

Keys to Study Skills: *Opening Doors to Learning* (1999)

Carter, Carol, Bishop, Joyce, Bixby, Mary, Kravits, Sarah Lyman. Prentice Hall (NJ)

Keys to Success: *Brief Edition, How to Achieve Your Goals* (1999)

Carter, Carol, Bishop, Joyce, Kravits, Sarah Lyman. Prentice Hall (NJ)

Keys to Success At Custom College: *How to Achieve Your Goals* (1999)

Carter, Carol, Kravits, Sarah Lyman, Ozee, Carol. Prentice Hall (NJ)

Keys to Success Reader (1999)

Bishop, Joyce, Bradbury, Mary Jane, Wheeler, Julie. Prentice Hall (NJ)

Learning a Living: *A Guide to Planning Your Career and Finding a Job for People with Learning Disabilities, Attention Deficit Disorder & Dyslexia* (2000)

Brown, Dale. Woodbine House (MD)

Learning Success: *Three Paths to Being Your Best at College & Life* (1999)

Wahlstrom, Carl, Williams, Brian. Wadsworth Publishing Company (CA)

Piecing It Together: *A Guide to Academic Success* (1999)

Jenson, Jane McEldowney, D'Adamo-Weinstein, Lisa. Allyn and Bacon (MA)

Practicing College Study Skills: *Strategies for Success* (2001)

Hopper, Carolyn H. Houghton Mifflin Company (MA)

The College Learner: *Reading Studying and Attaining Academic Success* (1999)

Jalongo, Mary Renck, Twiest, Meghan Mahoney, Gerlach, Gail. Prentice Hall (NJ)

The College Success Reader (1998)

Holkeboer, Robert, Hoeksema, Thomas. Houghton-Mifflin Company (MA)

Transitions to Postsecondary Learning: *for students with learning disabilities and/or attention deficit disorder* (1998)

Coull, Leslie, Eaton, Howard. Eaton Coull Learning Group, Ltd.

Transitions to postsecondary learning: *self-advocacy handbook for students with*

learning disabilities and/or attention deficit disorder (1998)

Eaton, Howard, Coull, Leslie. Eaton Coull Learning Group, Ltd.

Transitions to Postsecondary Learning: *Student Work Guide (1998)*

Eaton, Howard, Coull, Leslie. Eaton Coull Learning Group, Ltd.
Publishing

Turning Points: *The Career Guide to the New Century (1999)*

Ducat, Diane. Prentice Hall (NJ)

Urban Learners: *Serious About College Success (1999)*

DeLucia, Robert C. Prentice Hall (NJ)

Your Guide to College Success: *Strategies for Achieving Your Goals (1999)*

Santrock, John W., Halonen, Jane S. Wadsworth Publishing Company
(CA)

Your Transfer Planner: *Strategic Tools and Guerilla Tactics (1995)*

Harbin, Carey E. Wadsworth Publishing Company (CA)

Video: Transitions to Postsecondary Learning.

Tabata Productions Video. (47 minutes).

Communication

The Assertiveness Workbook: *How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships (2000)*

Paterson, Randy J. Ph.D. New Harbinger Publications, Inc. (CA)

When I Say No, I Feel Guilty (1975)

Smith, Manuel J. Ph.D. Bantam Books (NY)

VIDEO: Listen Up: Hear What's Really Being Said, Improve Your Career and Your Life by Becoming a Better Listener. National Press Publications. Video(60 minutes)

Eating Problems

Binge No More: *Your Guide to Overcoming Disordered Eating (1999)*

Nash, Joyce, Ph.D.; New Harbinger Publications (CA)

Breaking Free From Compulsive Eating (1984)

Roth, Geneen. Penguin Group (NY)

Making Peace With Food: *A Step-By-Step Guide to Freedom from Diet/Weight*

Conflict (1985)

Kano, Susan. Amity Publishing Company (CT)

Making Peace With Food: *Freeing Yourself from the Diet/Weight Obsession* (1989)

Kano, Susan. Harper & Row (NY)

VIDEO: Anxiety-Related Disorders: The Worried Well, Eating Disorders. Films for the Humanities and Sciences. Video (15 minutes)

GLBT Issues

Free Your Mind: *The Book for Gay, Lesbian, and Bisexual Youth-and Their Allies* (1996)

Bass, Ellen, Kaufman, Kate. Harper Perennial (NY)

Handbook of Counseling and Psychotherapy With Lesbian, Gay, and Bisexual

Clients (2000). Perez, Ruperto, DeBord, Kurt, & Bieschke, Kathleen. American Psychological Association (Washington, DC)

Issues in therapy with lesbian, gay, bisexual and transgender clients (2000)

Neal, Charles & Davies, Dominic. Open University Press (PA)

The Underground Guide to Teenage Sexuality: *An Essential Handbook to Today's Teens & Parents* (2003) Basso, Michael; Fairview Press (Minnesota)

The Therapist's Notebook for Lesbian, Gay, and Bisexual Clients (2003).

Whitman, Joy & Boyd, Cyndy. The Haworth Clinical Practice Press. (NY)

VIDEOS: Gay Couples: The Nature of Relationships. Films for the Humanities and Sciences. Video (50 minutes)

Growing Up Gay and Lesbian: Quesitons and Answers. Motivational Media.

Grief & Loss

Beyond Grief: *A Guide for Recovering from the Death of a Loved One* (1987)

Staudacher, Carol. New Harbinger Publications, Inc. (CA)

Coming Apart: *Why Relationships End and How to Live Through the Ending of Yours* (1987).

Kingma, Daphne Rose. Ballantine Books (NY)

How To Go On Living When Someone You Love Dies (1988)

Rando, Therese A., Ph.D. Bantam Books (NY)

Losing a Parent: *Passage to a New Way of Living, A Guide to Facing Death and Dying* (1991)

Kennedy, Alexandra. Harper Collins Publishers (NY)

Motherless Daughters: *The Legacy of Loss* (1994)

Edelman, Hope. Dell Publishing (NY)

The Loss That Is Forever: *The Lifelong Impact of the Early Death of a Mother or Father.* (1995)

Harris, Maxine Ph.D. Penguin Books (NY)

Too Young to Die (1979)

Sheinwold, Patricia; Gillenheimer Publisher

When Bad Things Happen to Good People (1981)

Kushner, Harold S. Avon Books (NY)

VIDEOS: Grief, The Courageous Journey: Loss of a Relationship. Films for the Humanities and Sciences. Video (26 minutes)

Grief, The Courageous Journey: Understanding Grief. Films for the Humanities and Sciences. Video (25 minutes)

The Truth About Suicide. Art Hill Marketing. Video (26 minutes).

LD/ADD

ADHD in Adults (1994)

Barkley, Russell A. The Guilford Press (NY)

ADD and the College Student (2001)

Quinn, Patricia O., M.D. Magination Press (DC)

Answers to Distraction (1994)

Hallowell, Edward, M.D., Roney, John J., M.D. Bantam Books (NY)

Attention Deficit Hyperactivity Disorder (in Adults and Children) (2001).

Friedman, Matthew J., M.D., Ph.D. Compact Clinicals. (MO)

Driven to Distraction: *Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood* (1994)

Halowell, Edward M., M.D., Ratey, John J., M.D. Simon & Schuster (NY)

VIDEOS: ADHD in Adults. A Guilford Press Video. Video (36 minutes)
Transitions to postsecondary learning, video and instructional material for students with learning disabilities and/or attention deficit disorder. Eaton Coull Learning Group, Ltd. Video (47:30 minutes)

Mood/Emotions

Aggressive and Defiant Behavior (2001).

Eddy, J. Mark, Ph.D. Compact Clinicals (MO)

Anger: *The Misunderstood Emotion* (1982)

Tavris, Carol. Simon & Schuster (NY)

Don't Sweat the Small Stuff...and it's all small stuff: *Simple Ways to Keep the*

Little Things from Taking Over Your Life (1997)

Carlson, Richard, Ph.D. Hyperion (NY)

Masters of Disguise: *Shame & Guilt* (1990)

Middleton-Moz, Jane. Health Communications, Inc. (FL)

Mindfulness-Based Cognitive Therapy for Depression: *A New Approach to Preventing Relapse* (2002)

Segal, Zindel V.; Williams, J. Mark G.; Teasdale, John D. The Guilford Press (NY)

Mind Over Mood: *Change How You Feel by Changing the Way You Think* (1995)

Greenberger, Dennis, Ph.D., Padesky, Christine A., Ph.D. The Guilford Press (NY)

The Anger Workbook (1993)

Carter, Les, Ph.D., Minirth, Frank, M.D. Thomas Nelson Publishers (TN)

The Gift of Fear (1997)

De Becker, Gavin. Dell Publishing (NY)

The Trouble with Feelings

Power, Elizabeth. E Power & Associates Training & Consulting (TN)

VIDEOS: Coping with Depression: Self-Help Strategies. Video (48 minutes)

The Trouble With Feelings. E Power & Associates. Video (42 minutes)

Other

Borderline Personality Disorder (2001)

Dean, Melanie A., Ph.D. Compact Clinicals (MO)

Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward (2002)

Prochaska, James, Ph.D., Norcross, John, Ph.D., & Diclemente, John, Ph.D.; Quill (NY)

Confronting Diversity Issues On Campus (1993)

Bowster, Benjamin P., Auletta, Gale S., Jones, Terry. SAGE Publications (CA)

Depression In Adults (2001)

Tolman, Anton O., Ph.D. Compact Clinicals (MO)

Eat That Frog: 21 Great Ways to Stop Procrastinating and Get More Done in Less Time (2001)

Tracy, Brian. Berrett-Koehler Publishers, Inc. (CA)

Essentials of Skilled Helping: Managing Problems, Developing Opportunities (2006)

Egan, Gerard; Thomson Wadsworth (CA)

How to Be a Perfect Stranger: A Guide to Etiquette in Other People's Religious Ceremonies; Vol. 1 (2002)

Edited by Mathins, Stuart & Magida, Arthur; Walking Together, Finding the Way (VT)

How to Be a Perfect Stranger: A Guide to Etiquette in Other People's Religious Ceremonies; Vol.1 (1999)

Edited by Magida, Arthur & Mathins, Stuart ; Walking Together, Finding the Way (VT)

I Can't Get Over It: A Handbook for Trauma Survivors (1992)

Matsakis, Aphrodite, Ph.D. New Harbinger Publications, Inc. (CA)

Obsessive Compulsive Disorder (2001)

Steketee, Gail, Ph.D. & Pigott, Teresa, Ph.D. Compact Clinicals (MO)

Post Traumatic Stress Disorder (2001)

Friedman, Matthew J., M.D., Ph.D. Compact Clinicals (MO)

Skilled Helping Around the World: Addressing Diversity & Multiculturalism (2006)

Egan, Gerard; Thomson Brooks/Cole (CA)

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism (1998)

Antony, Martin M., Ph.D. & Swinson, Richard P., M.D. New Harbinger Publications, Inc. (CA)

“Why Are All the Black Kids Sitting Together in the Cafeteria?” And Other

Conversations About Race (1997)

Tatum, Beverly Daniel, Ph.D. Basic Books (NY)

AUDIO: Time Management from the Inside Out. Read by the author Julie Morgenstern. Simon & Schuster (Running Time: Approx. 2 hours)

Relationships & Intimacy

Coming Apart: Why Relationships End and How to Live Through the Ending of Yours (1987)

Kingmen, Daphne; Facett Crest (NY)

Getting The Love You Want: A Guide for Couples (1988)

Hendrix, Harville, Ph.D. Harper Perennial (NY)

Making Healthy Choices, Skill Building Guide: 5 Healthy Relationships (1995)

Whole Person Associates, Inc. (MN)

Making Healthy Choices, Skill Building Guide: Leader Guide (1995)

Whole Person Associates, Inc. (MN)

Struggle for Intimacy (1985)

Woititz, Janet G. Health Communications, Inc. (FL)

The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships (1985)

Lerner, Harriet, Ph.D. Harper Perennial (NY)

The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships (1989)

Lerner, Harriet, Ph.D. Harper Perennial (NY)

Workbook for Rebuilding (1994)

Fisher, Bruce, Ed.D. Impact Publishers, Inc. (CA)

Your Perfect Right: Assertiveness and Equality in Your Life and Relationships (2001)

Alberti, Robert & Emmons, Michael. Impact Publishers, Inc. (CA)

VIDEOS: Couple Skills: Making Your Relationship Work. New Harbinger Publications, Inc. Video (30 minutes)

Making Healthy Choices, 5 healthy Relationships. Whole Person Associates.

The Dating Bill of Rights. Films for the Humanities and Sciences. Video (26 minutes)

Self Esteem

Feeling Good: The New Mood Therapy (1980)

Burns, David, M.D.; Avon Books (NY)

Love Yourself, Heal Your Life Workbook (1990)

Hay, Louise L. Hay House, Inc. (CA)

Masters of Disguise: Shame & Guilt (1990)

Middleton-Moz, Jane; Health Communications, Inc. (FL)

Self Esteem: The Ultimate Program for Self-Help (1987)

McKay, Matthew, Ph.D. & Fanning, Patrick. MJF Books (NY)

Shyness: A Bold New Approach (1999)

Carducci, Bernardo J., Ph.D. Harper Collins Publishers (NY)

Ten Days to Self-Esteem (1993)

Burns, David D., M.D. Quill William Morrow (NY)

VIDEO: The Self Esteem Workout Video. Envision Video. Video (30 minutes)

Sexual Assault

Acquaintance Rape: The Hidden Crime (1991)

Parrot, Andrea & Bechhofer, Laurie. John Wiley & Sons, Inc. (NY)

Coping with Date Rape and Acquaintance Rape (1999)

Parrot, Andrea, Ph.D. The Rosen Publishing Group, Inc. (NY)

Intimate Betrayal: Understanding and Responding to the Trauma of Acquaintance Rape (1995)

Wiehe, Vernon R. & Richards, Ann L. Sage Publications (CA)

Life After Trauma: A Workbook for Healing (1999)

Rosenbloom, Dena, Ph.D., Williams, Mary, Ph. D, & Watkins, Barbara; Guilford Press (NY)

Sexual Violence on Campus: Policies, Programs, and Perspectives (2001)

Ottens, Allen J. & Hotelling, Kathy. Springer Publishing Company, Inc. (NY)

The Battered Woman (1979)

Walker, Lenore; Harper Perennial (NY)

The Other Side of Silence (1995)

Carter, Christine. Avocus Publishing, Inc. (NH)

The Other Side of Silence (2002)

Brink, Andre; Harcourt (FL)

Video: Rape is.... Cambridge Documentary Films. Video (32 Minutes)

Terrorism

VIDEO: Reclaiming Hope...in a Changed World. American Psychological Association. Video (17:30)