

**The REAP team has prepared recommended book lists
for the following common topics:**

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RECOMMENDED READINGS

ABUSE; SEXUAL, EMOTIONAL, PHYSICAL

The Courage to Heal - Third Edition - Revised and Expanded: A Guide for Women Survivors of Child Sexual Abuse (Paperback), Ellen Bass, Laura Davis, (1994)

It's My Life Now : Starting Over After an Abusive Relationship or Domestic Violence, Meg Kennedy Dugan, Roger Hock, Roger R. Hock, (2000)

The Verbally Abusive Relationship: How to Recognize it and How to Respond, Patricia Evans, (1996)

The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse (Revised Edition), Wendy Maltz, (2001)

Adult Children of Abusive Parents, Steven Farmer MA, MFCC, (1990)

When Men Batter Women: New Insights into Ending Abusive Relationships, John Gottman, Neil Jacobson, (1998)

ACOA & CO-DEPENDENCY

Adult Children of Alcoholics: Expanded Edition, Janet Woititz, (1990)

It will Never Happen to Me, Claudia Black, (1987)

Co-dependent No More, Melody Beattie, (1987)

ADD (Attention Deficit Disorder)

Adventures in Fast Forward: Life, Love, and Work for the ADD Adult, Kathleen G Nadeau, PhD (1996)

Driven To Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood, Edward Hallowell, MD & John Ratey, MD (1994)

Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder, Edward Hallowell, MD & John Ratey, MD, (2005)

ADDICTIONS AND RECOVERY

Staying Sober and the Staying Sober Workbook Exercise Manual, Terence Gorski, and Merlene Miller, (1999 version)

Sober for Good, Anne M Flecher, (2001)

A Hole in the Sidewalk: The Recovering Person's Guide to Relapse Prevention, Claudia Black, (2000)

Many Roads One Journey: Moving Beyond the 12 Steps, Charlotte S. Kasl, (1992)

I'll Quit Tomorrow: A Practical Guide to Alcoholism Treatment,
(Paperback) Vernon E. Johnson, (1990)

AGING

Helping Your Aging Parent, William Grote, William J. Grote, (2002)

How to Care for Aging Parents, Virginia Morris, Robert M. Butler, (2004)

Aging and Addiction: Helping Older Adults Overcome Alcohol or Medication Dependence, Carol Colleran, Debra Jay, (2002)

Not Your Mother's Midlife: A Ten-Step Guide to Fearless Aging,
Nancy Alspaugh, Marilyn Kentz, (2003)

Caring for Your Parents: The Complete AARP Guide, Hugh Delehanty,
Mary Pipher, Elinor Ginzler, (2005)

AIDS & HIV

When Someone You Know Has AIDS: A Practical Guide Revised,
Fran D. Peltz, CSW & William Messira, (1993)

ANGER

Angry All the Time: an Emergency Guide to Anger Control, Ronald T.
Potter-Efron, Ph.D. (2005)

Beyond Anger: A Guide for Men, Thomas J Harbin, PhD., (2000)

The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships, Harriet, Lerner, PhD

Anger Kills: Seventeen Strategies for Controlling the Hostility That Can Harm Your Health, Redford Williams (1998)

ANXIETY

Fear and Other Uninvited Guests: Tackling the Anxiety, Fear, and Shame That Keep Us from Optimal Living and Loving, Harriet Lerner, PhD, (2004)

Don't Panic (Revised Edition): Taking Control of Anxiety Attacks, R. Reid Wilson, (1996)

Anxiety and Its Treatment: Help Is Available, Advice from Three Leading Psychiatrists in the Field of Anxiety Treatment, John H. Greist, James W. Jefferson, Isaac M. Marks, (1988)
Managing Social Anxiety, Hope, D.A. Heimberg, R.G., Juster, H.R., & Turk, C.L., (2000)

Stop Obsessing! How to Overcome Your Obsessions and Compulsions (Revised Edition), Edna B. Foa, Reid Wilson, (2001)

ASSERTIVENESS

When I Say No, I Feel Guilty, Manuel J. Smith, (1975)

Don't Say Yes When You Want to Say No: Making Life Right When It Feels All Wrong, Herbert Fensterheim, PhD & Jean Baer, (1975)

CAREER DEVELOPMENT

What Color is your Parachute, Richard Bolles, (2005, updated yearly)

Cool Careers for Dummies, Marty Nemko, (2001)

The Pathfinder, Nicholas Lore, (1998)

Changing Careers for Dummies, Carol L McClelland, (2001)

Communicate With Confidence: How to Say It Right the First Time and Every time, Dianna Booher, (1994)

Getting to Yes: Negotiating Agreement Without Giving In, Roger Fisher, William L. Ury, Bruce Patton (Editor), Bruce Patton, (1991)

Who Moved My Cheese? An Amazing Way to Deal with Change in Your Work and in Your Life, Spencer Johnson, Kenneth H. Blanchard, (1998)

CHANGE

Changing for Good: A Revolutionary Six Stage Program for Overcoming Bad Habits and Moving your Life Positively Forward, James O Prochaska, John C Norcross, & Carlo, C. DiClemente, (1994)

Life Strategies: Doing What Works, Doing What Matters, Phillip McGraw, PhD., (2000)

Life Skills, Virginia Williams, PhD., & Redford Williams, MD., (1997)

DEPRESSION

Change Your Brain; Change Your Life, Daniel Amen, MD (1998)

Hand–Me-Down Blues, How to Stop Depression From Spreading in Families, Michael D. Yapko, PhD, (1991)

The Feeling Good Handbook, *The New Mood Therapy*, David Burns, MD, (1999)

What to Do When Someone You Love Is Depressed: A Self-Help and Help-Others Guide, Mitch Golant PhD, (1997)

Disappearing Girl, The: Learning the Language of Teenage Depression, Lisa Machoian, (2006)

EATING DISORDERS

Fat Is a Family Affair, (Second Edition): How Food Obsessions Affect Relationships, Hollis (2003)

The Body Betrayed: A Deeper Understanding of Women, Eating Disorders, and Treatment, Kathryn J. Zerbe (1995)

Breaking Free from Compulsive Eating, Geneen Roth (1993)

Anorexia and Bulimia in the Family: One Parent's Practical Guide to Recovery, Gráinne Smith (2004)

When Your Child Has an Eating Disorder: A Step-By-Step Workbook for Parents and Other Caregivers, Abigail H. Natenshon, (1991)

FAMILY

The Family Crucible, Augustus Y. Napier (1988)

The 7 Habits of Highly Effective Families (Paperback), Sandra Merrill Covey (Foreword), Stephen R. Covey, Reprint edition (October 1, 1998)

Family First: Your Step-by-Step Plan for Creating a Phenomenal Family (Hardcover) Dr. Phil McGraw, (2004)

BLENDED FAMILIES

How to Win As a Stepfamily, Emily B. Visher, John S. Visher, (1991)

Money Advice for Your Successful Remarriage: Handling Delicate **Financial Issues With Love and Understanding**, Patricia Schiff Estess, (1996)

The Stepfamily: Living, Loving and Learning, Elizabeth A. Einstein, (1994)

FINANCIAL

The Laws of Money, The Lessons of Life: Keep What You Have and Create What You Deserve, Suze Orman (2003)

The Ultimate Credit Handbook: How to Cut Your Debt and Have a Lifetime of Great Credit, Third Edition (Paperback), Gerri Detweiler, (2003)

The Motley Fool Personal Finance Workbook : A Foolproof Guide to Organizing Your Cash and Building Wealth (Paperback), David Gardner, Tom Gardner, Inc Motley Fool, Dayana Yochim, Robert Brokamp, (2003)

GRIEF

Talking about Death : A Dialogue Between Parent and Child, Earl A. Grollman, (1991)

When Bad Things Happen to Good People, Harold S. Kushner, (2004)

Letting Go With Love: The Grieving Process, Nancy O'Connor, (1994)

When Parents Die: A Guide for Adults, Edward Myers, (1997)
The Problem of Pain (Paperback), C. S. Lewis, (2001)

A Grief Observed (Paperback), C. S. Lewis, (2001)

HEALTH & WELLNESS

Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating, Walter C. Willett, P. J. Skerrett, (2002)

The Harvard Medical School Guide to Men's Health: Lessons from the Harvard Men's Health Studies, Harvey B. Simon, (2004)

The New Harvard Guide to Women's Health (Harvard University Press Reference Library), Karen J. Carlson, Stephanie A. Eisenstat, Terra Ziporyn, (2004)

YOU: The Owner's Manual: An Insider's Guide to the Body that Will Make You Healthier and Younger, Michael F. Roizen, Mehmet Oz, (2005)

PARENTING - CHILDREN & TEENAGERS

Raising Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People (Paperback), H. Stephen Glenn, Jane Ed.D. Nelsen (2000)

Positive Discipline A-Z, Revised and Expanded 2nd Edition: From Toddlers to Teens, 1001 Solutions to Everyday Parenting Problems (Paperback), Jane Ed.D. Nelsen, Lynn Lott, H. Stephen Glenn (1999)

The Optimistic Child, Seligman, Martin, PhD, (1995)

Parent Effectiveness Training: The Proven Program for Raising Responsible Children, Thomas Gordon, (2000)

How to Talk So Kids Will Listen & Listen So Kids Will Talk (Paperback), Adele Faber, Elaine Mazlish, (1999)

Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too, Adele Faber, Elaine Mazlish, (1998)

The Best Things Parents Do: Ideas & Insights from Real-World Parents Susan, Isaacs Koh, (2004),

Get Out of My Life, But first could you drive me and Cheryl to the Mall?, Anthony E., Wolf, PhD (1991)

Uncommon Sense for Parents of Teenagers, Michael Riera, Ph.D. (1995)

John Rosemond's New Parent Power! (Hardcover), John Rosemond, (2001)

PERSONAL & SPIRITUAL GROWTH

The Road Less Traveled, 25th Anniversary Edition: A New Psychology of Love, Traditional Values and Spiritual Growth, M. Scott Peck (2003)

Celebration of Discipline: The Path to Spiritual Growth, 25th Anniversary Edition, Richard J. Foster, (1988)

When All You've Ever Wanted Isn't Enough: The Search for a Life That Matters, Harold Kushner, (2002)

A Cherokee Feast of Days: Daily Meditations (Paperback), Joyce Sequichie Hifler, (1992)

Cherokee Feast of Days, Volume II (Paperback), Joyce Sequichie Hifler, (1997)

A Cherokee Feast of Days: Many Moons (Paperback), Joyce Hilfer, (2002)

RELATIONSHIPS & COMMUNICATION SKILLS

Getting It Right the First Time: Creating a Healthy Marriage, Barry McCarthy, PhD, Emily J. McCarthy, (2004)

Relationship Rescue & Relationship Rescue Workbook, Phillip, C., McGraw, PhD., (2000)

The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate, Harriet Lerner, PhD, (2002)

Getting the Love You Want: A Guide for Couples, Harville Hendrix, (2001)

You Just Don't Understand: Men and Women in Conversation, Deborah, Tannen, (2001)

Do I Have to Give Up Me to Be Loved by You? Jordan & Margaret Paul, PhD, (2002)

How One of You Can Bring the Two of you Closer Together, Susan Page, (1998)

The Good Marriage: How and Why Love Lasts, Judith Wallerstein, PhD, (1996)

Dance of Intimacy, Harriet Lerner, PhD, (1990)

The Talk Book: The Intimate Science of Communicating in Close Relationships, Gerald Goodman PhD, (1991)

The Five Love Languages: How to Express Heartfelt Commitment to Your Mate, (Paperback), Gary Chapman, (1996)

Boundaries (Paperback), Anne Katherine, (1993)

SEPARATION & DIVORCE

Uncoupling: Turning Points in Intimate Relationships, Diane Vaughan (1990)

Surviving the Breakup: How Children and Parents Cope With Divorce, Judith S. Wallerstein, Joan Berlin Kelly, (1996)

Mom's House, Dad's House: Making Two Homes for Your Child, Isolina Ricci, (1997)

The Good Divorce, Constance Ahrons, (1998)

Crazy Time: Surviving Divorce and Building a New Life, Revised Edition, Abigail Trafford, (1992)

STRESS MANAGEMENT

Stress Management for Busy People, Turkington, Carol A., (1997)

The Relaxation & Stress Reduction Workbook, Martha Davis, Ph.D., Elizabeth Robbins Eshelman, Matthew McKay, (2000)

Stress Reduction for Busy People: Finding Peace in an Anxious World (Busy People Series), Dawn Groves, (2004)

The Feeling Good Handbook, *The New Mood Therapy*, David, Burns, MD, (1999)

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WORK STRESS & BURNOUT

Overcoming Burnout, Beverly Potter, Phil Frank, (1998)

Toxic Work, Barbara Bailey Reinhold, (1997)