

Suggested Readings & Materials
Dr. Julie Ann Allender

ANGER, STRESS & ANXIETY

Creative Aggression - George Bach, Herb Goldberg
Dance of Anger, The - Harriet G. Lerner, PhD
What Your Doctor May Not Tell You About: Anxiety, Phobias & Panic Attacks - Douglas Hunt, MD
SOS Help for Emotions: Managing Anxiety, Anger & Depression - Lynn Clark, PhD
The Anxiety & Phobia Workbook - Edmund Bourne, PhD

ADHD/ADD

ADD Hyperactivity Workbook, The - Harvey C. Parker, PhD
ADDITUDE Magazine & www.ADDitudemag.com
Answers to Distraction - Edward M. Hallowell, MD & John J. Ratey, MD
Defeating the 8 Demons of Distraction - Geraldine Markel, Ph.D.
Dr Bob's Guide to Stop ADHD in 18 Days - Robert DeMaria
Driven to Distraction - Edward M. Hallowell, MD & John J. Ratey, MD
Finding Your Focus: Practical Strategies for Everyday Challenges Facing Adults with ADD - Judith Greenbaum, Ph.D. & Geraldine Markel, Ph.D.
The "Putting On The Brakes" Activity Book for Young People w/ ADHD - Patricia Quinn & Judith Stern
Woman With Attention Deficit Disorder - Sari Solden, MS, MFCC
Taking Charge of ADHD: The Complete Authoritative Guide for Parents - Russell Barkley PhD

CAREER

What Color is Your Parachute - Richard Bolles
Your Ideal or Next Job - Richard Bolles (2)

DOMESTIC VIOLENCE & ABUSE

Bodily Harm: The Breakthrough Healing Program for Self-Injurers - Karen Conterio & Wendy Lader, PhD
Bully Caterpillar -- Jay Carter PhD
Courage to Heal Workbook, The - Laura Davis
Cutting: Understanding & Overcoming Self-Mutilation - Steven Levenkron
Emotional Blackmail - Susan Forward
Rainbow's End: A Recovery Workbook for Children & Adults Who Have Suffered Enough - Laura Summer
Sexual Abuse -- Let's Talk About It - Margaret O. Hyde
Why Me? - Lynn Daugherty, PhD (1)
The Me Nobody Knows: A Guide for Teen Survivors - Barbara Bean & Shari Bennett
When Something Feels Wrong: A survival Guide About Abuse for Young People - Deanna Pledge PhD

DEATH & DYING

How to Survive the Loss of a Love - Melba Colgrove, PhD, H. Bloomfield, P. McWilliams
Necessary Losses - Judith Voist
On Death & Dying - Elizabeth Kubler/Ross
Lifetimes: The Beautiful Way to Explain Death to Children - Bryan Mellonie & Robert Ingpen
Remember the Secret - Elisabeth Kulber-Ross
Explaining Death to Children edited by Earl A Grollman
Hot To Go On Living When Someone You Love Dies - Therese A Rando, PhD
The Courage to Grieve: Creative Living, Recovery & Growth Through Grief - Judy Tatelbaum

DIVORCE

After the Affair - Janis Abrahms & Michael Spring (cassette)
Boys & Girls Book about Divorce - Richard A. Gardner (1)
Divorce Workbook, The - Sally B. Ives, PhD, David Fassler, M.D. & Michele Lash
Divorce: Your Fault, My Fault, No Fault - Neil Hurowitz, Esq.
Helping Children Cope with Separation - Claudia Jewett (2)
Second Chance - Judith S Wallerstein & Sandra Blakestee
Sharing the Children - R. Adler, PhD (4)

DRUG, ALCOHOL AND CODEPENDENCE

Alcoholics Anonymous - Anonymous (1)
Adult Children of Alcoholics - Janet Woititz Children of Alcoholics, Extended (1)
Beyond Codependency - Melody Beatti (1)
Codependent No More - Melody Beatti
Healing the Addictive Mind - Lee Jampolsky
Perfect Daughters: Adult Daughters of Alcoholics - Robert J. Ackerman

Recovery from Addiction - John Finnegan (1)

HEALTH

Aspartame (NutraSweet): Is It Safe? - H.J. Roberts, M.D. (1)

Eat More, Weigh Less - Dean Ornish, M.D.

Fight Fat & Win - Elaine Moquette-Magee

Lick the Sugar Habit - Nancy Appleton (2)

Love, Medicine & Miracles - Bernie S. Siegel, M.D. (1)

Sugar Blues - William Duffy

The Healing Power of Pets - Marty Becker, MD

Potatoes, Not Prozac: Are You Sugar Sensitive? - Kathleen DesMaisons, PhD

Natural Cures "They" Don't Want You To Know About - Kevin Trudeau

The Chronic Pain Control Workbook: Guide for Coping w/ & Overcoming Pain - Ellen Catalano, MA & Kimeron Hardin, PhD

LGBT

What If Someone I Know Is Gay - Eric Marcus

MEN & BOYS

10 Stupid Things Men Do To Mess Up Their Lives - Dr. Laura Schlessinger

Everything Men Know About Women - Dr. Alan Francis

Getting the Love You Want - Harville Hendrix

Impotence: How to Overcome It - Dr. Richard Manning

Iron John - Robert Bly

Myth of Male Power, The - Warren Farrell, PhD

New Male Sexuality, The - Bernie Zilbergeld

Peter Pan Syndrome, The - Dan Kiley

Silent Sons - Robert J. Ackerman

Why Men Are the Way They Are - Warren Farrell, PhD

Real Boys Workbook - William S Pollack, PhD

Stiffed: The Betrayal of the American Man - Susan Faludi

Women Can't Hear What Men Don't Say - Warren Farrell

MENTAL HEALTH

All Kinds of Minds - Mel Levine

Emotional Intelligence - Daniel Goleman

Feeling Good - David Burns

Feeling Good Handbook - David Burns

Gift of Fear, The - Gavin De Becker

Hug Therapy Book, The - Kathleen Keating

Hug Therapy 2 - Kathleen Keating (1)

Twelve Steps for Everybody, The - Jerry Hirschfield, PhD

Worry - Edward M Hallowell

Ten Days to Self-Esteem - David Burns

The Healing Power of Pets - Marty Becker

In The Meantime - Iyanla Vanzant

1,400 Things to Be Happy About for Kids - Barbara Ann Kipfer

PARENTING

Double Duty - Daniel Mason

Experts Advise Parents - Eileen Shiff

Free to be a Family - Marlo Thomas & Friends (2)

Heart of Parenting, The - John Gottman

Mother Dance, The - Harriet Lerner

On the Family - John Bradshaw (1)

P.E.T. - Parent Effectiveness Training - Dr. Thomas Gordon (2)

Perfect Parenting & Other Myths - Frank Main (3)

Raising Each Other - Jeanne Brondino, Shellie Brann, Scott Coatsworth,

Heidi Sonzena, Cheryl Swain, Frances Tulao (1)

Raising Your Spirited Child - Mary Sheedy Kurchinka

Raising a Moody Child - Mary Fristad, PhD & Jill Goldberg Arnold, PhD

Siblings Without Rivalry - Adele Faber & Elaine Mazlish (3)

STEP: Parenting Young Children - Don James Dinkmeyer, Gary McKay (1)

Strengthening Your Stepfamily - Elizabeth Einstein & Linda Albert

What Color are Your Family's Dreams - Lawrence E. Shapiro, PhD (8)

Winning at Parenting without Beating Your Kids - Barbara Coloroso (Tape)

1,400 Things to Be Happy About for Kids - Barbara Ann Kipfer
Toxic Parents - Susan Forward, PhD
Chore Chart
Stop and Think Sign (Small)
Stop and Think Sign (Large)

RELATIONSHIPS

Chronic Illness: Healing the Wounded Heart-Julie Ann Allender, Ed.D.
Dance of Intimacy, The - Harriet G. Lerner, PhD
End of My Rope: Gender Cooperation Model - Julie Ann Allender, Ed.D.
From Conflict to Caring - Drs. Jordan & Margaret Paul
Intimate Connections - David Burns
Mars and Venus in the Bedroom - John Grey
Men are from Mars, Women are from Venus - John Grey
Second Shift, The - Arlie Hochschild (1)
Truth about Women, The - Dr. Georgia Witkin
Understanding Each Other - Warren Farrell, PhD
What Your Mother Couldn't Tell You & Your Father Didn't Know-John Grey
Getting The Love You Want Workbook: New Couples' Study Guide - Harville Hendrix, PhD & Helen LaKelly Hunt, PhD

RELAXATION & MEDITATION

Massage Book - George Downing (1)
Relaxation Response, The - Herbert Benson, MD
Relaxation Tape

SEXUAL

For Yourself: The Fulfillment of Female Sexuality - Lonnie Garfield Barbach
Rekindling Desire - Warwick Williams

TEENS

The 7 Habits of Highly Effective Teens - Sean Covey
Life Strategies for Teens - Jay McGraw
What If Someone I Know Is Gay - Eric Marcus
The Me Nobody Knows: A Guide for Teen Survivors - Barbara Bean & Shari Bennett
When Something Feels Wrong: A survival Guide About Abuse for Young People - Deanna Pledge PhD
When Nothing Matters Anymore: A Survival Guide for Depressed Teens - Bev Cobain, RNC
STEP: Parenting Your Teen - Don Dinkmeyer, Gary McKay
Cutting: Understanding & Overcoming Self-Mutilation - Steven Levenkron
Life Lists: Tips,m Steps, Hints & How-Tos for Growing Up, Getting Along, Learning & Having Fun - Pamela Espeland

WOMEN & GIRLS

Cinderella Complex - Colette Dowling (2)
Don't Blame Mother - Paula Caplan, PhD
If You Really Loved Me... - Drs. Jordan & Margaret Paul w/B. Hess
In a Different Voice - Carol Gilligan (1)
Menopause Self Help Book, The - Susan M. Lark
PMS Self Help Book, The - Susan Lark, MD
Ten Stupid Things Women Do to Mess Up Their Lives - Dr. Laura Schlessinger
Type E Woman, The - Harriet Braiker
When I Say No, I Feel Guilty - Manuel Smith
Your Perfect Right - Robert Alberti, PhD, Michael Emmons, PhD (1)
The Price of Motherhood - Ann Crittenden
Women Can't Hear What Men Don't Say - Warren Farrell
Super Bitch T-Shirt

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