



Counseling Services Library

You are welcome to check out any of the books listed below through the secretary or one of counselors in the Office of Counseling Services.

Category: Abuse

Book Title	Author
Beginning to Heal – A First Book for Survivors of Child Sexual Abuse	Bass & Davis
Courage to Heal – A Guide for Women Survivors of Child Sexual Abuse	Bass & Davis
Free of the Shadows – Recovering from Sexual Violence	Adams & Fay
Healing Process After Rape – No Fairy Godmothers, No Magic Wands	Katz
How Can I Help Her? – A Handbook for Partners of Women Sexually Abused as Children	Spear
How Can I Help Him? – A Handbook for Partners of Men Sexually Abused as Children	Meese
I Never Called it Rape – The <u>Ms.</u> Report on Recognizing, Fighting & Surviving Date and Acquaintance Rape	Warshaw



If She is Raped – A book for Husbands, Fathers and Male Friends	McEvoy & Brookings
If She is Raped – abridged - (2 copies)	McEvoy & Brookings
If You are Raped (5 copies)	Johnson
Outgrowing The Pain – A Book For & About Adults Abused as Children	Gil
Rape Recovery Handbook (2) – Step-by-Step Help for Survivors of Sexual Assault	Matsakis
Stalking – A Handbook for Victims	Spence-Diehl
To Be An Anchor in the Storm – A Guide for Families & Friends of Abused Women	Brewster
Truth About Rape – Emotional, Spiritual, Physical & Sexual Recovery From Rape	Lauer
Unlearning Violence – A Breakthrough Book for Violent Men & All Those Who Love Them	Kivel
Verbally Abusive Relationship – How to Recognize It and How to Respond	Evans

Category: Alcohol /Drugs / Gambling / Addictions

Book Title	Author
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A Woman Like You – <i>Life Stories of Women Recovering from Alcoholism & Addiction</i>	Rachel V.
Addictive Personality, The – <i>Understanding Compulsion in Our Lives</i>	Nakken
Alcoholics Anonymous (3rd edition) – <i>The Basic Text for A.A.</i>	A.A. World Services, Inc.
Am I? Am I Not? – an alcoholic ?	Chace
Caught in the Net – <i>How to Recognize the Signs of Internet Addiction and a Winning Strategy for Recovery</i>	Young
Complete ACOA Sourcebook – <i>Adult Children of Alcoholics at Home, at Work & In Love</i>	Woititz
Drinking – A Love Story – <i>“A harrowing chronicle of a 20-year love affair with alcohol”</i>	Knapp
Heart of Addiction – <i>“Understand how addictions work & how people can master their own addictive behaviors.”</i>	Dodes
Heart of Addiction (soft cover) – <i>A New Approach to Understanding & Managing Alcoholism and Other Addictive Behaviors</i>	Dodes



Intervention - How to Help Someone Who Doesn't Want Help	Johnson
Matters of Substance – Drugs – and Why Everyone's a User	Edwards
Smashed – Story of a Drunken Girlhood	Zailckas
This Must Be Hell – A Look at Pathological Gambling, 2nd edition	Humphrey
Twelve Steps Revisited – For today's recovering alcoholics and their families – a new interpretation of the most successful approach to the treatment of alcoholism ever devised.	Rogers, etc.
Twelve Steps & Twelve Traditions	A.A. World Services, Inc.
Understanding Marijuana – A New Look at the Scientific Evidence	Earleywine

Category: Anger

Book Title	Author
Anger - How to Recognize & Cope With It	Madow
Beyond Anger – A Guide for Men	Harbin
Dance of Anger – A Woman's Guide to Changing the Patterns of Intimate	Lerner



<i>Relationships</i>	
Dance of Connection – How to Talk to Someone When You’re Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate	Lerner
Taking Charge of Anger (softcover) – How to Resolve Conflict, Sustain Relationships, & Express Yourself Without Losing Control	Nay
Taking Charge of Anger (hardcover) - How to Resolve Conflict, Sustain Relationships, & Express Yourself Without Losing Control	Nay
When Anger Hurts – Quieting the Storm Within	McKay, Rogers & McKay
When Anger Hurts Your Relationship – 10 Simple Solutions for Couples Who Fight	Paleg & McKay
When Anger Scares You – How to Overcome Your Fear of Conflict & Express Your Anger in Healthy Ways	Lynch



Category: Co-Dependency / Adult Child of Alcoholics (ACOA)

Book Title	Author
Adult Children of Alcoholics – 2 copies -	Woititz
Co-Dependency	Friel, etc.
Doormat Syndrome – <i>Becoming Oneself is One of Life’s Greatest Achievements</i>	Namka
Guide to Recovery – <i>A Book for Adult Children of Alcoholics</i>	Gravitz & Bowden
It Will Never Happen to Me – <i>Children of Alcoholics as Youngsters, Adolescents, Adults</i>	Black
Options for Mastering the Challenge of College Life (2 copies) – <i>A Handbook for Students with a History of Family Alcohol or Substance Abuse</i>	Issokson-Silver
Perfect Daughters – <i>Adult Daughters of Alcoholics</i>	Ackerman
Same House, Different Homes – <i>Why Adult Children of Alcoholics are not all the Same</i>	Ackerman
Secrets Told by Children of Alcoholics – <i>What Concerned Adults Need to Know</i>	Jorgensen



Self-Sabotage Syndrome – <i>Adult Children in the Workplace</i>	Woititz
Struggle for Intimacy (2 copies) – <i>Dedicated to Adult Children of Alcoholics</i>	Woititz
When Your Parent Drinks Too Much – <i>A Book for Teenagers</i>	Ryerson

Category: Communication / Effectiveness

Book Title	Author
Assert Yourself – <i>How to be Your Own Person</i>	Galassi
Assertiveness Workbook – <i>How to Express Your Ideas & Stand Up for Yourself at Work and in Relationships</i>	Paterson
Conflict Resolution & Mediation for Peer Helpers	Sorenson
Controlling Stagefright – <i>Presenting Yourself to Audiences from One to One Thousand</i>	Desberg & Marsh
Diagonally Parked in a Parallel Universe – <i>Working Through Social Anxiety</i>	Dayhoff
Difficult Conversations – <i>How to Discuss</i>	Stone, Patton, Heen



<i>What Matters Most</i>	
How to Start a Conversation and Make Friends	Gabor
“No” is a Complete Sentence (2 copies) – <i>Learning the Sacredness of Personal Boundaries</i>	LeBoutillier
People Skills – How to Assert Yourself, Listen to Others, & Resolve Conflicts	Bolton
Shyness Workbook – A Complete 90-Day Program for Conquering Your Shyness	Zimbardo & Radl
Straight Talk – A New Way to Get Closer to Others by Saying What You Really Mean	Miller, Wackman, etc.
Ten Simple Solutions to Shyness – How to Overcome Shyness, Social Anxiety & Fear of Public Speaking	Antony
Upset Book, The – How to Deal with Upset People	Myers & Nance

Category: Death and Loss

Book Title	Author
Grief Steps Workbook – 10 steps to Regroup, Rebuild & Renew After Any Life	Noel



<i>Loss</i>	
I Wasn't Ready to Say Goodbye – <i>Surviving, Coping & Healing After the Sudden Death of a Loved One</i>	Noel & Blair
Last Touch – Preparing for a Parent's Death	Becker
Living with Grief – A Guide for Your First Year of Grieving	Noel & Blair
Losing a Parent – A Personal Guide to Coping with that Special Grief that Comes with Losing a Parent	Marshall
Night Falls Fast – Understanding Suicide	Jamison
No Time to Say Goodbye – Surviving the Suicide of a Loved One	Fine
When Bad Things Happen to Good People – A Touching, Heart-Warming Book for Those of Us Who Must Contend with Suffering...	Kushner

Category: Depression

Book Title	Author
An Unquiet Mind – A Memoir of Moods &	Jamison



<i>Madness</i>	
Bipolar Disorder Survival Guide – What You & Your Family Need to Know	Miklowitz
Detour – My Bipolar Road Trip in 4-D	Simon
I Don't Want to Talk About It – Overcoming the Secret Legacy of Male Depression	Real
Loss of Sadness – How Psychiatry Transformed Normal Sorrow into Depressive Disorder	Horwitz / Wakefield
Manic, A Memoir – A Haunting & Riveting Journey of Bipolar Disorder	Cheney
Surviving Manic Depression – A Manual on Bipolar Disorder for Patients, Families & Providers	Torrey/Knable
Understanding Depression & Addiction – (pamphlet)	Evans & Sullivan
Willow Weep for Me – A Black Woman's Journey Through Depression	Danquah
Winter Blues – Seasonal Affective Disorder: What It Is & How to Overcome It	Rosenthal



Category: Eating Issues

Book Title	Author
Anatomy of Anorexia	Levenkron
Biting the Hand that Feeds Me – <i>Days of Binging, Purging and Recovery</i>	Messinger
Breaking Free from Compulsive Eating – <i>How to Conquer Self-Destructive Eating Patterns</i>	Roth
Dying to be Thin – <i>Understanding & Defeating Anorexia Nervosa and Bulimia – A Practical, Lifesaving Guide</i>	Sacker, Zimmer
Fat is a Feminist Issue – <i>A Self-Help Guide for Compulsive Eaters</i>	Orbach
Feeding the Hungry Heart – <i>The Experience of Compulsive Eating</i>	Roth
Food & Mood – <i>The Complete Guide to Eating Well & Feeling Your Best</i>	Somer
Freedom from Food – <i>The Secret Lives of Dieters & Compulsive Eaters</i>	Hampshire
French Women Don't Get Fat – <i>The Secret of Eating for Pleasure</i>	Guiliano
Golden Cage – <i>The Enigma of Anorexia</i>	Bruch



<i>Nervosa</i>	
Inner Hunger – A Young Woman’s Struggle Through Anorexia & Bulimia	Apostolides
Making Weight – Men’s Conflicts with Food, Weight, Shape & Appearance	Andersen, Cohn, Holbrook
Otherwise Perfect – People & Their Problems with Weight	Stuart & Orr
Overcoming Binge Eating – Find Out Who Binges & Why; If Binge Eating is an Addiction; How Binge Eating Differs from Overeating; How You Can Gain Control	Fairburn
Overcoming Overeating – A Book to Help You Break Out of the Diet/Binge Cycle	Hirschmann/Munter
Sensing the Self – Women’s Recovery from Bulimia	Reindl
Someone You Love is Obsessed with Food – What You Need to Know About Eating Disorders	Riebel, Kaplan
Surviving an Eating Disorder – Strategies for Family & Friends	Siegel/Brisman/Weinshel
Twelve Steps for Overeaters – An Interpretation of the Twelve Steps of	Elizabeth L.



<i>Overeates Anonymous</i>	
Yoga from the Inside Out – Making Peace with Your Body Through Yoga	Sell

Category: Health

Book Title	Author
Bald Truth – The First Complete Guide to Preventing & Treating Hair Loss	Kobren
Complete Idiot’s Guide to Getting a Good Night’s Sleep	Moore-Ede, LeVert
Crazy Sexy Cancer Tips – A Collection of Candid Revelations, Personal Stories, and Useful Resources for any Woman Newly Diagnosed with the Disease, and For Those Who Love Them	Carr
Harvard Mental Health Letter - Headache	Harvard Medical School
Heal Your Headache – The 1 2 3 Program for Taking Charge of Your Pain	Buchholz
How Sex Works – A Clear, Comprehensive Guide for Teenagers to Emotional, Physical, and Sexual Maturity	Fenwick & Walker



Managing Sleep with Yoga (<i>Counseling Services Notebook</i>)	Harris / Casey
Music to Promote Sleep – CD – <i>Scientifically Designed to Calm the Mind and Help Facilitate Deep, Restful Sleep</i>	Bartel
Real Health for Men – <i>Get Fit, Lose Weight, Enjoy Sex, De-Stress, Beat Disease</i>	Baker
Sick and Tired of Feeling Sick and Tired – <i>Living with Invisible Chronic Illness</i>	Donoghue, Siegel
Yoga for Well-Being – DVD – <i>3 Short Sequences for Restful Sleep, Greater Energy, Mental Clarity</i>	Crandell

Category: Learning / Study Skills and Time Management

Book Title	Author
Active Learning – <i>A Study Skills Worktext</i>	Donnelly
Consumer’s Guide to Psychiatric Drugs	Preston, O’Neal, Talaga
Do It Now – <i>How to Stop Procrastinating</i>	Knaus
Driven to Distraction – <i>Recognizing & Coping with Attention Deficit Disorder from</i>	Hallowell, Ratey



<i>Childhood through Adulthood</i>	
Harvard Mental Health Letter (ADD –Part I)	Harvard Medical School
How to Study – And Other Skills for Success in College	Deese & Deese
Learning Skills for College & Career – Survive...and Thrive in College	Hettich
Mastering Mathematics (2) – How to be a Great Math Student	Smith
Personal Time Management - Self Study Book	Haynes
Student Success – How to Succeed in College & Still Have Time for Your Friends	Walter / Siebert
Understanding ADD & Addiction	Hallowell / Ratey

Category: Miscellaneous

Book Title	Author
Broken Mirror – Understanding & Treating Body Dysmorphic Disorder	Phillips
Consuming Passions – Help for Compulsive Shoppers	Catalano & Sonenberg



Everything in its Place – My Trials & Triumphs with Obsessive Compulsive Disorder	Summers
Getting the Most from Studying Abroad – Helpful & Practical Advice from Fellow Students & Recent Grads	Natavi Guides
Hair-Pulling Problem – A Complete Guide to Trichotillomania	Penzel
Pledged – The Secret Life of Sororities	Robbins
Pumped – Straight Facts for Athletes About Drugs, Supplements, & Training	Kuhn, Swartzwelder, Wilson
What to do When College is Not the Best Time of Your Life	Leibow

Category: Parents / Family / Relationships

Book Title	Author
A Hole in My Heart – Adult Children of Divorce Speak Out	Berman
Accepting Each Other – Individuality & Intimacy in Your Loving Relationship	Emmons / Alberti
Almost Grown – Launching Your Child from High School	Pasick



<i>to College</i>	
Contrary to Love – Helping the Sexual Addict	Carnes
Did I Do Something Wrong – A Supportive Guide for Parents & Loved Ones of People in Therapy	Spencer
Doors Open From Both Sides – The Off-To-College Guide from Two Points of View: Parents & Students	Woodacre & Bane
Fatherless Women – How We Change after We Lose our Dads	Simon
Father Loss – Daughters Discuss the Man That Got Away	Wakerman
He’s Just Not That Into You – The No-Excuses Truth to Understanding Guys	Behrendt
How to Survive the Loss of a Love -	Colgrove, etc.
I Thought We’d Never Speak Again – The Road from Estrangement to Reconciliation	Davis
Is There Anything I Can Do? – Helping a Friend When Times are Tough	Gordon
Letting Go: - A Parent’s Guide to Today’s College Experience	Coburn / Treeger



Love is Never Enough (2) – <i>How Couples Can Overcome Misunderstandings, Resolve Conflicts, & Solve Relationship Problems Through Cognitive Therapy</i>	Beck
My Sister’s Keeper – <i>Learning to Cope with A Sibling’s Mental Illness</i>	Moorman
Obsessive Love – <i>When it Hurts Too Much to Let Go</i>	Forward
Sisters and Brothers – <i>Resolving Your Adult Sibling Relationships</i>	McDermott
Step by Step: A Guide to Stepfamily Living	Martin
Stop Blaming, Start Loving – <i>A Solution-Oriented Approach to Improving Your Relationship</i>	O’Hanlon / Hudson
Stop Walking on Eggshells – <i>Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder</i>	Mason / Kreger
Stop Walking on Eggshells – Second Edition (2)	Mason / Kreger
Too Close for Comfort – <i>Exploring the</i>	Piorkowski



<i>Risks of Intimacy</i>	
When Divorce Hits Home – Keeping Yourself Together When Your Family Comes Apart	Joselow & Joselow
When Kids Go To College – A Parent’s Guide to Changing Relationships	Newman
When Women Leave Men – How Men Feel, How Men Heal	Charnofsky
You Can Go Home Again – Reconnecting with Your Family	McGoldrick

Category: Personal Growth

Book Title	Author
Attitude: Your Most Priceless Possession – A Practical, Workable Guide to Better Human Relations!	Chapman
Beyond Positive Thinking – Putting Your Thoughts Into Actions	Fox
Counseling College Students – A Practical Guide for Teachers, Parents & Counselors	Archer
Forgiveness & Other Acts of Love – The Humane	Dowrick



<i>Virtues: Courage, Fidelity, Restraint, Generosity, Tolerance, Forgiveness</i>	
How to Raise Your Self-Esteem	Branden
In The Mind's Eye – The Power of Imagery for Personal Enrichment	Lazarus
Knowing When to Quit – Why Do Good People Stay in Bad Situations?	Barranger
Learned Optimism (CD) – How to Change Your Mind & Your Life	Seligman
Learning To Change - A Self-Management Approach to Adjustment	Martin / Poland
Lonely – A Memoir	White
Making the Most of College – Students Speak Their Minds	Light
Overcoming Anger & Irritability – A Self-Help Guide Using Cognitive Behavioral Techniques	LeFanu
Self Concept Sourcebook – Ideas & Activities for Building Self-Esteem	Elkins
Self-Esteem	Satir



Seven Habits of Highly Effective People – <i>Powerful Lessons in Personal Change</i>	Covey
Seven Habits of Highly Effective People - <i>Signature Program</i>	Covey

Category: Sexual Orientation

Book Title	Author
Being, Being Happy, Being Gay – <i>Pathways to a Rewarding Life for Lesbians & Gay Men</i>	Herrman
Finding the Real Me – True Tales of Sex & Gender Diversity	O’Keefe & Fox
Is It A Choice? – Answers to 300 of the Most Frequently Asked Questions About Gays & Lesbians	Marcus
Like Coming Home - Coming Out Letters	Umans
Now That You’re Out of the Closet - What About the Rest of the House	Handel
Parents Matter – Parents’ Relationships with Lesbian Daughters & Gay Sons	Muller
Queer Blues – The Lesbian & Gay Guide to Overcoming Depression	Hardin, Hall



R.I. Lesbian & Gay Resources – <i>1998/1999</i>	OPTIONS
The Other Side of Silence – Men’s Lives & Gay <i>Identities: A 20th Century History</i>	Loughery

Category: Stress / Anxiety

Book Title	Author
Brain Lock – Free yourself from Obsessive-Compulsive Behavior	Schwartz
College of the Overwhelmed - The Campus Mental Health Crisis & What To Do About It	Kadison & DiGeronimo
Coping with Faculty Stress – Survival Skills for Scholars	Gmelch
Diagonally-Parked in a Parallel Universe – Working Through Social Anxiety	Dayhoff
Dying of Embarrassment – Help for Social Anxiety & Phobia	Markway & Others
Kicking Your Stress Habits – A Do-It-Yourself Guide for Coping with Stress	Tubesing
Panic & Anxiety Disorder – 121 Tips,	Buell



<i>Real-Life Advice, Resources & More</i>	
Relaxation & Stress Reduction Workbook – Fifth Edition	Davis & Others
Relaxation Response – <i>A Simple, Meditative Technique That Has Helped Millions To Cope With Fatigue, Anxiety & Stress</i>	Benson
Relaxation Audio CD -	Lambourn, Sprinkle
Too Perfect - <i>When Being in Control Gets out of Control</i>	Mallinger & DeWyze
Triumph Over Fear – <i>A Book of Help & Hope for People with Anxiety, Panic Attacks & Phobias</i>	Ross
When Perfect Isn't Good Enough – <i>Strategies for Coping with Perfectionism</i>	Antony, Swinson
When Things Fall Apart – <i>Heart Advice for Difficult Times</i>	Chodron
Worry – <i>Hope and Help for a Common Condition</i>	Hallowell